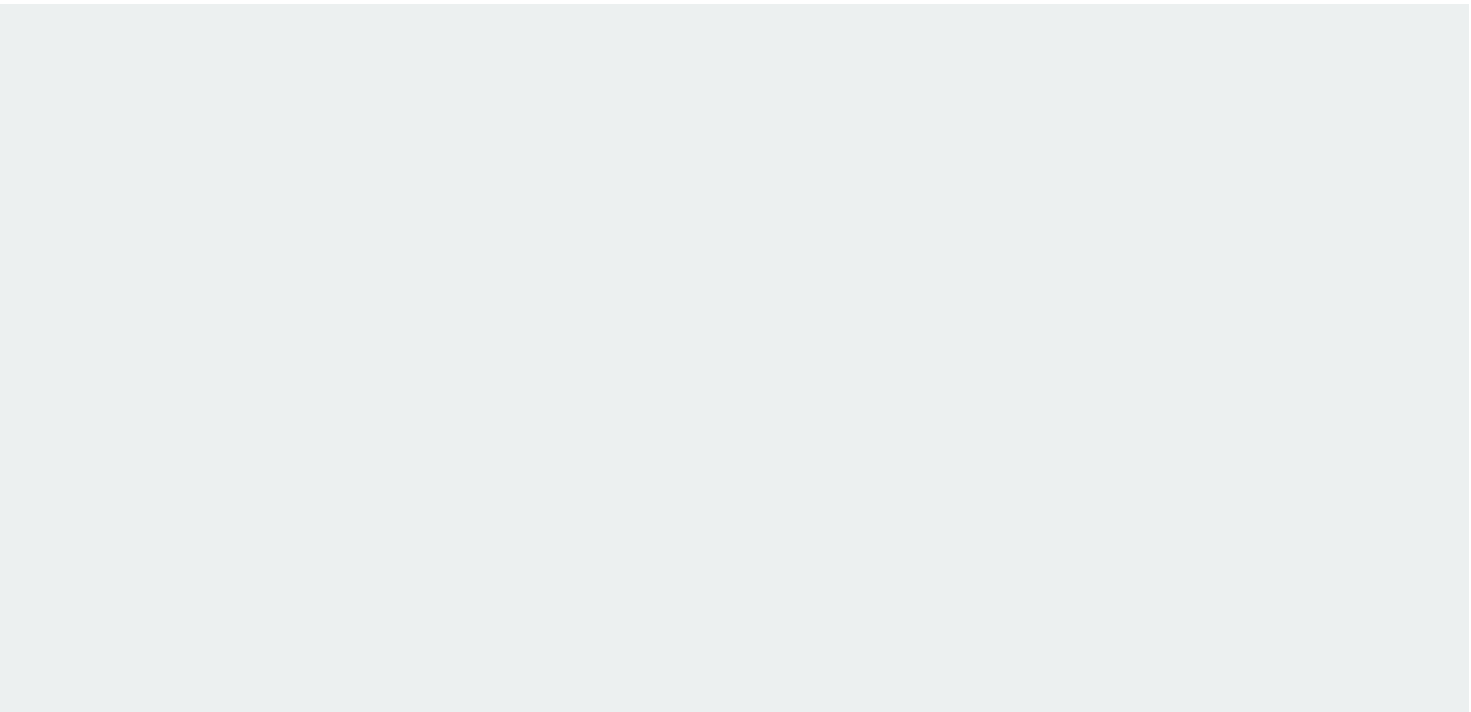


# SESSION 6

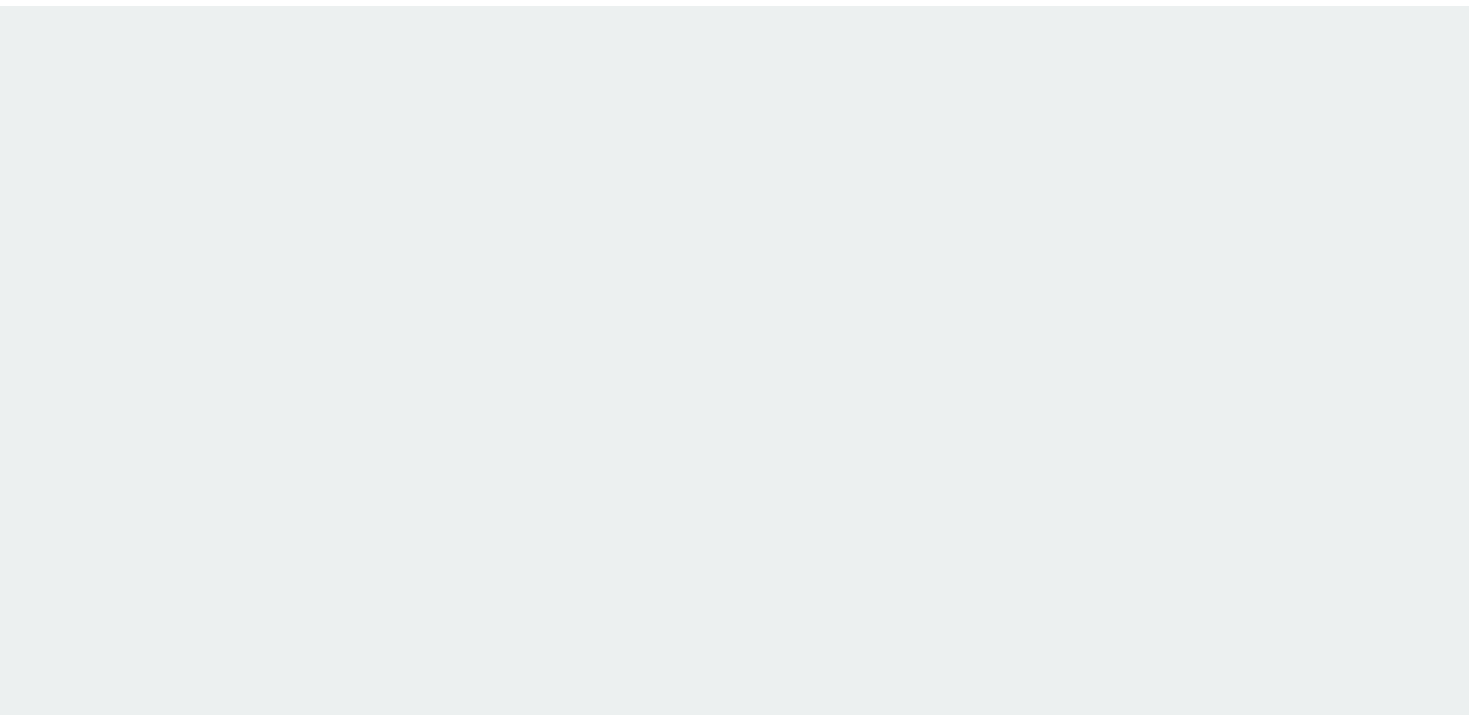
## Interludes of Summer

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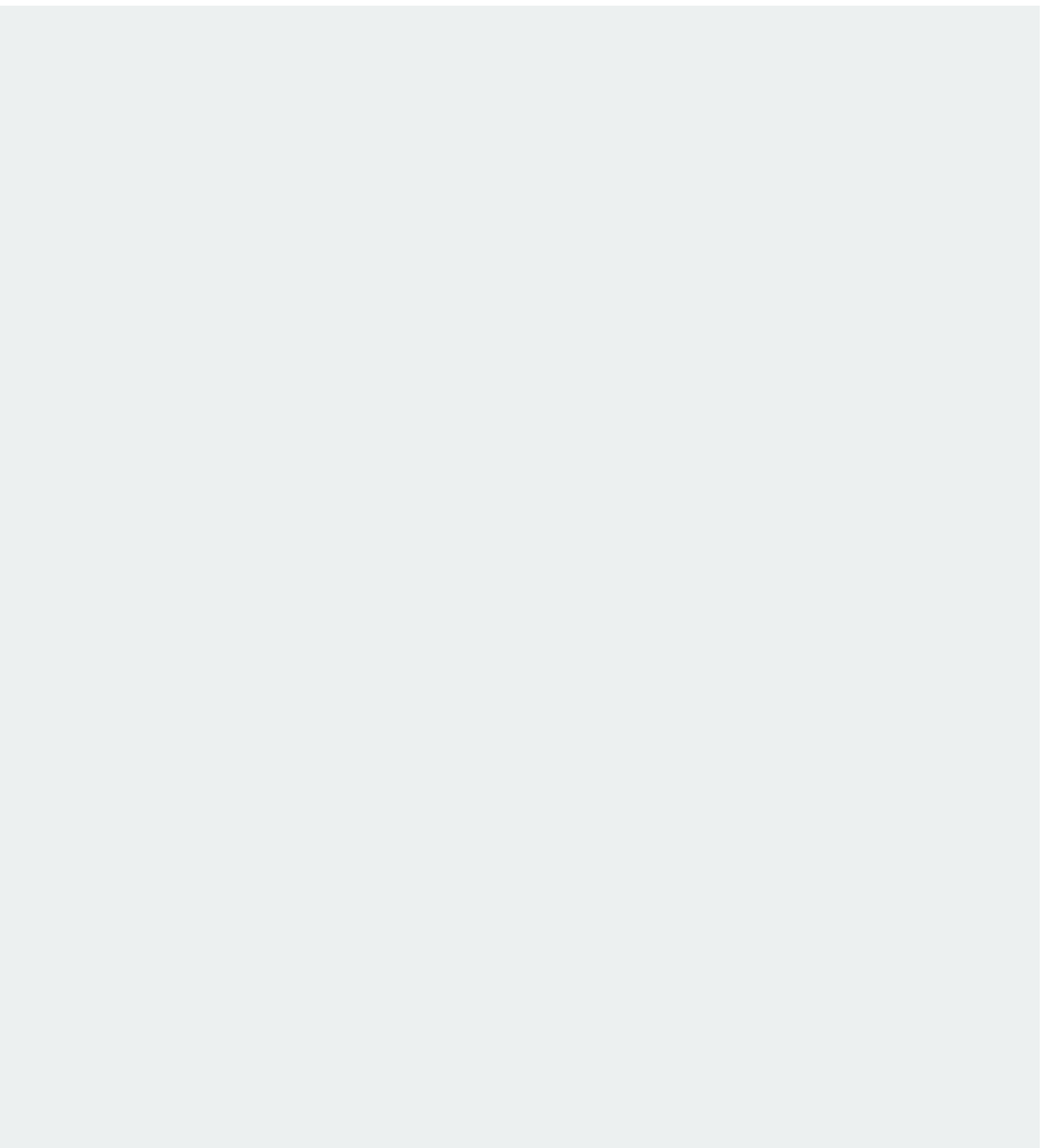
When you are stressed out or overwhelmed, what kind of behavior do you typically exhibit? **What comes out when I'm squeezed?**



What do you consider to be areas where you have really invested yourself?



Read and write out Mary's Song of Praise found in Luke 1:46-55.



Let's study the scripture that Mary had invested her heart in.

Read Hannah's hymn 1 Samuel 2:1-10 to see how Mary's hymn mirrors that of Hannah. What similarities do you find between the prayers of these two women?

How is God's promise to Abraham (and Hannah) being fulfilled in the child of Mary?

**All generations are blessed through Jesus.**

*Underline every attribute of God that Mary proclaims in her prayer.*

What areas do you want to increase your capacity in? To invest your heart in? Make a plan for how you will do this in the next 6 months to a year.

What you invest your heart in is what will overflow when you are squeezed. To be a stability for in stressful times, you must invest in the deep well of your soul. Become a deep well that others can draw from so that you can respond with faith and not fear whatever may come!

### **Questions for Reflection**

1. What are the ways that you delight in God's good gifts?
2. God gives us ways to invest our souls in beauty. These are interludes of grace, and of summer! What are some interludes of delight that will refresh you this season? How can you invest yourself in them?
3. How can you include your family in your enjoyment or learning?

**Glimpses of beauty are glimpses of Grace.**

### **ROOM FOR NOTES**

