

In *Mary*, a six-week Bible study, you'll enter Mary's story and learn how you can become a girl of faithfulness. God chooses ordinary girls who are willing to say, "Yes." Mary's life proves that when a True Girl responds with faith in the moment, it brings a beautiful, forever blessing.

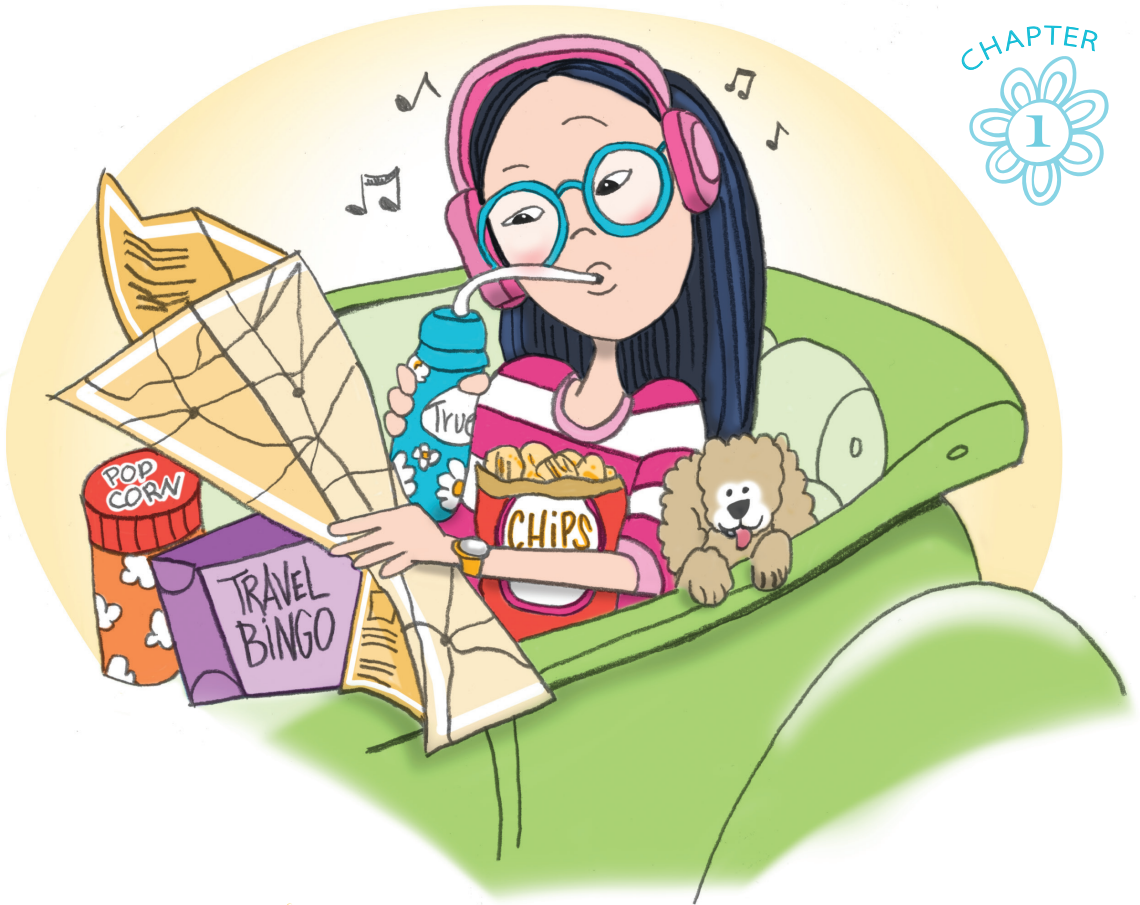
Interested in the whole book?  
Select your preferred book seller:

[MOODY PUBLISHERS](#) [AMAZON](#) [APPLE BOOKS](#) [BARNES & NOBLE](#) [GOOGLE PLAY](#) [CHRISTIANBOOK.COM](#) [WALMART](#) [TARGET](#) 

