



LUKE 1:26-38; 45-55; 2:19



#### 1. GOD SPEAKS TO US



HE IS A GOD WHO ENGAGES, IS PURPOSEFUL, INTENTIONAL, AT WORK IN OUR LIVES.

HE SPEAKS, BUT ARE WE LISTENING?



THE RELIGIOUS LEADERS IN THE FIRST CENTURY HAD THEIR MINDS SET IN SUCH A WAY THAT THEY COULD NOT SEE THAT GOD WAS DOING THINGS DIFFERENTLY THAN THEY IMAGINED.



THE MINDSET OF THE RELIGIOUS LEADERS WAS SET ON A MILITANT MESSIAH, NOT A SUFFERING SAVIOR.



IF THE RELIGIOUS LEADERS MISSED WHAT GOD WAS DOING IN THE FIRST CENTURY, DO YOU THINK WE CAN MISS WHAT GOD MIGHT BE SAYING TO US TODAY?





### MARY HAD A MINDSET TO BELIEVE.





# DO YOU HAVE AN EEYOR



- A. BAD THINGS ALWAYS HAPPEN TO ME
- B. It's just one thing after another
- C. I'LL NEVER BE ABLE TO...
- D. I COULD NEVER DO THAT BECAUSE...
- E. I CAN'T BECAUSE...
- F. I'M WORRIED THAT...



# OUR THINKING CAN SO EASILY BECOME TOXIC.



A. God wants us to capture those toxic thoughts and bring them to him for. 2 Corinthians 10:3-5



### DR. CAROLINE LEAF VIDEO





# GOD INSTRUCTS US TO THINK SO THAT WE BUILD HEALTHY THOUGHTS AND MINDS







# GOD HAS CREATED YOU WITH A BRAIN THAT CAN BE RENEWED, RESTORED, REBUILT.



A. ROMANS 12:2 "BE TRANSFORMED BY THE RENEWING OF YOUR MIND, SO THAT YOU MAY DISCERN WHAT IS THE GOOD, PLEASING, AND PERFECT WILL OF GOD."



# HOW MARY PUT HER MINDSET INTO ACTION



- A. She magnifies the Lord from the depths of her being
- B. She rejoice in a personal God
- C. She says out loud that God has looked on her with favor = blessed mindset
- D. SHE DECLARES THAT SHE IS PERSONALLY BLESSED



### MARY'S MINDSET IN ACTION...



E. She declares a generational blessing mindset

F. She remembers specific things God has done for her.

G. She knows his mercy is for her and her children.

H. SHE REMEMBERS THAT GOD AS ACTED IN THE PAST.



### MARY'S MINDSET IN ACTION



- SHE REMEMBERS WHAT TYPES OF ACTIONS HE TAKES —
  HE EXALTS THE LOWLY
- J. She knows he will satisfy her whenshes is hungry
- K. She remmbers he has helped her people
- L. She remmbers his promise to Abraham and how he is fulfilling his promise.
- M. SHE REPEATEDLY SPEAKS TO HERHELF AND OTHER, STATEMENTS OF GOD'S GOODNESS, FAITHFULNESS, BLESSING, FAVOR, AND PROVISION.



# A LIST OF THINGS I AM NOT SAYING



- A. I'M NOT REFERRING TO BLIND TRUST.
- B. Marry had thousands of years of history of the relationship between God and his people to rely upon.
- C. What is your history with God?
- D. HOW HAS THAT IMPACTED YOUR TRUST IN HIM?



### A LIST OF TINGS I'M NOT SAYING...



I'M NOT TALKING ABOUT WISHFUL THINKING. WISHFUL THINKING CAN BE ONE WAY OF NOT REALLY DEALING WITH A SITUATION.



# A LIST OF THINGS I'M NOT SAYING...



A. I'M NOT TALKING ABOUT USING CLICHÉ'S TO PRACTICE AVOIDANCE.



# A LIST OF THINGS I'M NOT SAYING...



- A. I'M NOT SAYING IT WAS EASY FOR MARY TO BELIEVE. (LUKE 2:29 "SHE WAS DEEPLY TROUBLED BY THIS STATEMENT..."
- B. I'M NOT SAYING THAT MARY'S RESPONSE WAS EASILY GIVEN.





MARY DECIDED TO ACTIVELY, PLACE HER TRUST IN HER GOD WHO HAD PROVEN FAITHFUL.



### QUESTIONS FOR CONTEMPLATION



- A. HOW IS YOUR BELIEF MINDSET?
- B. What is your history with God?
- C. How does that History inform yourbelief mindset?
- D. WHAT WOULD MARY'S SONG SAY IF YOU REWROTE IT AS IF IT WERE COMING FROM YOU?
- E. HOW DO YOU IMAGINE GOD'S FAITHFULNESS TO THE GENERATIONS TO COME.
- F. HOW WOULD YOU THANK GOD FOR HIS PROMISES FULFILLED IN YOUR LIFE?



#### RESOURCES



- A. Consider a trusted counselor, therapist, pastor.
- B. Jennie Allen's Book, "Get Our of Your Head."
- C. Craig Groechel's Book, "Winning the War in Your Mind."
- D. Dr. Caroline Leaf's Book "Cleaning Up Your Mental Mess."
- E. Dr. Caroline Leaf's Book "Switch on Your Brain."
- F. Dr. Caroline Leaf's YouTube Channel or Phone App.