



Real Food

Daily Bible Reading Notes

December 2023 – Habakkuk & Luke 1

How to use these Bible Reading Notes:

These Bible reading notes are a resource to help you feed on God's word a little and often and allow it to change your life. If you miss a day (or several!), don't feel guilty or try to catch up; just pick up wherever you left off – it doesn't matter if it's the wrong date.

Here are some tips on how to get the most out of this:

1. Find a time and place where you can be quiet but awake. Maybe set an alarm on your phone to remind you each day.
2. Pray. Ask God to help you understand what he says.
3. Use the notes to help you think about the Bible passage (use a good translation of the Bible like the NIV).
 - 'Read' tells you which verses to read.
 - 'Think' shows how it affects you.
 - 'Pray' suggests ways to talk to God about it.
4. Pray about what you have read.
5. Look for a chance to share with someone what God has been saying to you.

These notes are easy to install on most phones or tablets. Install the 'PrayerMate' App and you'll find it under 'Add Subject → Biblical prayers & devotions → Real Food.' If you have any problems, email info@prayermate.net.

1st December

Habakkuk is written to help us trust God's promises, have patience in his timing and rejoice in the mercy we have been shown at the cross.

Read Habakkuk 1:1-4

- Habakkuk asks God four big questions (two in v2 and two in v3). What are they?
- What does Habakkuk see when he looks at God's people, Judah? (v3b-4)
- Why might it be especially painful for Habakkuk to see so much injustice in God's people?

Unlike Habakkuk, we are not looking at Judah. But we often hear of evil and injustice in people who claim to be Christians, and we all know evil in our own hearts...

Apply

- Habakkuk is a genuine believer who loves God. But he looks at evil and injustice in God's people and asks "Why?!" What do his questions teach us about how believers should respond to evil in God's people?
- Habakkuk isn't ranting but crying out in faith to the God who cares about injustice. He is a good example for us. Spend some time crying out to our God about the evil and injustice you hear about among Christians in the news or see in your own church.

2nd December

Yesterday Habakkuk cried out to God asking 'Why don't you do something!?' about all the injustice in Judah. Today we hear God's surprising answer.

Read Habakkuk 1:5-11

- What does God tell Habakkuk to do in v5a?
- What does God tell Habakkuk he is going to do about all of the evil in Judah in v6a?
- What are the Babylonian people like? (v6,7,11)
- What is going to happen to God's people Judah? (v8b,9b,10b)
- Do you think this was what Habakkuk was expecting God to do about the evil in Judah? God has also set a day when he will judge this whole world (Acts 17:31). But God has provided a wonderful escape from that judgement: God has judged his Son on the cross for the sins of all those who would turn and put their trust in him.

Apply

- How will this passage keep you from despair when you look at the sin in God's people?
- There is so much sin in our own hearts. How does it make you feel to know that God punished his Son Jesus so that you won't have to face his terrifying judgement?

3rd December

God was going to deal with the evil in Judah by raising up the evil nation of Babylon to destroy them.

Habakkuk is unsettled by this and cries out to God again this time about the injustice of the Babylonians.

Read Habakkuk 1:12-17

- Habakkuk reminds himself of who God is (v12). What does he recall about God's character?
- God is a holy Judge and so what two questions does Habakkuk ask him in v13?
- The people of Judah are described as vulnerable like "fish in the sea" against the powers of Babylon. What are the Babylonians like v15-16?
- What does Habakkuk mean by the question he asks God about the Babylonians in v17?

Perhaps you've felt a similar sense of confusion or despair at the evil and injustice you hear about on the news or witness in your own life.

Apply

- Again we see Habakkuk, a genuine believer who loves God, asking 'Why, God?!' What do his questions teach us about how genuine believers should respond to evil in the world?
- Habakkuk isn't ranting at God but crying out in faith to the God who cares about injustice. Spend some time crying out to our God who cares about the injustice you see.

4th December

So far, Habakkuk has made two big requests. First against his evil countrymen Judah, and secondly against the evil nation of Babylon.

Read Habakkuk 2:1

- What does Habakkuk resolve to do in v1?
- The picture is of a soldier guarding a castle against attack watching intently for any sign of movement. What does this tell us about Habakkuk's focus during this period of waiting?
Habakkuk resolves to watch and wait for God to answer his prayers...

