

“Safe Enough to Sing” Group Guide

Series: The Journey of Christmas

Passage: Luke 1:39-56

Speaker: Pastor Ryan Paulson

Date: November 30, 2025

ICEBREAKER: Share briefly about a memorable “long walking journey.” Where were you going from, and where were you going to? Who was with you, if anyone?



Learning His Way: *Discovering the Way of Jesus*

1. Read Luke 1:39-56 out loud together. What words or phrases stand out to you? What questions do you have?
2. In Luke 1:39, Mary “arose and went with haste,” traveling many miles to be with Elizabeth. What did Mary discover when she arrived in Elizabeth’s home?
3. Ryan said, “God uses safe people to quiet our fears and amplify His voice.” How was Elizabeth this person for Mary? What would it look like for us to be “safe people” for others?



Forming His Heart: *How is God shaping my character and helping me to grow?*

4. Shame isolates, but the Spirit leads us into connection, honesty, and blessing. Where do you sense God inviting you to move from self-protection toward openness? How might this shift be part of the Spirit’s slow work of forming the character of Christ in you?
5. Read Luke 1:42-45. Elizabeth spoke blessing, not suspicion, over Mary. Where might the Spirit be calling you to speak blessings rather than judgment over those that God places in your path?



Joining His Mission: *What is God calling me/us to do?*

6. Safe people create space for others to encounter God — not by fixing them, but by being a non-anxious, Spirit-filled presence. What would it look like this week to intentionally become someone’s “Elizabeth” — someone who says, “I’m so glad you’re here,” and actually means it?

7. Who have you unknowingly (or knowingly) placed pressure on because of the pressure that you have placed on yourself? What would it look like to name this and tell that person that you are proud of them?



Closing Prayer:

Pray for strength to be a “safe place” for those around you.

For further practice this week:

Ask God to search your heart.

- Do you feel any shame?
- Where do you go with that shame?

Your Lord sees you through eyes of love — there is no condemnation for those who are in Christ Jesus. You are safe with Him.

If you need a safe place to process, please reach out to the Emmanuel Faith Counseling Department: efcc.org/need-help

Do you see yourself as a safe person? Honestly, before your God who knows your inmost being, ask yourself the following questions:

- Do I plant courage or fear in others?
- Do I communicate identity or insecurity?
- Do I shed light on the possibility or add undue pressure?
- Do I look for opportunities to bless or shame?

Bring each of these areas to your Lord, asking for strength and opportunities to find safety in Him, and be a safe place for those that he entrusts to you.