# Table of Contents



<b>My Notes on Mary</b> .....	7
<b>Introduction: How to Study the Bible</b> (Zooming, Zeroing & Zipping Basics!) .....	13
<b>CHAPTER 1: What Is Faithfulness?</b> .....	21
<b>CHAPTER 2: A Faithful Girl Worships When She Feels Like Whining</b> .....	41
<b>CHAPTER 3: A Faithful Girl Is Immediately Obedient</b> .....	59
<b>CHAPTER 4: A Faithful Girl Is Content in the Magnificent or the Mundane</b> ...	79
<b>CHAPTER 5: A Faithful Girl Believes God Will Provide</b> .....	99
<b>CHAPTER 6: A Faithful Girl Is Loved by God through Her Suffering</b> .....	113
<b>How Do I Become a Christian?</b> .....	131
<b>Mom's or Small Group Leader's Guide</b> .....	134
<b>Answers to Puzzles</b> .....	136
<b>Notes</b> .....	138



## ✧ What Is Faithfulness?

Imagine you are on a huge, long, super fantastic road trip. You have your headphones and some new sunglasses. Your bestie loaned you her Travel Bingo game, Mom packed all the delicious snacks, and your favorite True Girl water bottle is full of icy lemonade. (Just don't drink too much! You have a looong ride, and your mom doesn't want to stop every 30 minutes. You're gonna get to your destination if it's the last thing you do!)

As you drive through the super cool town of Ellicottville, New York, your excitement builds. You cannot wait to see Niagara Falls! But it's still one hour away. Suddenly, the unexpected happens. You lose the Global Positioning System (GPS) signal. The car's GPS has just stopped working, and you have no map to rely on! Today's super awesome digital maps are incredible, but they aren't foolproof.

You might think that things like your smartphone's GPS, Mom's personal hotspot, or even your dad's super-dependable brain are "faithful." Although those things are usually dependable, they sometimes fail. They cannot be relied upon on their own.

So, let's talk about *faithfulness*! Do you have any idea what it means? Take a second to think about it, and then write below your best guess of its meaning!



OK. Let's see if you're right!

## What is faithfulness?

As we study the life of Mary, we'll discover that she was faithful. And we'll learn that we're supposed to be too. Here's a simple definition of the word:

 **{ faithful: able to be trusted or relied on }**

Being faithful to *someone* means you're a loyal friend, daughter, sister, or fellow student. Being faithful to a *task* means that you are committed to sticking with it, even when it's hard. The Bible says that God wants you to be faithful *to Him*. He wants you to be committed to Him so much that He can trust you and rely on you to choose His plan for your life.

The truth is . . . becoming a girl of faithfulness is super hard! None of us can be faithful without God's help. We do wrong things, go back on our word, and give up sometimes. We are humans, and we sin! Just like your dad's super-dependable brain, we are not foolproof.

## The only reliable GPS in the universe

Thankfully that is *not* the end of the story! The Bible tells us that faithfulness is a fruit of the Spirit, meaning that it comes FROM the Spirit of God. When God is with us, He helps us to be faithful. We can rely on Him and use God's Positioning System, the only reliable GPS. (See what I did there?!)

Wait . . . so what is this super-dependable GPS, and where can you get one? I'm glad you asked. It's the Bible! The Bible can guide us through life so that we grow

more and more faithful. You'll learn to be faithful as you read it and ask for wise advice from others who read it. It also helps if you talk to God a lot!

Here's one reason faithfulness can be complicated, though. It's not always going to be the great, big, ginormous things in your life that require faithfulness. (Like going on a mission trip with your family.) God gives you opportunities to join Him in His special work *all the time*—*EVERY DAY*. How you respond to the little, daily things matters a whole lot. (Like helping your mom do the dishes or being kind to your little bro!) Those small moments of faithfulness are a prettttty good way to tell if you're ready for the big things.

If you're a Christian, God *will* ask you to be faithful—all the time, every day!

*And don't forget:* He will be with you, helping you do it. **Because of Him, being a girl of faithfulness is possible!**

As you turn the pages of this book and learn about Mary, my prayer is that you'd be encouraged to rely more on Him and less on your own abilities. And may you be given the courage to step out in faith, even when it's hard. God has beautiful plans for your life.

So now, without further ado, let me introduce you to Mary, a girl of faithfulness!

**Let's start zooming!**



→ **Zoom In & Out—Who? What? WHERE? When? Why?**

## ZOOM OUT!

Before we learn about Mary, we need to *zoom out* to understand why we need to be faithful. And today, we're going to zoom WAYYYY out! Can you guess where we're going?

We're headed to the beginning of time!

