

This is how the birth of Jesus the Messiah came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly. But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give Him the name Jesus, because He will save His people from their sins." Matthew 1:18-21 NIV

- 1. **Talk to your soul** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Saviour and my God.

 Psalm 42:5 NIV
- 2. **Protect your hope** Let us hold unswervingly to the hope we profess, for He who promised is faithful. <u>Hebrews 10:23 NIV</u>
- 3. **Anticipate joy** And hope does not put us to shame, because God's love has been poured out into our hearts...

Romans 5:5 NIV

REFLECTION QUESTIONS

- 1. What are the hindrances to hope that affect you right now?
- 2. How does the Christmas story bring hope to your current circumstances?