Apply

- What example does Habakkuk give us of how to wait for God to answer our prayers
- Perhaps you feel you have been waiting for a long time for God to answer a certain prayer of yours. Jesus assures us that our Heavenly Father will always answer us (Luke 11:11-13), in his own way and in his own timing, how will this encourage you to keep on praying and keep on waiting?

5th December

Habakkuk was watching and waiting intently for God to answer his cries to act in judgement against Judah and Babylon. In Chapter 2 we hear what God has to say about Judah...

Read Habakkuk 2:2-5

- What does God say about Judah in 4a? What does he mean by 'puffed up'?
- What other declaration does God make about Judah in v4b?
- So, what would one of God's people need to do after hearing God's message through Habakkuk?
- How would God keep his promise in v4b? How could some people be allowed to live when they were all sinners – unless God was unjust?

Read Romans 3:23-26

- How can God not punish people who have faith in Jesus and still be just? Who has been punished in their place?

Apply

- What does Habakkuk 2v4 teach us we must do in order to be ready to meet God on judgement day?
- Thank God now for Jesus and the certainty of mercy you have because of his shed blood.

6th December

Yesterday we saw that it is possible for to live through God's judgement by putting our faith in him for mercy. Today Habakkuk declares what will happen to all those who ignore this warning...

Read Habakkuk 2:6-20

- Notice the 5 'woes' (judgements) that God declared on the Babylonians in v6,9,12,15 &19. How serious is their sin in God's eyes?
- What is God going to do about the sin of the Babylonians? (v7,8,16,17)
- How do each of the punishments perfectly match the crimes?
- What does this teach us about God? Why is this a good thing?
- The Babylonians were impressive and powerful, but what does God promise in v14?

Apply

The Babylonians tried to fill the earth with their own glory, fame and power.

- In what ways do we, like the Babylonians, make life about our own success, achievements or power over others?
- How does this passage serve as a warning to us?
- Why is v14 a wonderful promise for us to cling to? How does this give you hope and comfort today?

7th December

God declared judgement on those who pursue their own glory and refuse to come to God in faith for mercy. But from Habakkuk's perspective things still looked pretty messy...

Read Habakkuk 2:19-20

- What is God declaring judgement upon the Babylonians for in v19?
- What can false gods or wooden idols do? How do idols compare to The LORD in v20?
- What does Habakkuk call people to do amidst judgment and chaos? What do you think this means?

It has been said that "Everyone worships. The only choice we get is what we worship." Today, fewer people worship things made of wood and stone but we do worship things that are not God. One way to identify idols is to ask the question "What would make my life unbearable if it were taken away?"

Apply

- What people or things have become an idols in your life? Say sorry to God for worshipping them.
- Habakkuk calls all the earth to "be silent before [God]". In Psalm 46:10 God calls us to "*be still and know that I am God*". Bring your worries and cares before God now, knowing that he is the sovereign Lord of all the earth.

8th December

Chapter 3 is Habakkuk's response to what he has hearing about God's judgement. It's a victorious song of praise.

Read Habakkuk 3:1-2

- What does Habakkuk declare about God in v2a?
- Habakkuk is in 'awe of [God's] deeds'. What great acts of God in the Old Testament might Habakkuk have in mind?
- What two requests does Habakkuk ask of God when he remembers such awesome power in v2b?

Apply

- Remember God's parting of the Red Sea. If you have time, read Exodus 14:15-31. This is our awesome God! Let his mighty power cause you to echo Habakkuk's prayer 'in wrath remember mercy'.
- Today we are in such a privileged position because we have assurance of complete mercy through faith in Jesus. Spend some time praising God for the assurance of mercy you have in Jesus.

9th December

Habakkuk is singing a prayer of praise to God for what he has shown him.

Read Habakkuk 3:1-15

- What do v3 & 4 tell us about the glory of God?
- What do v6 & 11 tell us about the power of God?
- In v7-13 we see images of God as a mighty warrior. What does Habakkuk see God coming to do (v13)?
- Verses 5,8,10 & 15 are very reminiscent of the great Exodus. What happened to those trusting in God in Exodus?

Habakkuk is looking back at God's mighty acts in the past and relaying a vision of God's mighty acts to come. From every angle God is the powerful, majestic ruler who will surely save his people. Habakkuk even talks of God saving his 'anointed one'. We know from the New Testament who that anointed one is: Jesus who God did not abandon to death but raised.