The very first words in the Bible are: "In the beginning, God created the heavens and the earth" (Genesis 1:1). God has always existed. He created the sun, moon, sky, land, sea, plants, animals, and everything you see around you! This includes the best thing ever . . . *us!*

God is a fair God. So, He didn't create us to automatically love Him. Instead, He allowed us to choose if we would follow Him or our own sinful desires.

Let's pause right there! We need to clarify one thing—**sin**. What *is* sin?

→ { **sin: doing what is wrong or not doing**  
**what is right according to God's rules<sup>2</sup>** }



The first man and woman, Adam and Eve, were tempted by a snake, which was the devil in disguise. He told them to choose to follow their own sinful desires instead of trusting God's perfect plan. Sadly, Adam and Eve chose to sin. Because of that, there is a gap between humans and God. Sin separates us from Him.

Thankfully, that's not the end of the story. God had a plan. A super-ginormous plan to rescue the world! Here it is:

## → God's SUPER-GINORMOUS plan to RESCUE the WORLD

Right after Adam and Eve sinned, God promised that one day a Savior would come and crush Satan—the ruler of all evil. Then, God kept reminding His special people—the Israelites—about this coming Savior. The Old Testament is full of prophecies about Him. Prophecies are statements from God about what will happen in the future. There are over 300 prophecies about the Savior in the Old Testament. These prophecies were signs that God's people could look for so that when the Savior came, they could be sure to know it was Him. God's people studied these announcements carefully and knew some of the things they could expect.



**PROPHECY  
PUZZLE**

} Find the **KEY WORDS** in these prophecies or announcements about the Savior.

E W R M Y M M T T G N O K R T Q Z L  
 N J M S N H D W J Q E O F L F W W C  
 D F N O E A R T H L Y F A T H E R V  
 O Z G K I N G D A V I D R W K O U I  
 G W X I A J C Z C L B Y E N G S X A  
 H N O Y J E U W Z Z B B Y G Z K J T  
 I S G M C B E T H L E H E M Y H D Q  
 Q O R U A F B Q U R F W Q Q N P N S  
 Y W U F Y N X M M I R A C L E S T I  
 Z K C G Q S X V U J D P A A M A Z Y  
 Y S Z R Q U A E F U L T Q C B H F R  
 C T M R I H P K Z X L B U B K T C B

**CLUES**

He would crush the devil and have a mom (who is referred to as a **WOMAN**) (Genesis 3:15).

He would be born in the city of **BETHLEHEM** (Micah 5:2).

His great-great-great . . . and more greats . . . grandfather would be **KING DAVID** (Isaiah 9:6–7).

He would have an **EARTHLY FATHER** (Isaiah 7:14).

He would do lots of wonderful **MIRACLES** (Isaiah 35:5–6).

He would spend time in **EGYPT** (Hosea 11:1).

\* For puzzle answers, look in the back of the book.



God had all of this planned out since the beginning. Why? Because He wanted to rescue us from sin and death.

Congratulations! That was your first zoom-out assignment! High five!

Now, let's *zoom in* to the first chapter of the book of Luke, where we meet our girl, Mary. She's a young teenager living in the town of Nazareth with a perfectly planned life. Little did she know she was a special part of God's super-ginormous, rescue-the-world plan!

## ZOOM IN!

Now that you have some context, it's time to start learning about Mary. Here's something important to know: One of her great-great-great-great (and lots more greats) grandfathers was King David. (Sound familiar?) As a child, she would have grown up hearing

the Old Testament read out loud and been taught to expect and pray for the Savior, who she knew would come from her family. Mary was aware that her family was special. But she probably never imagined that *she* would be the one to give birth to the baby who would rescue the world.

Mary lived at a time in history when some of the Jewish people were *especially* ready for the Savior to show up. That's because a big, powerful nation, called the Roman Empire, had taken over their special land. The Romans treated the Israelites terribly. The Israelites wanted someone to release them from their misery, and they knew the promise was that someday that special baby would be born!

Some of the Jewish people were waiting and watching *faithfully*!

There's something interesting about faithfulness. It comes in handy when you feel bad about life and are experiencing doubt. And as you'll see, when we first read about Mary in the Bible, she also was struggling with those things.





Now that you understand a little background context, it's time to start learning about faithfulness through Mary's example. Of course, we meet her in what we consider the Christmas story. Even though we think of it as sweet and peaceful, it wasn't exactly like that for Mary.

