

Space for God Blessed and Honoured



PREPARATION

• In the name of the Father, the Son, and the Holy Spirit •
But the Lord is in his holy temple; let all the earth be silent before him.
Habakkuk 2:20

Lord, my heart is not proud; my eyes are not haughty. I do not concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.

Psalm 131:1-2

WORSHIP

I will praise the Lord at all times. I will constantly speak his praises.

I will boast only in the Lord; let all who are helpless take heart.

Come, let us tell of the Lord's greatness; let us exalt his name together.

Psalm 34:1-3

CONFESSION

The High and Lofty One who lives in eternity, the Holy One, says this:

'I live in the high and holy place with those whose spirits are contrite and humble. I restore the crushed spirit of the humble and revive the courage of those with repentant hearts.

Isaiah 57:15

MEDITATION – Luke 1:39-55*

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

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

Mary responded,

"Oh, how my soul praises the Lord. How my spirit rejoices in God my Savior!

IN SOLITUDE AND/OR COMMUNITY

Read	Slowly, several times.
Reflect	What does the text say?
Respond	How does it relate to my life?
Rest	I welcome God's healing and renewal.

For he took notice of his lowly servant girl, and from now on all generations will call me blessed.

For the Mighty One is holy, and he has done great things for me.

He shows mercy from generation to generation to all who fear him.

His mighty arm has done tremendous things! He has scattered the proud and haughty ones.

He has brought down princes from their thrones and exalted the humble.

He has filled the hungry with good things and sent the rich away with empty hands.

He has helped his servant Israel and remembered to be merciful.

For he made this promise to our ancestors, to Abraham and his children forever."

ANCHORING PRAYER

Oh, how my soul praises You Lord.

REVIEW OF THE HEART

Where today did my spirit "leap" in recognition of God's presence in the ordinary, and where did I completely miss Him?

WISDOM

Though the Lord is great, he cares for the humble, but he keeps his distance from the proud. Psalm 138:6

I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations. Jeremiah 1:5

But when the right time came, God sent his Son, born of a woman, subject to the law. God sent him to buy freedom for us who were slaves to the law, so that he could adopt us as his very own children. Galatians 4:4-5

TESTIMONY *What is God saying to me?*

INTERCESSION *Prayers for the Church, for others, and for me.*

BENEDICTION

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him; then you will overflow with confident hope through the power of the Holy Spirit.

• Amen •

Romans 15:13

SPACE FOR GOD DAILY

Be still and quiet before God.

Seek the Holy Spirit's filling and guidance.

Speak, act, and serve from a listening heart.