

## Joy, Christmas, and a Woman's Superpower

Luke 1:5-56

What is a woman's superpower?

- Consider the words of Nancy Pearcey, author of *Love Thy Body*

The Christmas story begins small, focusing on just a few people—including two women currently without this superpower...

- Elizabeth, who was barren

- Virgin Mary
  - "...my spirit **rejoices** in God my Savior!" (Mary in Luke 1:47)

The joy spreads:

- "And the angel said to them [the shepherds], 'Fear not, for behold, I bring you good news of **great joy** that will be for all the people.'"  
(Luke 2:10)

- And spreads further: "Though you have not seen him, you love him. Though you do not now see him, you believe in him and **rejoice with joy that is inexpressible** and filled with glory." (1 Peter 1:8)
  - This joy is more than mere happiness!

Can joy be *intentional*? Can you choose it?

- "Rejoice in the Lord always; again I will say, rejoice!" (Phil 4:4; see also Ps 32:11, Rom 12:12,15)

### Questions for Reflection and Application:

1. Read Luke 1:5-56, and look for the words "joy" and "rejoice." What can you learn here about joy?
2. How would you describe any difference between happiness and joy? Has this been relevant in your life?
3. "Rejoice in the Lord always; again I will say, rejoice!" (Phil 4:4) How will you intentionally apply this verse this Christmas season?