**LUKE 1:26–38**


**As you read these Bible verses, use a blue pencil or marker to circle all the words that tell us how Mary felt about the news that she was going to be the mother of the Savior she grew up hearing about. (HINT: You'll find two words that describe her feelings in verse 29. And one word the angel uses to describe her in verse 30.)**

**26** In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a village in Galilee, **27** to a virgin named Mary.

She was engaged to be married to a man named Joseph, a descendant

of King David. **28** Gabriel appeared to her and said, "Greetings, favored woman! The Lord is with you!" **29** Confused and disturbed, Mary tried to think what the angel could mean. **30** "Don't be afraid, Mary," the angel told her, "for you have found favor with God!" **31** You will conceive and give birth to a son, and you will name him Jesus. **32** He will be very great and will be called the Son of the Most High. The Lord God will give him the throne of his ancestor David. **33** And he will reign over Israel forever; his Kingdom will never end!" **34** Mary asked the angel, "But how can this happen? I am a virgin." **35** The angel replied, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby to be born will be holy, and he will be called the Son of God. **36** What's more, your relative Elizabeth has become pregnant in her old age! People used to say she was barren, but she has conceived a son and is now in her sixth month. **37** For the word of God will never fail." **38** Mary responded, "I am the Lord's servant. May everything you have said about me come true." And then the angel left her.



Have you ever considered how Mary felt when the angel came to tell her she was going to be the mother of Jesus? She was *confused* (or unable to think clearly) and *disturbed* (or upset). And according to the angel, she looked *afraid*.

The angel had to tell her that what was happening was actually very good news for the world.

Look at the verses again. Find the word "Gabriel" used twice to describe the truth about Mary. Fill in the blanks below.

"Greetings, \_\_\_\_\_ woman!"

"You have found \_\_\_\_\_ with God!"

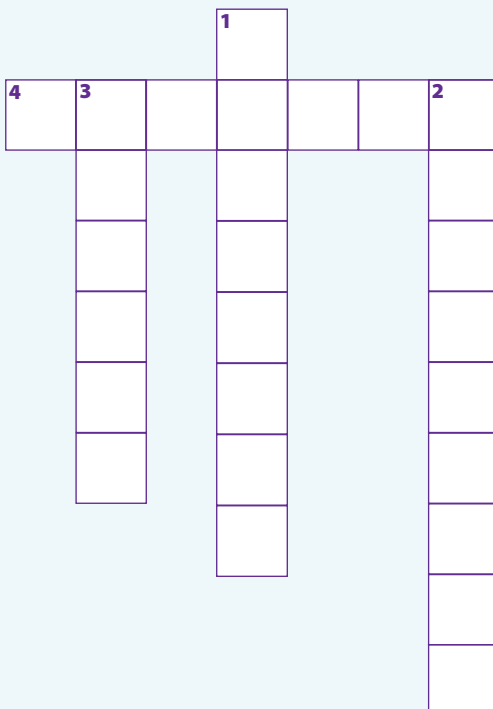
Mary had a dilemma. (That's what you call it when you have to choose between two things, and it's really, really hard.) Would she respond to this news according to her feelings, OR would she respond faithfully according to the truth of the situation?



### MARY'S DILEMMA



Use the clues below to fill in the crossword puzzle.



#### CLUES

#### ACROSS:

4. Special and preferred  
(The word the angel used to tell Mary the truth of her situation.)

#### UP AND DOWN:

- Three words that describe how Mary felt about her situation.
1. Unable to think clearly, puzzled
  2. Emotionally upset (hint hint, starts with a "d"!)
  3. Feeling fear

\* For puzzle answers, look in the back of the book.

Sooooo, let's review! An angel showed up to talk to Mary, and she felt *confused*, *disturbed*, and *afraid*. (To be honest, I would feel those things if an angel showed up to have a chat with me!) But the angel told her *not* to be afraid because God wanted her to be part of His special plan. Mary had to decide if she would trust her feelings *or* be faithful to what she knew about God and His super-ginormous plan to rescue the world.

Let's just consider how difficult this decision was for Mary. I mean, think about how shocking all of this must have been. Mary was just a teenager.

### PAUSE!

Does it sound a little strange that God picked someone so young to be the mother of Jesus? Let me clear one thing up. During the time that Mary lived, a teenager had reached adulthood. Twelve-year-old boys were considered men and had full-time jobs, while the girls were fully trained and prepared to start a family and care for a household. People typically didn't live as long in those days because they didn't have the medicine and knowledge that we have today. So, if someone lived to be 60, they were considered suuuper old. For this reason, adulthood started a lot younger!

