

*HAVE YOURSELF
A MENTALLY HEALTHY
CHRISTMAS*



THE CHAPEL
DECEMBER 14, 2025

WORSHIP
Dave Gustavsen

READ: Luke 1:39-56 together.

OPENER: Christmas can bring joy, stress, or a mix of both. If you had to describe your current Christmas season in one word, what would it be—and why?

1. Mary didn't stay isolated—she hurried to Elizabeth. Why do you think worshiping with others is so important for our emotional and spiritual health, especially at Christmas?
2. Elizabeth's affirmation helped Mary move from obedience to joyful worship. When in your life has someone else's encouragement helped you see God more clearly or worship more freely?
3. Mary's song shows both sides of God's character—He lifts up the humble and brings down the proud (like Herod). Where do you relate to Mary's humble place of needing God's help? How does remembering that God also confronts the proud or unjust give you confidence in situations that feel intimidating or unfair?
4. Pastor Dave warned that we can become overly focused on ourselves—our struggles, our healing, our stress. What are some practical ways we can shift our focus this season from “magnifying ourselves” to “magnifying the Lord”?