



“Your Word is a lamp to my feet and a light to my path.” Psalm 119:105

(This weeks writer: Michael Green)

MONDAY

What is it about singing?
 Read: Luke 1:46-55
 What is it about singing and song that resonates with the human spirit? I have never met anyone that was not inclined to music in some form or another.
 When we think about the Scriptures, singing is an act of worship deeply rooted in the traditions of the peoples we read about in the Bible. In the Old Testament we read some of the earliest humans built musical instruments to express themselves in song (See Genesis 4:21). Temple worship of ancient Israel had a strong tradition of song associated with it (See 1 & 2 Chronicles). And, of course, we would be remised if we did not mention the Book of Psalms which was the ancient song book of Israel.
 In the New Testament the tradition continued in the church. Paul commanded the church in Ephesus to singing songs, hymns, and spiritual songs, using their heart as instruments to the Lord (Ephesians 5:19). Mary’s Song of praise is one of many examples of how, as God’s children, we express ourselves in worship to God through song.
How does your favorite music and song make you feel? What emotions are associated with it? What are your favorite hymns to sing in worship?

TUESDAY

Comparing Mary’s and Hannah’s Songs
 Read: Luke 1:46-55; 1 Samuel 2:1-11
 Mary the mother of Jesus and Hannah the mother of Samuel lived some 1,000 years apart from one another. Yet, when we compare the songs of these two women we see many similarities. Before reading further pause to read through the song of Hannah in 1 Samuel 2:1-11 and then read the song of Mary in Luke 1:46-55. See what similarities you can find.
 If you examine the two songs alongside one another, some of the similarities you may have noticed include:

- Both songs sing about God blessing these women in humble conditions.
- Both songs acknowledge God’s favor he showed to them.
- Both songs state how God brought low those who were proud and privileged but exhaled those who were of lowly estate.
- Both songs praise God for His deeds and character.
- Both songs look to a future that will be blessed because of what the Lord has done.

What are some other similarities you may have noticed not listed above?

THURSDAY

Doing What is Right
 Read: Luke 1:46-49; 12:57
 Parenting is a difficult task. It is a battle of wills as parents try to raise up their children to be responsible adults. One of the outcomes godly parents desire is for their children to learn to do what is right BECAUSE IT IS RIGHT! In other words, not in order to receive praise, or accolades or reward. Simply because in their heart they realize it is the right thing to do.
 When we observe Mary’s Song, we see an individual who was right before God. Mary did not do right just so she could receive a blessing from the Lord. Mary did what was right because it was the right thing to do! This is what genuine righteousness looks like. As a result of her righteousness she received favor from the Lord. She was blessed to give birth to Jesus, the Son of God. Later, in the other passage we’ve been asked to read, Jesus challenges the people to judge what is “right” or “righteous” on their own initiative. You see, righteous people are those who seek out what is right and do it. They do what is right, not to be rewarded, but because it is right!
How can we cultivate an attitude of right living in our own lives?

What practices do you think are important to living righteous lives?

FRIDAY

Humble Yourself
 Read: Luke 1:52; James 1:6, 10
 The English word *humility* comes from the old root Latin word *humus* which is the word for “earth” or “soil”. The idea is that of being lowly or low in spirit - and what is lower than the earth! The word is associated with both positive and negative aspects. For example, one who has been *humiliated* has been impacted in a negative sense, either by their own actions or the actions of others. But, one who has *humbled* themselves have voluntarily taken a low position or station. This later sense is frequently spoken of in Scripture in a positive way, as in our Scripture reading today.
 As Christians, we should be *humiliated* by the idea we have sinned against God. Our sinful actions are a great offense to His divine character. It is *humbling* to consider what Jesus did for us, being *humiliated* because of our sins. Knowledge of this should cause us to *humble* ourselves before God, to remember what He has done for us and our proper place in the scheme of things. Scripture consistently points to this truth: We can either *humble* ourselves before God, or eventually we will be *humiliated* by our sin.
How can we cultivate humility in our lives?

LUKE 1:46-56

DAILY SPIRITUAL DISCIPLINE:
 SINGING - EXAMPLE: EXODUS 15:1-20

REST:
 DID WE TAKE TIME TO REST, REFLECT & RECHARGE?

LORD’S DAY:
 SUNDAY, FEBRUARY 14th

