

CITYWEST CHURCH

07.12.2025 - 10 AM

ADVENT 3 - JOY

“LET EVERY HEART PREPARE HIM ROOM.”

39 A few days later Mary hurried to the hill country of Judea, to the town 40 where Zechariah lived. She entered the house and greeted Elizabeth. 41 At the sound of Mary's greeting, Elizabeth's child leaped within her, and Elizabeth was filled with the Holy Spirit.

42 Elizabeth gave a glad cry and exclaimed to Mary, “God has blessed you above all women, and your child is blessed. 43 Why am I so honored, that the mother of my Lord should visit me? 44 When I heard your greeting, the baby in my womb jumped for joy. 45 You are blessed because you believed that the Lord would do what he said.”

46 Mary responded,

“Oh, how my soul praises the Lord.

47 How my spirit rejoices in God my Savior!

48 For he took notice of his lowly servant girl,

and from now on all generations will call me blessed.

49 For the Mighty One is holy,

and he has done great things for me.

50 He shows mercy from generation to generation

to all who fear him.

51 His mighty arm has done tremendous things!

He has scattered the proud and haughty ones.

52 He has brought down princes from their thrones

and exalted the humble.

53 He has filled the hungry with good things

and sent the rich away with empty hands.

54 He has helped his servant Israel

and remembered to be merciful.

55 For he made this promise to our ancestors,

to Abraham and his children forever.”

56 Mary stayed with Elizabeth about three months and then went back to her own home.

Luke 1:39-56 (NLT)

Joy is not something we feel our way into — joy is something we make room for. The carol doesn't say, "Let every heart chase joy." It says, "Let every heart prepare Him room."

At Christmas, we often prepare everything — meals, gifts, calendars — except our hearts.

But Scripture teaches that joy isn't born from perfect circumstances...

Joy is born from prepared hearts.

Joy isn't discovered in a moment; it is welcomed like a King.

So today we ask: Is there room in our hearts for Jesus — or has December filled every corner?

To anchor this message, we'll look at the story of Mary's visit to Elizabeth (Luke 1:39–56).

Two women, two miracles, one moment filled with explosive joy — because both had hearts prepared for God to move.

Mary has just received the most unexpected news in human history.

She travels to Elizabeth's home, likely overwhelmed, uncertain, processing what God is doing.

But the moment she enters the house, Scripture says:

"At the sound of Mary's greeting, Elizabeth's child leaped within her, and Elizabeth was filled with the Holy Spirit."

Luke 1:41 (NLT)

Joy erupts, literally.

John leaps. Elizabeth praises. Mary sings.

*Why? Because both women had made room for God
— in their hearts, in their obedience, in their expectations.*

Joy overflowed because Jesus was welcomed.

1. JOY BEGINS WITH MAKING SPACE.

Joy doesn't grow in overcrowded hearts.

Joy requires margin.

It requires a slowed spirit.

It requires space to listen.

Old Testament:

“Be still, and know that I am God.”

Psalm 46:10 (NLT)

Stillness is not laziness — stillness is preparation.

New Testament:

Her sister, Mary, sat at the Lord's feet, listening to what he taught.

Luke 10:39 (NLT)

There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Luke 10:42 (NLT)

Mary prepared room.

She slowed down. She listened. And joy filled her home.

This December, maybe the most spiritual thing you can do is cancel something.

Maybe joy is waiting on the other side of a quiet moment you've been avoiding.

Joy begins wherever Jesus is given space.

2. JOY COMES THROUGH RECEIVING THE KING.

JOY ISN'T SOMETHING YOU EARN, IT IS SOMEONE YOU RECEIVE.

Elizabeth gave a glad cry and exclaimed to Mary, “God has blessed you above all women, and your child is blessed.

Luke 1:42(NLT)

When Mary greeted Elizabeth, joy erupted because the King had entered the room, unborn, unseen, yet fully present.

Let the sea and everything in it shout his praise! Let the earth and all living things join in. **8** Let the rivers clap their hands in glee! Let the hills sing out their songs of joy **9** before the LORD, for he is coming to judge the earth. He will judge the world with justice, and the nations with fairness.

Psalm 98:7-9(NLT)

The psalmist prophesied it.

The angels declared it.

Mary carried it.

When Jesus enters your world — even quietly, even unexpectedly — joy follows. Joy is not the absence of struggle; joy is the presence of the Saviour.

This is why some people can walk through storms with a smile that doesn't make sense:

They didn't receive better circumstances — they received the King.

3. JOY FLOURISHES IN SURRENDER.

We find here that Joy is possible because of the now presence of Jesus even in the not yet moments we encounter in life.

Mary responded, “I am the Lord’s servant. May everything you have said about me come true.” And then the angel left her.

Luke 1:38 (NLT)

“Prepare Him room” means moving things out.

If you want to know joy you have to be prepared for surrendering your control, your timeline, your expectations.

Mary does this beautifully:

Mary responded, “I am the Lord’s servant. May everything you have said about me come true.” And then the angel left her.

Luke 1:38 (NLT)

Always be full of joy in the Lord. I say it again—rejoice! **5** Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Philippians 4:4-5 (NLT)

This Advent, may your heart be like Elizabeth’s home, a place where Jesus enters and joy leaps to life.

May you slow down enough to notice Him, surrender enough to trust Him, and prepare enough room to welcome Him.