Does that make sense?

OK. UN-pause!

How did Mary respond to her dilemma? Did she trust her feelings? Or did she trust the truth the angel told her? **Write your answer below. You might need to look back at Luke 1:38.**




---



---



---

Mary faithfully said, "I am the Lord's servant. May everything you say come true" (Luke 1:38). Today, we might just say, "Yes, Lord!"



Looking back, that seems like the obvious choice, right?! Mary had seen an angel with her own eyes, would get to be the mother of the long-awaited Savior, *and* was highly favored by God. But I don't think her choice was *that* easy. You see, Mary had part of her life already planned out!

## Mary's special plan

Mary was engaged. She was planning to marry Joseph. They probably wanted to settle down in Nazareth, where they most likely would live the rest of their lives. Joseph would continue his work as a carpenter—building tables and chairs and boxes! And Mary would take care of the household. Eventually, after they were married, they would have children together.

But now, God was inviting her to be part of His super-ginormous plan. The angelic messenger invited her to become the mother of the Savior that the Israelites had been waiting for. God was going to use her to do something He hadn't done since the beginning of the universe. He was going to create life in a unique and unfamiliar way!

**How did the angel tell Mary God intended to create this baby? Write your answer below. You might look at Luke 1:35, which we read earlier.**



---

---

---

---

---

Just like Adam and Eve weren't created by a mother and a father, Jesus was not created by a mom *and* a dad! The Bible tells us that God intended to place life inside Mary's womb through His own supernatural powers. The Savior needed to be born this way so He would be fully God *and* fully man. Being fully God gave Him the power to defeat sin and death. Being fully man allowed Him to die in place of all men and women who ever sinned.

Mary accepted the invitation to be part of God's super-ginormous plan. **She changed her plan to faithfully follow God's plan!**

All of this made it suuuuper awkward for Joseph. It was hard for him to believe what the angel had told Mary because he'd never seen God do something like this before! So, God sent an angel to Joseph in a dream to explain the situation and to tell him it was all exactly as Mary had said. He wanted Joseph to marry the girl and be an earthly father to the baby. (Kind of like an adoptive dad!)

In the verse below, underline what Joseph did after the angel spoke to him in a dream.



When Joseph woke up, he did as the angel of the Lord commanded and took Mary as his wife. (Matthew 1:24)

Wow! Immediately after God came to Joseph in a dream and told him the truth about this special child, he woke up and obeyed what God said—just like that! **Joseph changed his plan to faithfully follow God's plans.**

And this brings us to our very first lesson in faithfulness. Both Mary and Joseph had plans, but they knew that God's plans could be trusted more than their own.

### FAITHFULNESS LESSON #1: A faithful girl trusts in God's plan.

Fill in the blanks!  
Faithfulness Lesson #1:

A faithful girl \_\_\_\_\_ in \_\_\_\_\_.

Now turn back to the beginning of the book. Find the two pages that say "Faithfulness Lessons" at the top of the page. Beside #1, rewrite the sentence above.

Whenever I read Mary's and Joseph's stories, I'm inspired by how quickly they responded in *faithful* obedience to God's plan. But I don't think it was any easier for Mary to be faithful than it is for you or me to be. So, *how* did Mary (and Joseph) trust God and obey *immediately*?

Well, here is an important fact: *THEY* didn't do it alone! Let's look back, once more, to the story of the angel appearing to Mary.

Find the first words the angel spoke to Mary. They not only include the truth that she is **avored** but another reallllly big piece of good news for Mary. Where was God when all this was happening?



The angel greets Mary by saying, “Greetings, favored woman! **The Lord is with you!**” (Luke 1:28). Mary was able to trust God’s plan because He helped her do it!

On our own, we cannot make good choices. Our sin impacts EVERYTHING—including our ability to make good decisions. In Romans 7, Paul, a strong man of God, wrote about how hard it was for him to make good decisions in his own strength. He wrote:



I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. (Romans 7:18b–19)

Have you ever felt like this? I know I have!

Maybe there was a time when you knew the right decision to make, but inside you, there was a tug-of-war battle trying to pull you toward the wrong decision. **Think of a time like that in your life and write about it below:**



All of us would fail at faithfulness if we didn’t rely on God to be with us! I’m so thankful that God was with Mary and that He was equipping her to make a faithful decision to trust His plan!



