



Advent Day 22 (written by
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Heart

Luke 1:46-49

And Mary said: "My should glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me

blessed, for the Mighty One has done great things for me-holy is his name." (NIV 1984)

There are lots of things to think about in a day's time. Is your homework done? Is there snow to shovel? How about the Christmas cards and baking? Did we get a gift for everyone on our list? When all these thoughts are spinning in our heads, it is easy to get down and feel a little overwhelmed.

Mary had a lot to think about. She was an unmarried girl with a baby on the way. Her baby was God's own Son. People were probably not ready to believe that. Instead Mary would probably have a bad reputation among her friends and relatives.

But Mary was happy. So happy that she sang! Her song was about her God, her Savior. Every line of her song was about Him. "He has performed mighty deeds; he has scattered the proud; he has filled the hungry." The outside thoughts couldn't come in and overwhelm as long as she kept her mind on God, her Savior.

That was Mary's way all her life. After Jesus' birth, Luke tells us, Mary kept all these things and pondered them in her heart. Thinking about God's goodness to us always makes us happy enough to sing.

Prayer: Lord, keep us from filling our heads with thoughts of everyday things. Instead fill our minds, our hearts, and our voices with thoughts of you. Amen.