

**FROM WORRY TO WORSHIP**  
**Investigating Jesus #4**  
**LUKE 1:39-56**

**ICE BREAKER** What's your favorite song to sing in the shower?

**BACKGROUND** Mary faced difficult circumstances and had ample opportunity to worry but chose to respond in faith.

**THE BIG PICTURE** When we are filled with worry, we need to run to God — and worship Him.

**DIGGING DEEPER**

**Introduction: Read LUKE 1:39-45** Mary had a long walk to Elizabeth's, plenty of time to worry about her circumstances. If you were Mary, what would you have been thinking about? How do you think Mary felt after Elizabeth's greeting?

**Mary Replaces Worry with Worship: Read LUKE 1:46-56** Instead of looking at her problems and saying "What can I do?" Mary looks to Him and says, "Look what He's done!" She chooses to sing/worship about WHO HE IS and WHAT HE'S DONE.

**The Attributes of God** Here are some of the attributes of God that Mary sang about as she worshiped God. Discuss each one as follows:

- What does each attribute mean to you?
- Why is each one significant?
- Where else in the Bible have you noticed these attributes?
- Which attributes do you appreciate the most? Which ones challenge you the most?
- How can we celebrate each attribute?

1. HE IS LORD: And Mary said, "My soul magnifies the Lord..." v46
2. HE IS SAVIOR: And my spirit rejoices in God my Savior v47
3. HE IS OMNISCIENT: For He has looked on the humble estate of His servant v48
4. HE IS MIGHTY: For He who is mighty has done great things for me v49
5. HE IS PERSONAL: For He who is mighty has done great things for me v49
6. HE IS HOLY: And holy is His name v49
7. HE IS MERCIFUL: And His mercy is for those who fear Him from generation to generation v50 — also see Hebrews 4:16
8. HE IS POWERFUL: He has shown strength with His arm v51 — also see Deut 41:10
9. HE IS FAITHFUL: He has helped His servant Israel, in remembrance of His mercy as he spoke to our fathers, to Abraham and to his offspring forever v54-55
10. HE IS ETERNAL ...to Abraham and to his offspring forever v55

**CONCLUSION**

- What difference does knowing God and His attributes make in your life?
- What can you learn from Mary and her song to encourage you to worship God more intently? What sections of Mary's song resonate with your own heart and life right now and provide hope or encouragement?
- What stood out the most to you in this message?