Whew! That was a ton of zooming! Now it's time to *zero in* and apply all of that info to *your* life, sweet girl.



## ZERO IN: What does it mean?

Let's take a moment to think about the plans you have for your life. Maybe they are plans for next week's big birthday party or next year's soccer team. They could be plans to go to college one day or to marry a man and become a mother. **In the box below, write or draw out your biggest dreams, goals, or hopes for the future! Include all the details!**



Now, I'm going to ask you a question. It may be a little difficult to think about, so take a deep breath. Are you ready? Here it is . . .

## What happens when the plans in your heart are not the same as God's plans?

**Ugh!** That's not very fun to think about, and honestly, the thought can be kinda scary. It's super easy to *talk* about saying "yes" to God and letting Him guide our path. But it's way harder to turn that belief into *action* when it means your plans will change.

Let's look to the Bible and hear the truth about God's plans for you. **With a red pencil or marker, circle three good things about God's plan for you.**



"For I know the plans I have for you," says the LORD.

"They are plans for good and not for disaster, to give you a future and a hope." (Jeremiah 29:11)

**Based on those three good things, what can you believe when God's plan for your life isn't what you had hoped?**



God's very words promise that He has good plans for you, and when God makes a promise, He keeps it! After all, He *is* perfectly faithful!

But I bet there are still times when you're disappointed that your plans don't work out, aren't there? **You're not alone!** Every person in the whole wide world feels that way when their plans need to change to fit into God's plans. And sometimes we don't say, "Yes, Lord," like Mary did. I think one of the reasons we don't always respond well is because we don't really understand how big God is (and we think we're pretty smart). It's harder to trust God when we forget how good, powerful, and smart He really is. Here's a little brain picture that has helped me to trust God!



## Puzzling piECES

Have you ever tried to do a puzzle? Let me ask that again: Have you ever tried to do a puzzle without seeing the cover picture on the box? I haven't! Putting together a puzzle without knowing how it should turn out would be soooo frustrating.

Our lives are kind of like 10,000-piece puzzles, and we don't have the cover picture to know how they should end up looking. We stare at the table of life's messy pieces and try to put our lives together the way we think is best. But really, we have no idea how our lives *should* be put together. Thankfully, God does! He knows all things because He *designed* the puzzle. God knows precisely what the finished product should look like.

Proverbs 3:5–6 tells us what to do when our plans get changed. **Underline the action words below that tell you how to respond to God's plan.**



Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. (Proverbs 3:5–6)

God won't ever ask you to be the mother of His Son. There is only one Savior of the world, and He has already been born. But He *will* invite you to **trust** His plan. In fact, He wants you to **seek** it!

You aren't only supposed to trust God for the BIG things, though. God wants you to seek His way in "**ALL YOU DO**" (Proverbs 3:6). God knew that Mary and Joseph could be relied upon to do one of the most important missions ever assigned to humans—to take care of the Savior of the world when He was born and as He grew up. That was a BIG thing! How did God know this?

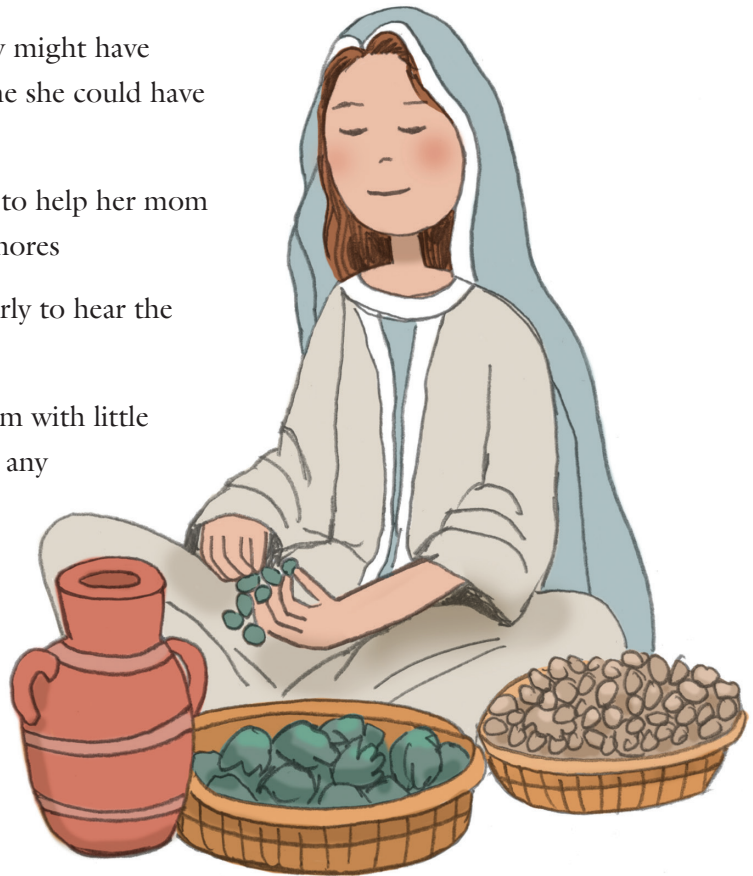
Well, besides the fact that He is God and knows everything, it's possible that He observed their lives. Of course, we don't know exactly what their lives were like before the angels came to tell them about their special role in God's plan. But we can guess that they were probably practicing faithfulness in the little things before God showed up with this big thing!

