

# The Gift of Health: Week 1

## Surprises and Gifts

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*The angel said to her, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren. For nothing will be impossible with God.'*

— Luke 1:35-37

### Opening Thoughts

It is probably safe to say that Mary did not expect to end up pregnant at the time the angel paid her a visit. And yet, the surprise was a gift. Sometimes in our lives, we receive surprises. This week, you will be asked to reflect on those surprises and gifts that we encounter in our lives both during the holiday season and at other times.

### Discussion Questions

- Do you tend to like surprises? Why or why not?
- How does the holiday season make you experience a feeling of surprise or expectancy?
- When we celebrate the meaning of Christmas, we are celebrating God's gift of Jesus given to the world. How can we celebrate the gift of our bodies during this season?
- What kind of gifts do you like to give? What gifts do you enjoy receiving?

### Closing Meditation

Lord, help us to embrace the surprises and gifts that come our way. Make us mindful that you entered the world in the most surprising way. Help us to give our bodies surprising and wonderful gifts during this holiday season. In your holy Name, Amen.