Apply

- Do you ever doubt God's power to save you? How will this passage encourage you that, through the death of Jesus, he is able?
- Can you think of anyone whom you struggle to believe God can save? How does this passage give you hope that he can save the worst of sinners?

10th December

Habakkuk's response (after hearing from God) is radically different from his complaint in chapter 1.

Read Habakkuk 3:16-19

- How does Habakkuk feel after hearing about God's judgement in v16?
- Habakkuk is astounded and exhausted after hearing from God yet what does he resolve to do?
- What does Habakkuk imagine the coming judgement will bring for himself and the people of Judah (v17)?
- Habakkuk is imagining financial difficulties, famine, a loss of belongings. What is the surprise in v18?

Habakkuk resolves not to be diverted from his trust and joy in his God, even in the midst of disastrous circumstances. Believers today, like Habakkuk, have the certain hope of mercy. And yet as we wait for his return, life can be really tough.

Apply

- How will the knowledge of your salvation and certain hope of mercy allow you to joyfully trust Jesus today?
- Joy is a natural response to God's word and God's salvation through Jesus Christ. How can you remind yourselves of these two things when you are going through hard times?

11th December

We finish our studies of Habakkuk today on a high. After beginning the book with two big protests, Habakkuk ends his book with an affirmation of trust and a song of praise to his God...

Read Habakkuk 3:17-19

- What does Habakkuk assert about God in v19?
- What does Habakkuk need strength for (v17)?
- Deer are nimble footed, graceful, and strong though they tread on very high and difficult terrain. What does the image of a deer communicate about what God is strengthening Habakkuk to do?
- So where does all of Habakkuk's joy and strength come from?

Apply

- Where do you often look for your strength to go on in time of difficulty apart from God
- In 2v4 we we're reminded that God's people will live by faith in him. How will what you have seen of God in the book of Habakkuk strengthen you to keep hoping and trusting in the Lord until Jesus returns?

12th December

Today we begin a new series in the opening chapters of the book of Luke. We will come to see just what a faithful, promise-keeping, praiseworthy God we have.

Read Luke 1:1-4

- What sort of account does Luke say that he is writing?
- Who are Luke's sources for his writing?
- What's Luke's purpose for writing?

Apply

- How will knowing that Luke has written an orderly eyewitness account of the birth of Jesus influence how you read this well-known Christmas story?
- Certainty can be hard to come by today. How does it encourage you that Luke has written "so that you may know the certainty" about the events surrounding the birth of Jesus?

13th December

Read Luke 1:5-17

- Elizabeth and Zechariah are God's faithful people but what sadness have they lived with for a long time?
- Zechariah was a temple priest and in today's passage he was given the once in a lifetime opportunity to burn incense in the temple for the daily sacrifice. What did Zechariah see inside the temple and what was his response?
- What did the angel say to him (v13,14,15,16,17)?

Read Malachi 4:5-6.

- Having heard what the angel said to Zechariah, who was Malachi actually prophesying about?
- Who is the 'Lord' that John is preparing the people for?

God promises to miraculously intervene on behalf of one family to begin to fulfil his promises of salvation for his people.

Apply

- The name 'Zechariah' means "The Lord has remembered". How does this passage teach you that God never forgets his promises?
- How will that truth encourage you today?

14th December

Yesterday we saw God promising to miraculously intervene on behalf of two people, as a means of fulfilling his promises of salvation for all his people. Let's see what Zechariah and Elizabeth made of it all.

Read Luke 1:18-25

- What is Zechariah's response to the joyful news that the angel gave to him?
- It's an understandable response from Zechariah, but the angel has been sent on behalf of God and he is not pleased. What happens to Zechariah and why?
- What miracle happens in v24? (Remember v7: 'Elizabeth was barren and they were both well on in years') What is Elizabeth's response?
- Why do you think this is a good response?

Apply

- Which of God's promises are you finding hardest to believe at the moment?
- How will this passage help you to believe God for the fulfilment of even the most unlikely promises of his word?

15th December

Gabriel pays a visit to a virgin pledged to be married to Joseph 'a descendent of David'. The promises God made to David are significant for today's passage.

Read Luke 1:26-33

- What news is brought to Mary (v30,31,32,33)?

Read 2 Samuel 7:12-16

- These are promises that God made to King David. Some of these promises were fulfilled in David's immediate son, Solomon. Which promises seem to point further forwards?
- What does the angel's announcement to Mary teach us about who this baby Jesus is and what he would come to do?
- In 1:15 the angel said that John would be "great in the sight of the Lord". How does the angel's announcement to Mary make clear that Jesus will be even greater than John?

