

### **Luke 1:68-79 NRSV**

“Blessed be the Lord God of Israel,  
for he has looked favorably on his people and redeemed them.  
He has raised up a mighty savior for us  
in the house of his child David,  
as he spoke through the mouth of his holy prophets from of old,  
that we would be saved from our enemies and from the hand of all who hate us.  
Thus he has shown the mercy promised to our ancestors  
and has remembered his holy covenant,  
the oath that he swore to our ancestor Abraham,  
to grant us that we, being rescued from the hands of our enemies,  
might serve him without fear, in holiness and righteousness  
in his presence all our days.  
And you, child, will be called the prophet of the Most High,  
for you will go before the Lord to prepare his ways,  
to give his people knowledge of salvation  
by the forgiveness of their sins.  
Because of the tender mercy of our God,  
the dawn from on high will break[c] upon[d] us,  
to shine upon those who sit in darkness and in the shadow of death,  
to guide our feet into the way of peace.”

### **For Reflection and Prayer:**

Was there a word, a phrase, image, or feeling that ‘shimmered’ as you listened? Allow it to land in your heart. Stay with it. Savor it.

Reflect on what you heard. What effect does it have on you? What meaning does it hold for you? What does the Holy Spirit seem to be conveying to you? Talk it over in your prayer.

Perhaps you want to draw or color your prayer or journal the conversation.

As the time of prayer comes to a close, share some moments of quiet with Jesus, simply resting safely in his presence.

### Luke 1:68-79 Tree of Life Version

"Blessed be *Adonai*,  
God of Israel,  
for He has looked after His people  
and brought them redemption.  
He has raised up a horn of salvation for us  
in the house of His servant David,  
just as He spoke by the mouth of His holy prophets from ages past,  
salvation from our enemies  
and from the hand of all who hate us!  
So He shows mercy to our fathers  
and remembers His holy covenant,  
the vow which He swore to Abraham  
our father, to grant us—  
rescued fearlessly from the hand of  
our enemies—to serve Him,  
in holiness and righteousness before Him all our days.  
And you, child, will be called a prophet of *Elyon*.  
For you will go before *Adonai* to prepare His ways,  
to give knowledge of salvation to His people  
through removal of their sins.  
Through our God's heart of mercy,  
the Sunrise from on high will come upon us,  
to give light to those who sit in darkness  
and in the shadow of death,  
to guide our feet in the way of *shalom*."