

SCRIPTURE FOCUS - Luke 1:46-55

Mary said, "With all my heart I glorify the Lord! In the depths of who I am I rejoice in God my savior. He has looked with favor on the low status of his servant. Look! From now on, everyone will consider me highly favored because the mighty one has done great things for me. Holy is his name. He shows mercy to everyone, from one generation to the next, who honors him as God. He has shown strength with his arm. He has scattered those with arrogant thoughts and proud inclinations. He has pulled the powerful down from their thrones and lifted up the lowly. He has filled the hungry with good things and sent the rich away empty-handed. He has come to the aid of his servant Israel, remembering his mercy, just as he promised to our ancestors, to Abraham and to Abraham's descendants forever."

REFLECTION - Mary's Song

This week's scripture focus is much longer, but hopefully familiar. It is Mary's song. Spend time this week prayerfully reading the scripture. As you read,

- Read the scripture slowly and out loud!
- Meditate – what word or phrase speaks to you (then read again)
- Reflect – what is God saying to you? (then read again)
- Pray

Keep praying this scripture so that the words can wash over your heart and God can bring new insight to you.

FMSC TESTIMONIAL - The Story of 2023

"Globally, hunger kills one person every four seconds – and more than 333 million people do not know where their next meal will come from (World Food Programme, 2023). The scale of the current global food crisis is enormous. But there is more to the story.....

FMSC sends food to some of the toughest places on Earth. These are resource-stressed communities that have faced armed conflicts, natural disasters and collapsing governments. Our distribution partners often risk their own health and safety to get essential nutrition where it's needed most. In 2023, these partners told us one thing again and again: We're not going anywhere because you're not going anywhere. Our partners know that the nutrition their communities rely on will keep coming – because families, churches, community groups, businesses and individuals like you step up to volunteer, donate and pray over these meals."

Read the full article online at <https://www.fmsc.org/the-feed/news-and-updates/2023/the-story-of-2023>

PRAYER FOCUS

That the meals we pack may be delivered safely.