Apply

- God made his promises to David around 1,000 years before he spoke to Mary. What does this tell us about the way God keeps his promises?
- We know much more than Mary about how her baby would fulfil God's promises. Thank God for Jesus, God's "yes" to every single promise made.

16th December

Jesus would come in order to “save his people from their sins”. Even the events surrounding his birth show us something crucial about who would do all the saving.

Read Luke 1:26-38

- What are we told about Mary (v26, 27, 28)?
- In what ways is Mary a surprising choice as the means of God’s promise fulfilment?
- What does this tell us about the people God chooses to work through?
- How do the events surrounding Jesus’ birth highlight that God is solely responsible for our salvation (v35-37)?
- What is amazing about Mary’s response?

Apply

- God choosing Mary is hugely surprising in some ways. Throughout the Bible God chooses to use ordinary people in order to keep extraordinary promises. How does this encourage you?
- Christmas is such a busy time - there can be so much to do! Spend some time enjoying the truth this story teaches, that God acted in the past to give you a Saviour and you had nothing to do with it!

17th December

'Joy' will become an important theme in Luke's account about Jesus. In a few days' time we will hear about "good news of great joy". Today we read an amazing account of the joy the Lord Jesus brought even before he was born.

Read Luke 1:39-45

- What miraculous occurrence does Luke record in v41-44?
- What does Elizabeth recognise about the identity of Mary's baby? In a culture where greater age means greater respect, why is this extraordinary?
- What is the emotion that the presence Jesus brings to both Elizabeth and the unborn John?

Apply

- How is Elizabeth's response to Jesus an example to us?
- Elizabeth calls the unborn Jesus 'my Lord'. Spend some time rejoicing today that Jesus came to be your Lord!

18th December

We are going to come back to Mary's song of praise in a few days' time. For now, we see what happened next for Zechariah and Elizabeth.

Read Luke 1:13-17 and 57-66

- How did God act to keep his promises in this passage? (v13 and 57; 14 and 58; 13 and 62; 20 and 64; 16-17 and 66)
- The name 'John' means 'The Lord is merciful'. What is Elizabeth's response to God's great act of mercy in giving her a son in her old age?
- The people were amazed at the birth of John and wonder 'What is this child going to be?' What have we already been told he will be in v16-17?

God kept his promise to Zechariah as a means of keeping the promises he made to Abraham and David in the Old Testament. With the arrival of John, God's promises of rescue are under way!

Apply

- What can we learn from Elizabeth about how we should respond to the knowledge that God always keeps his promises?
- Spend some time praising the God who always keeps his promises!

19th December

Read Luke 1:67-68

- Who does Zechariah praise in v68?

The 'God of Israel' is the God who first made promises to Abraham in Genesis 12:1-3 that one day his people would have a land of their own, that they would be a great nation as numerous as the stars in the sky, living under the blessing and rule of God.

Zechariah is a Jew living under Roman occupation. For over 700 years the Jews have been subdued by other nations.

- With the arrival of his son John, what does Zechariah prophecy? What will soon come to pass?

Redemption is a type of rescue, an act of setting someone free.

- What sort of rescue might Zechariah have had in his mind when he spoke these words of prophecy?

Apply

- Zechariah's song is full of praise. What do you think Zechariah's response might have been if he only knew that God's King would come to rescue his people from sin and death unto eternal life?!
- Praise God now that he is a redeeming God, using Zechariah's words in v68.

20th December

Zechariah's praise of what God will do continues today. He talks of one to come as a 'horn of salvation'. King David often described God as his 'horn of salvation'. The word horn means 'strength'. (Imagine the strength in the horn of a charging rhinoceros!)

Read Luke 1:69-71

- What is Zechariah rejoicing in (v69)?
- Where will this 'horn of salvation' come from?

Read Jeremiah 23:5

- What sort of person will this Rescuer be?
- Zechariah is prophesying about God's promised King, Jesus. Though he is not yet born, how certain is Zechariah that salvation will come through God's King?

Apply

- How will Zechariah's certain words of God's salvation help you to be certain today that God, in King Jesus, will surely rescue you?
- Often we can feel very weak. How will it encourage you today that King Jesus is your 'horn of salvation'? Praise God for his strength in your weakness today.

