



## WEEK 4 | DEVOTIONAL EXPRESSING HONEST FEELINGS

---

### RECEIVE

---

Slowly. Prayerfully, read out loud **Luke 1:5–38**. Before and after the reading, pause for a moment—wait. In the silence, prayerfully ask the Holy Spirit to guide you into knowing and living what you are receiving from the Scripture. Consider, how does God want you to respond in light of this passage?

---

### REFLECT

---

1. The Journey of Zechariah | Read **Luke 1:5-25**.
  - a) How did Zechariah initially respond to the angel's announcement (verses 11–18)?
  - b) Why do you think Zechariah struggled to trust the angel's words despite his prayers for a child?
  - c) Have you ever found yourself doubting God's promises even when you've prayed for them? How did you respond?
2. The Journey of Elizabeth | Read **Luke 1:24–25** and **Luke 1:39–45**.
  - a) How did Elizabeth process her miraculous pregnancy, and what emotions did she express?
  - b) In verses 39–45, how did Elizabeth show trust in God's plan, even when it seemed extraordinary?
  - c) Can you recall a time when you had to trust God while waiting? How did you stay hopeful during that season?

3. The Journey of Mary| Read **Luke 1:26–38**.
- a) What was Mary’s initial reaction to the angel’s greeting and message (verses 29–34)?
  - b) How did her response develop as she engaged with the angel in verses 34–38?
  - c) What does Mary’s willingness to say, “May it be to me as You have said,” teach us about surrendering to God’s plans even when we might not fully understand what is happening?
4. What similarities do you see in how Zechariah, Elizabeth and Mary processed their periods of waiting?
5. How do their stories illustrate the tension between trusting God and being honest about the challenges of waiting?
6. Many in Israel expected the Messiah to eliminate their worldly difficulties. Instead, His coming created a deeper relationship between God and people. How can this help us understand the purpose of waiting in our lives?
7. What do we need to do to transform our seasons of waiting into opportunities to grow in intimacy with God by sharing our honest longings, frustrations and hopes? What spiritual practice might help you to do this? Journaling, prayer, talking with a spiritual director, writing a prayer, etc.?

---

## RESPOND

---

Using **Psalm 142:1–7** as a guide, rewrite it expressing your honest feelings toward God concerning a tough situation you find yourself waiting through.

---

## RESOURCE

---

What areas of your life need more active faithfulness? Join us for the new class we have coming up on January 26, Spiritual Health Check. This one-session class is a great way to start a new year and also be more active in your faithfulness.