



## *Pause before Christmas*

### **Psalm 16** (New Living Translation)

#### ***A psalm of David.***

- <sup>1</sup> Keep me safe, O God,  
for I have come to you for refuge.
- <sup>2</sup> I said to the LORD, "You are my Master!  
Every good thing I have comes from you."
- <sup>3</sup> The godly people in the land  
are my true heroes!  
I take pleasure in them!
- <sup>4</sup> Troubles multiply for those who chase after other gods.  
I will not take part in their sacrifices of blood  
or even speak the names of their gods.
- <sup>5</sup> LORD, you alone are my inheritance, my cup of blessing.  
You guard all that is mine.
- <sup>6</sup> The land you have given me is a pleasant land.  
What a wonderful inheritance!
- <sup>7</sup> I will bless the LORD who guides me;  
even at night my heart instructs me.
- <sup>8</sup> I know the LORD is always with me.  
I will not be shaken, for he is right beside me.
- <sup>9</sup> No wonder my heart is glad, and I rejoice.  
My body rests in safety.
- <sup>10</sup> For you will not leave my soul among the dead  
or allow your holy one to rot in the grave.
- <sup>11</sup> You will show me the way of life, granting me the joy of your presence  
and the pleasures of living with you forever.



**Elizabeth and Zechariah**  
**Luke 1**

**1. JOY COMES FROM THE PROMISE OF GOD'S WORD**

**2. JOY COMES FROM A FILLING OF THE HOLY SPIRIT**

**3. JOY COMES FROM FAITH IN JESUS THE SAVIOUR**

**Questions to discuss and pray through this week:**

What are you most fearful about missing out on in your life?

What are people *really* in danger of missing out on this Christmas? How might we 'miss out' if our faith and focus is not on Jesus?

Elizabeth and Zechariah had lived for so long without children – was God punishing them in some way? Do we sometimes feel that God is punishing us when we encounter hard times? What truths do we need to remember?

How was God answering Zechariah's prayer? Why was the promise of God's word not simply for Zechariah and Elizabeth's benefit, but a cause of rejoicing for many others too?

Looking back in your own faith journey, can you now identify how the Holy Spirit was at work in your life in drawing you to Jesus, before you even realised?

When Zechariah was filled with the Spirit, he prophesied in v.68-79. What are the precious promises in these words that we should hold onto this Christmas and beyond?

How will we lift Jesus up this Christmas, and know the joy of faith in him?