21st December

Our passage comes halfway through a sentence which started (v69) '[God] has raised up a horn of salvation for us in the house of his servant David'...

Read Luke 1:72-75

- What does Zechariah praise God for v72-73?

Read Genesis 22:16-18.

- What did God promise to Abraham?
- In Luke 1:74 what does Zechariah focus on God doing as a fulfilment of this promise?
- What does Zechariah prophesy will be the great privilege for all those included in God's great rescue?

God didn't rescue Zechariah from Roman occupation. We know now that Zechariah was prophesying about the rescue of King Jesus.

Apply

- God kept his oath to Abraham! Often, we, or people we know, make promises and don't keep them. How does it encourage you that, when it comes to promises, God is not like us?
- God would send Jesus to rescue us and enable us to serve him always. How does it make you feel to know that God saved you for a purpose? How will you serve him today?

22nd December

We come to the end of Zechariah's prophecy today and he reveals more about what the Lord Jesus will achieve after John prepares his way...

Read Luke 1:76-80

- What will John's job be? (v76)
- What two things will this job involve? (v76-77)
- What does Zechariah say would prompt this act of forgiveness of sins by God? (v78)
- What will this merciful act achieve? (v79)

Apply

- 'Mercy' means that God does not treat us as our sins deserve. How does it encourage you today that God has shown you mercy?
- In a world full of darkness how does this picture of Jesus as the 'rising sun' give you comfort and hope?
- In the Old Testament, Isaiah prophesied about God's King to come who would be the 'Prince of Peace' (Isaiah 9:6). Because of Jesus' death, we can have peace with God - thank him for that wonderful truth today!

23rd December

Luke now moves our focus from the birth of John to the birth of Jesus: a most surprising story.

Read Luke 2:1-7

- Which world super-power does Luke talk about - and how powerful were they?
- Joseph and heavily pregnant Mary are forced to travel 70 miles to Bethlehem; but Luke doesn't focus on distance. What does he focus on in v4?
- The prophet Micah foretold that God's King would be born in Bethlehem, the town in which King David was born (Micah 5:2). How does the decree of the powerful Caesar actually serve to fulfil God's plan?

Apply

- There was no room for Jesus and his first bed was an animal feeder. What amazes/humbles you about the events surrounding the birth of Jesus?
- Think of the super-powers in the world today or think of those things out of your control that seem to be ruling your life. How does it encourage you that God always brings about his purposes even in situations where his people feel powerless?
- There was no room for Jesus. Christmas can be a very busy time. How are you in danger of giving Jesus no room this Christmas? Spend time now praising Jesus who was born for you!

24th December

Today we meet the angels announcing “good news of great joy” and it’s all centred on one baby who changed history!

Read Luke 2:8-20

- So far in Luke’s account angels have visited both Mary and Elizabeth with amazing news of what God would do. Who do they visit in this passage? In what way are they a surprising choice?
- What sort of news do the angels bring? (v10)
- ‘Messiah’ means ‘anointed one’, it was a title used for prophets, priests and kings in the Old Testament. What will God’s messiah Jesus also be? (v11)
- How did different people in this amazing Christmas story respond to this news? Angels? Shepherds? Mary?

Apply

- Jesus was born to be your Saviour! Will you respond like Mary? The shepherds? The angels?
- The angel said the good news about Jesus the Saviour is for ‘all people’. Who would you most like to share the good news of Jesus with this Christmas? Pray that God would help you to share your joy with them.

25th December

Today we turn back to Mary's song. She bursts into song to celebrate what God is doing in sending his Son, Jesus, to be the Saviour-King for all people. We join in with her today!

Read Luke 1:46-48a

- What titles does Mary use when talking about God?
- Think about those titles - what do they imply about Mary's position before God?
- 'Glorifying' someone means shining a spotlight on them and making much of them. Why does Mary want to do that to God, and to rejoice in him?

God gave Mary an amazing privilege of being the mother to Jesus, the Son of God taking on human flesh; she knew she didn't deserve it. God has given all Christians an amazing privilege by sending his Son to be our Saviour.

Apply

- How does it make you feel to remember that God sees even the very humble and ordinary state of our everyday lives?
- How can you shine a spotlight on God today? Pray for God to help you do that.
- Think about all the reasons you have to "rejoice in God your Saviour". Pray that you would find joy in him more than in anything else.

26th December

Mary continues her song, glorifying God and rejoicing.

