

Homework Leading Into This Week: Luke 1:46-55
Scripture Reading: Psalm 103:1-4, 8-12, 17-19

Christmas ER

Week #3: Scheduled Check-Ups

In many cases, our **pride** gets in the way of our health.

- ❖ Proverbs 16:18 - Pride goes before destruction, a haughty spirit before a fall.
- ❖ Luke 1:51-53 - He has shown strength with his arm, **he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones**, and exalted those of low degree; he has filled the hungry with good things, and **the rich he has sent away empty**.

Christmas ER - Take Away #1

You'll never enjoy Christmas if your pride doesn't allow you to see that you are **sick**.

- ❖ Jeremiah 17:9 - "The heart is deceitful and beyond cure. Who can understand it?"
- ❖ Matthew 9:12-13 - On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick...For I have not come to call the righteous, but sinners."
- ❖ Luke 1:54-55 - "He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity forever."

Christmas ER - Take Away #2

If Christmas is only about **superficial** “stuff”,
you’ll miss out on the **real** gift.

- ❖ Luke 1:46-50 - And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. And his mercy is on those who fear him from generation to generation.”

Christmas ER - Take Away #3

Start a new Christmas tradition...
make daily **visits** to the office of Dr. Jesus, SD.

- ❖ Psalm 103:2-4 - Praise the Lord, my soul and forget not all his benefits - who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.
- ❖ 1 John 1:7 - ...and the blood of Jesus, his Son, purifies us from all sin.

Points to Ponder

1. What is so dangerous about pride when it comes to our spiritual health? What are some of the “excuses” you have made (or are making) in pride to not address the sickness that you have? Why do you make them, and why is it so important to address them?
2. What does your current Christmas “to do” list look like? Shopping and baking, parties and events, and many others to say the least. Mary’s words remind us of something we need to add to our list - regular spiritual check ups with the Doctor from Bethlehem. Add to your list the ways you and your family can make regular visits over these next 10 days (and beyond) to the doctor’s office for your daily dose of God’s grace.

*“A proud man is always looking down on things and people; and, of course, as long as you are looking down, you cannot see something that is above you.”
~ C.S. Lewis*

Homework For Next Week: Matthew 1:18-24