

Isaiah 7:14, Therefore the Lord Himself will give you a sign. Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel.

Big Idea: At your most challenging moments...
Replace worry with worship.

Mary's Song of Praise (The Magnificat)

Luke 1:46-55, And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for He has looked on the humble estate of His servant.

For behold, from now on 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 for those who fear Him from generation to generation. He has shown strength with His arm; He has scattered the proud in the thoughts of their hearts;

He has brought down the mighty from their thrones and exalted those of humble estate; He has filled the hungry with good things, and the rich He has sent away empty.

He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his offspring forever."

1. A mind saturated in Scripture.

Psalms 119:11, I have stored up Your Word in my heart, that I might not sin against You.

2. A heart of humility.

Psalms 25:9, He leads the humble in what is right, and teaches the humble His way.

3. An attitude of thankfulness.

Psalms 118:29, Oh give thanks to the LORD, for He is good; for His steadfast love endures forever!

4. A personal trust in God's promises.

Psalms 34:17, When the righteous cry for help, the LORD hears and delivers them out of all their troubles.

Next Step: Don't hide your worry from your children...
Confess your faith in front of them.