Read Luke 1:48b-49

- What does Mary say about her future? Its scope? What will happen? Its cause?

Apply

- Mary speaks personally ('call me'/'for me'). She had a particular role as the mother of Jesus, but what 'great things' has God done for you personally in Jesus?

To be 'blessed' means having a status of being deeply satisfied and happy, not because of external circumstances, but because of God.

- How it is possible to find true satisfaction and happiness in God, whatever your circumstances?

Mary declares, "holy is [God's] name", and focusses on him, even though she will be famous.

- Are there ways you are tempted to draw attention to your own name rather than God's?
- Pray that God will help you to see how blessed you are because of all that Jesus has done for you.
- Pray for opportunities to talk to specific people around you so that they might see that joy in you and desire it for themselves.

27th December

So far Mary has called God: 'the Lord', 'God my Saviour' and 'the Mighty One'. He's clearly got supreme power.

Read Luke 1:50

- What attitude towards God does this verse encourage us to imitate?
- We all deserve God's punishment because of our wrongdoing. But what is promised in this verse?

Apply

Fearing God is a bit like fearing the sea - whilst the sea is beautiful and can be a great place to play, it's also terrifyingly powerful and not to be underestimated!

- How will fearing God in awe and humility effect your attitude to what he says?
- Thank God for showing mercy to you. 'He does not treat us as our sins deserve' (Psalm 103:10).
- All generations are welcome to receive this mercy from God. How can you help the next generation to fear him and receive his mercy?

28th December

Mary continues to shine a spotlight on God for what he does, and how Jesus' coming will display it to all...

Read Luke 1:51

- How does God use his might according to this verse?
- Why is pride such an inappropriate attitude towards God? (re-call his titles in v46 and v49).
- From this verse, where does God see the pride of proud people?
- Remember, Mary is rejoicing in 'God my Saviour' (v47). How does telling someone they need saving dent their pride?

Apply

- 'God opposes the proud' (1 Peter 5:5). Proudly rejecting God's salvation will mean rejection by God. Pray for God to have mercy on those you know who are proudly rejecting God.
- Even as believers in Jesus, pride can lurk 'in [our] inmost thoughts'. Search your heart for any areas where you are proud and ask God to forgive and change you.

29th December

Who are the most impressive rulers in the world you can think of?

So many vast empires and great rulers have come and gone in history. As you read through the Bible, you see many of them oppressing God's people (the Egyptians, the Babylonians, the Romans).

Read Luke 1:52

- How does God's treatment of rulers here connect with his attitude to the proud in v51?
- Whilst the world praises impressive rulers, how is God's action different throughout v52?

Apply

- What will it look like to be humble before God in your attitude to his commands? Your achievements?
- If you are suffering because of following Jesus, how can this verse encourage you?
- Pray for yourself and any Christians you know who are suffering for Jesus - to take comfort from God's care and commitment to lift them up in the end.

30th December

Read Luke 1:47-53

- What does the world around us say about hunger and riches?
- 'Hungry' in v53 is talking about our attitude to God. What is the promise in this verse for those who hunger for God?
- In v47-50, carefully observe all the 'good things' that God does for his people (the 'hungry').
- What is the warning in v53 for the rich?
- How does being rich connect back to what God opposes in v51?

Apply

- Many people say that Christianity (or religion in general) is exclusive and oppressive and out of date. What good things has God filled you with?
- Spend a moment thinking about a non-Christian colleague or neighbour or friend or family member - how could you speak to them about the good things God has filled you with?
- Riches are good but very dangerous, as they can easily lead to self-reliance and pride. Is there a possession or status you have that might stop you hungering for God?

31st December

Today we reach the end of Mary's song, and what a wonderful climax we'll see.

Read Luke 1:54-55

- Pick out all the actions attributed to God in these verses - what has he done?
- 'Israel' was the name of God's people in Mary's time. How has God helped his people according to these verses?
- God made many promises to Abraham, the biggest being: 'All peoples on earth will be blessed through you' (Genesis 12:3).

Read Luke 2:10-11

- How did God make that massive promise to Abraham a reality?

Apply

- Whenever we doubt God's mercy or faithfulness, what does Mary's song teach us to focus on?
- For thousands of years, God has been promising mercy to his people. How will this encourage you when you mess up?
- God is full of faithful love to his people. Spend time thanking God for his consistent mercy and his faithfulness to us his people.