



LESSON 2 // LET GO

Big Idea: The angel's announcement to Mary in the first chapter of Luke's Gospel is one of the great stories of Christmas. Mary's response to the call presented to her shows us the importance of releasing all the control of our lives to God. We learn that this kind of "letting go" is a decision, requires trust in the Lord and is a process. Ultimately, "letting go" expands your life while "holding on" limits it.

Luke 1:38 (TLB) *Mary said, "I am the Lord's servant, and I am willing to do whatever he wants. May everything you said come true." And then the angel disappeared.*

Luke 1:34-35 (NLT) *Mary asked the angel, "But how can this happen? I am a virgin." The angel replied, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby to be born will be holy, and he will be called the Son of God."*

John 19:25-27 (NLT) *Standing near the cross were Jesus' mother, and his mother's sister, Mary (the wife of Clopas), and Mary Magdalene. 26 When Jesus saw his mother standing there beside the disciple he loved, he said to her, "Dear woman, here is your son." 27 And he said to this disciple, "Here is your mother." And from then on this disciple took her into his home.*

Philippians 2:5-11 (NLT) *You must have the same attitude that Christ Jesus had. 6 Though he was God, he did not think of equality with God as something to cling to. 7 Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, 8 he humbled himself in obedience to God and died a criminal's death on a cross. 9 Therefore, God elevated him to the place of highest honor and gave him the name above all other names, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.*

Start Talking:

What's one thing that's been hard for you to "let go" of since you became a follower of Jesus?

Start Thinking:

Read Luke 1:34-38. What do you learn from Mary in these verses about releasing control of everything to the Lord? Why is trust such a vital part of this?

Read John 19:25-27. How do pain and loss challenge our trust in God? What are some ways you can respond to these challenges so that you grow in your faith and trust in the Lord?

Read Philippians 2:5-11. What was the "attitude" Jesus had that sets the example for us? How can you apply this to your daily walk with the Lord and your service for Him? What difference should this make in your life as a follower of Jesus?

Start Praying and Doing:

Pray for the humility and courage to release everything to the Lord and surrender control to Him. Look for practical ways to live this out as you go through your week and face moments when it may be hard to trust God. Write down your thoughts on the trials and triumphs you experience along the way and how you can grow through them.