

DON'T BE AFRAID

You Can Trust God With Your Fears

**A look at God's message
to those participating in
the birth of our Lord.**

Lesson 2

Mission Arlington • Mission Metroplex Christmas Curriculum • 2010

2

Why Me?

Luke 1:24-56

Mary, God is Pleased With You

Scriptures

2 Chronicles 16:9
Jeremiah 29:11

Memory Verse

Don't be afraid,
because I am
with you.
(Genesis 26:24
NCV)

Christmas is usually a happy time! Fear is not something we normally think of at Christmas, but the first Christmas was a time of uncertainty and uncertainty can cause fear. Zechariah had been afraid, but he received an announcement of very good news. God had been listening and now his wife, Elizabeth, was pregnant!

When Elizabeth was in her sixth month of pregnancy, God sent the angel Gabriel on another errand. God sent him to the town of Nazareth in the region of Galilee. Nazareth is north of Jerusalem, where the temple was and where Zechariah had been working when Gabriel visited him. God sent Gabriel to a virgin. This virgin was a girl engaged to a man named Joseph. Her name was Mary. Gabriel greeted Mary and told her that God was giving her special favor. God would be with Mary. This upset Mary, though. She couldn't figure out what kind of visit this was.

Gabriel continued, calming Mary's uncertainty and fears, "Do not be afraid, Mary. God is very pleased with you." (Luke 1:30 NIV) Well, that's good news! That was certainly nothing to worry about. Gabriel wasn't finished, though. "You will become pregnant and give birth to a son." (Luke 1:31 NIV) Now, for Mary, that was reason to worry. Not only was Mary not married, but Mary had never even been with a man and she wasn't so sure how this baby thing was going to happen! Mary doubted, just as Zechariah had done when given the news that his wife would have a child.

Gabriel explained that God would take care of everything. Gabriel told Mary that God's Holy Spirit would come to her and God's power would cover her. She would have the Son of God growing inside of her. Gabriel even shared Elizabeth's good news with Mary, "Your relative Elizabeth is old. And even she is going to have a child. People thought she could not have children. But she has been pregnant for six months now. Nothing is impossible with God." (Luke 1:36-37 NIV) Gabriel even told Mary that she would name the baby Jesus.

Mary answered Gabriel well. She said, "I serve the Lord. May it happen to me just as you said it would." (Luke 1:38 NIV) Then Gabriel left.

After this, Mary hurried away from Nazareth. She went to visit Elizabeth and Zechariah. Elizabeth was excited to see Mary. She knew that Mary would be giving birth to God's Son. She told Mary, "You are a woman God has

Application

Think about Mary's initial fear and uncertainty.

What do you think helped her overcome that fear? Do you think it was because she trusted what Gabriel told her? Mary knew that God was with her, Gabriel had said so. (Luke 1:28)

What are you afraid of? Do you know that God has a plan for your life? It won't be bringing His Son into the world. Mary has already done that, but God's plan is a good plan, for a hope and a future. (Jer 29:11)

Will you trust what God tells you, what you know from His Word, the Bible? If you choose to follow Him, you can be as sure as Mary was that God is with you. You can cease fearing because you know God is with you.

blessed. You have believed that what the Lord has said to you will be done!" (Luke 1:45 NIV) Then, Mary praised God. She praised Him because He noticed her even though she was unimportant. (Luke 1:48 NIV) She praised Him because of what He had done so that all people would call her blessed. She praised the Mighty God because He had done great things for her and for generations before her.

Mary stayed there with Elizabeth and Zechariah for about three more months and then, she returned home to Nazareth.

Have you ever wondered, "Why me?" We don't have any record that Mary wondered "Why me?," but we do know that she realized just how unimportant she was, "[God] has taken note of me even though I am not important." (Luke 1:48 NIV) Many times we wonder that because of the consequences of our own actions, sometimes our own sin. Mary was in the same kind of situation. This visit from Gabriel came because Mary lived in such a way that God was pleased with her. Can you imagine? Don't you want that to be said about you? Our culture in the United States doesn't teach humility, but apart from God, we are unimportant. Don't you want God to take notice of you?

This visit from Gabriel also came because of Mary's sin, but not just Mary's. This visit was necessary because Mary and you and I are sinners (Romans 3:23). We need help. Did you know that the name Jesus means "God saves?" Jesus, God's Son and His plan for saving us, would be born to Mary, a girl that God was pleased with and with whom He took notice! The salvation that you and I need and that Mary needed came from God's blessing on Mary, even though she was in need like we all are!

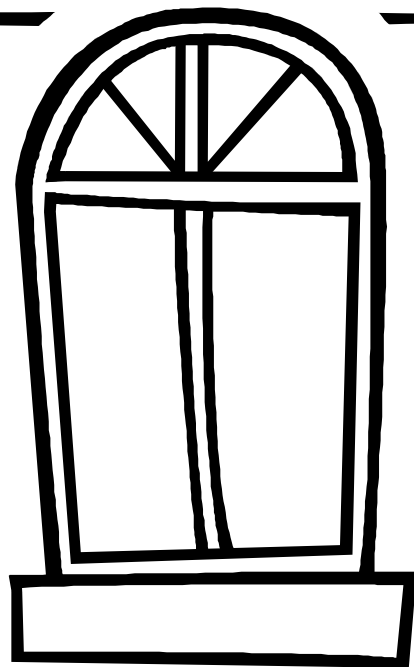
Preparing for the next Lesson

Lesson 3

What Do I Do Now? - Matthew 1:18-25

Activities

- **Memory Verse Activity:** Play hopscotch with the memory verse. As students advance, have them say one word of the memory verse for each square they have passed. Say the reference for the final (10th) square.
- If your students are musical, encourage them to set Mary's Song to music. Provide instruments, if possible, or make your own.
- God sent His message to Mary through the angel Gabriel. Provide angel crafts and coloring pages for your students.
- Serve Angel Food Cake.
- Make an acrostic of the word fear or afraid. Rather than filling the acrostic with a definition or more words about fear, fill it with what God says about fear. You might even fill the acrostic with things God has done for His people.
- **Dig Deeper:** Talk more about the reasons Gabriel came to Mary. Mary was obedient to God; God was pleased with her. But like us, Mary was a sinner. Look at and discuss Romans 5:12-17.
- **Dig Even Deeper:** Read and discuss Jeremiah 29:11 and 2 Chronicles 16:9a. Also look at Psalm 139:15-18 and Jeremiah 1:4-8. Talk about the plan God has for each of us and the power He has to make it happen if we will follow Him and trust Him.



**Don't be afraid,
because I am with you.
Genesis 26:24**

Word Search

d p y o t e f r a i d o d o t
a i r r e l i z t e h l r m e
d l a a p i h e a r t y a r p
i e m r i z t h e w e n e m p
a n o l f s e c h a r z h c e
r n i t g l e i r b a g r w l
f a y g w e h t e r z p e r p
a g b r r t n t h i a l y o m
e r e y a i b n y e n r a f t
b h o j n u v o d i l f r a r
t y o z o c h a r i a o p r u
o h a d r o l e h t e v r e s
n e n g a g e d o e o p l d t
o a p n a g y n r i e l b a g
d r a e b t o d a l g e l p

Mary

Gabriel

Nazareth

engaged

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serve the Lord

praise the Lord

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r n i t g l e i r b a g r w l
f a y g w e h t e r z p e r p
a g b r r t n t h i a l y o m
e r e y a i b n y e n r a f t
b h o j n u v o d i l f r a r
t y o z o c h a r i a o p r u
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