When I think about how Mary might have practiced faithfulness, I imagine she could have done these kinds of things:

- ♥ Cheerfully waking up early to help her mom get a head start on the day's chores
- ♥ Going to the temple regularly to hear the Old Testament read aloud
- ♥ Obediently helping her mom with little brothers and sisters, if she had any

### What you do today matters!

It's good practice for when God invites you to do something harder or bigger. Do you practice faithfulness in little things?



## IN YOUR OWN LIFE

You make decisions every day that require faithfulness to God's plan. **For example, read this verse.**



Children, obey your parents because you belong to the Lord, for this is the right thing to do. (Ephesians 6:1)

Today, obeying your parents is part of God's plan for your life. This verse is His invitation to you to participate in His plan. Are you saying, "Yes, Lord"?



## FAITHFUL IN LITTLE THINGS }

You make decisions every day that require faithfulness to God's plan. Circle the things that you do to faithfully accept God's invitation to obey your mom and dad. Underline the ones you need to work on.

♥ Go to church happily with your parents (as opposed to grumbling)

♥ RESPECT the RULES that your MOM and dad MAKE

♥ DO the CHORES your PARENTS ASK you to do IMMEDIATELY and with a HAPPY heart

♥ TURN THE LIGHT OFF AND GO TO SLEEP WHEN YOUR PARENTS TELL YOU TO

♥ Trust that your parents love you and want to protect you when they say not to do something (it's usually in your best interest!)

♥ If you had to underline some of those, that's OK! All of us have areas where we need to work on our obedience to God and other authorities in our lives.



Based on what you observed about your routines and habits, let's **zip it up** in prayer!



## ZIP IT UP: What does God want me to do with it?

It's time to talk with God about everything you've learned. He can help you know what you are supposed to do with it, my friend. I'd like you to take a few minutes and sit quietly with God. Maybe say out loud, "Lord, how do You want me to practice faithfulness?" **Then, use the lines below to write down 3-5 ways you'd like to practice faithfulness as you work on this Bible study.**



A series of horizontal blue lines for writing, starting from the arrow and extending across the page.

Now, since I've already got you writing, let's do a little bit more!

Sometimes, when we are studying the Bible, it's helpful to take notes and keep them all in the same place. That way, you can look back later and see themes throughout the

whole story. At the beginning of this study, I created five special pages for your notes on the life of Mary. You've already written on one of them—the Faithfulness Lessons!

**Turn to them now. On the first page, you'll see the three main characters in the life of Mary. Write their names under their pictures to help you remember who they are!**

- ★ **Mary:** She's the biggest one in the center, labeled *The Mother of Jesus*.
- ★ **Joseph:** This is Mary's husband. He's the guy to the left of Mary.
- ★ **And, of course, Jesus:** You'll recognize Him as the 12-year-old to the right of Mary.

When you're done writing all of that down, come back here so I can say, "Goodbye!"

**WOWOWOW!** Talk about a journey! You just traveled over 2,000 years through the Bible. **Good work, true girl!**



In the next lesson, you and I will join Mary on the road *out* of Nazareth. After she heard this big news, she decided to take a trip. **Where in the world could Mary be headed?!**

Interested in the whole book?  
Select your preferred book seller:

MOODY PUBLISHERS 

AMAZON 

APPLE BOOKS 

BARNES & NOBLE 

GOOGLE PLAY 

CHRISTIANBOOK.COM 

WALMART 

TARGET 