

Group Reflection Questions

1. Would you rather be in a group or be by yourself?
2. How do you spend time with God?
3. Do you have time during the Christmas season to spend in contemplation?
4. Do you have enough time to be alone with God in your life? If not, what is one thing you could change in order to have more time with Him?
5. What kind of music moves your soul?

The Contemplative Stream: Mary **Luke 1:26-38, 46-55**

As we follow Jesus' example there is always a split we should have: between community and being alone. Jesus lived every day in very close community: He lived with 12 guys all the time! At the same time Jesus goes off by himself many times during his ministry, sometimes for even days at a time. He knew that he needed time to connect with God and we can see the product of that time—the impact of his ministry.

Mary was also a person who connected with God. Most scholars believe Mary was around 14 years old, yet she was able to speak a prayer that we still read today. She speaks deep words—ones that are on par with the Psalms. This is not something that comes quickly, but something that comes from a truly intimate relationship with the Father.

This kind of relationship doesn't come from being rich, or powerful, or even good looking—it comes from someone who has truly spent time with God.

On this Sunday we are reminded with music of the ways in which God can move our soul in ways that are beyond words.