

# What makes you happy?

1. Exercise
2. Sleep more
3. Move closer to work
4. Spend time with family and friends
5. Get outside: somewhere "green-ish"
6. Help others
7. Practice smiling
8. Plan a trip - you don't even need to go!
9. Meditate
10. Practice gratitude

# Luke 1:39-56



I. Elizabeth (and John) are happy to see Mary (v39-45)

II. Mary is happy in God her Savior (v46-56)

# I. Elizabeth (and John) are happy to see Mary (v39-45)

- ❖ The baby leaped (v39-41)
- ❖ Elizabeth blessed Mary (v42-45)

## II. Mary is happy in God her Savior (v46-56)

- ❖ He saved her (v47)
- ❖ He took note of her humility (v48)
- ❖ He shows mercy to those who fear Him (v50)
- ❖ He scatters the proud (v51)
- ❖ He brings down rulers (v52)
- ❖ He exalts the humble (v52)
- ❖ He fills the hungry with good things (v53)
- ❖ He sends away the rich empty-handed (v53)
- ❖ He gives help to Israel (keeps His covenant) (v54-55)



# The importance of prayer

“But the news about Him was spreading even farther, and large crowds were gathering to hear Him and to be healed of their sicknesses. But Jesus Himself would often slip away to the wilderness and pray.”

**Luke 5:15-16**

# The importance of prayer

“It happened that while Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, “Lord, teach us to pray just as John also taught his disciples.”

**Luke 11:1**

# The importance of prayer

“We give thanks to God, the Father of our Lord Jesus Christ, praying always for you,”

**Colossians 1:3**



**THE IMPACT  
OF THE MASTER  
TEACHER**



# The importance of prayer

“But we will devote ourselves to prayer and to the ministry of the word.”

Acts 6:4



# The importance of prayer

“Devote yourselves to prayer,  
keeping alert in it with an attitude  
of thanksgiving;”

**Colossians 4:2**

# John 17:13-26 - Jesus' prayer

- ❖ That we may have His joy (v13)
- ❖ That we would be kept from the evil one (v15)
- ❖ That we would be sanctified (v17,19)
- ❖ That we would be one (unity) (v21-23)
- ❖ That we would see His glory (v24)
- ❖ That we would have His love in us (v25-26)



“You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever”. **Psalm 16:11**

