



CHRISTMAS

Here I am, Lord, in my tired, aging, hurting, wondrous body.

Open my heart to you now. You are my High Priest who knows.

LUKE 1:26-38

DAY 1 *How does the fact that Jesus was formed in Mary's womb reveal the sacredness God sees and the value he places on the human body?*

MATTHEW 1:1-17

DAY 2 *What does the truth that Jesus has a body like yours reveal to you about the care we are to give our bodies and the respect with which we are to extend to others' bodies?*

LUKE 2:1-21

DAY 3 *Why do you think it was important for Jesus to have come to us this way instead of simply having appeared as an adult?*

LUKE 2:25-40

DAY 4 *Reflect on the reality that God came to be with us first through the body and mind of a little boy. What does this truth reveal about God's love and Jesus' ability to identify with you?*

MATTHEW 3:13-4:11

DAY 5 *What do you think Jesus was feeling in his body during his time in the wilderness?*

MATTHEW 8:23-27

DAY 6 *Reflect on the reality that God came to be with us in a body that needed sleep and grew exhausted. What does this truth reveal to you about his love and Jesus' ability to identify with you?*

JOHN 11:17-35

DAY 7 *Reflect on a time you have experienced deep grief. How might your experience with help you identify with and serve someone you know who is grieving?*

MARK 2:13-17

DAY 8 *What comes to mind as you think about the fact that Jesus ate and drank and his body processed foods just as ours did?*

LUKE 22:39-46

DAY 9 *Reflect on the reality that God came to be with us in a body that hurt and responded as we do to pain and anguish. What does this truth reveal about his love and Jesus' ability to identify with you?*





Christmas

Here I am, Lord, in my tired, aging, hurting, wondrous body.
Open my heart to you now. You are my High Priest who knows.

-
- DAY 10 **MATTHEW 27:32-50**
Reflect on Jesus as he walked to the cross and then was beaten, stripped and crucified. How must his body have responded? What can you imagine him experiencing in his body?
-
- DAY 11 **JOHN 20:24-29**
Why do you think Jesus wanted Thomas to touch his wounds?
-
- DAY 12 **HEBREWS 4:15-16**
What does it mean to you as you pray and persevere that Jesus knows your weaknesses?
-
- DAY 13 **1 CORINTHIANS 15:35-54**
What confusion, emotions, or concerns arise in you as you read today's passage?
-
- DAY 14 **REVELATION 21:1-7**
Reflect on God's promise that your body will be healed and whole. What would it look like to live in that truth? What do you imagine that being like?
-
- DAY 15 **JOHN 1:1-14**
Having spent the last fifteen days focusing on the truth of God's coming in the flesh to be with us, what happens in you when you read this rich, well-known announcement about Jesus Christ?
-

