

Choices that Create Joy for Your Life, Pt. 1

Luke 2:8-11

In the story, we read we find that a child is born and while joy is associated with the birth of a child for the family, what is unique about this joy is that the joy is available for everyone.

What is Joy?

Joy is a sense of undisturbed peace, purpose, contentment, and wellbeing. Coupled with a positive expectation and anticipation of God's best for my life in every situation.

Now let us look at the choices that Mary that created joy in her life.

Luke 1:26-30

Why is the angel telling her not to be afraid?

You can't be joyful and afraid at the same time.

Does Mary have a reason to be afraid?

Yes, because....

1. Mary was very young about 14 or 15 years of age. She is not married and having a baby at that age I believe can be stressful.
2. Virgin birth has never happened so how is she going to explain this to her parents.
3. A few days before she is due, they had to travel to Bethlehem on a donkey and when they get there, they can't find a decent room to rent and had to give birth to

the child in a manger by herself. Grandma is not there; mama is not there.

Luke 1:31-33

4. Notice how the angel said, the child is the son of God meaning she had to raise a perfect child.
5. So, the angel said do not be afraid, because the angel knew the situation is stressful and frightening.

What are you anxious about this Christmas? What is stressing you out this Christmas?

Luke 1:34-37

6. Whatever it is that has you on the edge and destroying your joy, you can keep your joy by making the right choice.
7. Like Mary, God has a plan and purpose for your life. But unless you choose God's plan you may be frustrated and never experience Joy.

Luke 1:38

What was the result of accepting God's Plan?

She found JOY - **Luke 1: 46-47**

What Choice Did Mary make to create Joy during stressful situations?

When Mary was frightened, **she accepted God's plan for her life and trusted God each moment of her life.**