

## Advent Calendar: Day 3

The reflections for this week are centered around the readings for this Sunday's texts  
Isaiah 7:10-14, 1 Timothy 3:16, Luke 1:26-38

### Luke 1:30

The angel said to her,  
"Do not be afraid, Mary, for you have found favor with God."

"Do not be afraid" is a common mantra within the infancy narratives, spoken to Mary, Joseph and the shepherds. These words of assurance are meant to comfort them and us in the midst of an unprecedented and world changing revelation. When confronted by radical changes to our plans, uncharted implications in our lives, and unknown possibilities for difficulties, we can begin to let fear overwhelm our faith. Fear blinds us from seeing God's future for our lives and immobilizes us from following Christ's Way with joy and assurance. The angel's words remind us that we have favor with God. That favor of God should trump our fear of the world and bring us peace. Accompanied and assured by God's favored status, what have we to fear that God can not overcome?

List your fears, both trivial and profound. Now throw them in the fireplace, pulverize them in a shredder, or find some other creative (but safe) way to visibly destroy them. As they are obliterated on paper, prayerfully recognize the desire and power of the Lord to remove these fears from your heart and draw you to trust in Him. Let yourself hear the divine message "do not fear" and take the Lord's hand in a bolder faith.