

January 3 Prayer

Dear Heavenly Father,

Praise

I join with Mary and say, “My soul magnifies the Lord, and my spirit rejoices in God my Savior. He who is mighty has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has brought down the mighty from their thrones and exalted those of humble estate. He has filled the hungry with good things, and the rich he has sent away empty” (Luke 1:46–53). Glory to God!

Today in Your Word

As I thought about what you told me today, I was reminded of the wonder and mystery of the Incarnation. Your Son—the second person of the Godhead, one in essence with you from eternity, equal with you in power and glory, yet distinct from you in personhood—willingly added to his divine person a complete human nature. Jesus is the God-man, one person with two natures (human and divine). In Mary’s womb, he was omnipotent according to his divine nature, yet he was tiny and weak according to his human nature. He was omniscient according to his divine nature, yet he knew nothing according to his human nature. Wonder and mystery indeed!

It’s clear that the Incarnation is a lesson in self-denial and humility. Paul said, “Have this attitude in yourselves which was also in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross” (Phil 2:5–8).

This is the true spirit of Christmas: I am to think and act as Jesus did. Jesus denied himself—He left the wealth and riches of heaven to experience poverty and want (2 Cor 8:9). Jesus humbled himself—He submitted to and obeyed his parents, his authorities, and most of all you. Jesus emptied himself—He didn’t insist on his rights and privileges as God but served and sacrificed for others. This is what I must do if I want to follow in his steps, for he requires no more of me than he required of himself.

Reflection

Elizabeth told Mary, “Blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord” (Luke 1:45). Do I respond in faith to your voice? Do I believe your Word even when I don’t understand how it’s being worked out in my own life?

Request

Father, Mary found favor with you because she was willing to be used in whatever way you wanted. Help me to have the same willingness to do your will. Give me the strength to say, ‘Here I am Lord, use me.’

Thanksgiving

Thank you for sending your only Son to become fully human just like me. “Because he himself has suffered when tempted, he is able to help those who are being tempted” (Heb 2:18). I’m so grateful for a high priest who can sympathize with my weaknesses (Heb 4:15)!

In Jesus’ name, Amen.

Suggested Hymn: “[The Angel Gabriel from Heaven Came](#)” – Basque carol.

Meditation Verse: Luke 1:31