



MARY AND JOSEPH

Jesus Changes Everything

In the video, Mary and Joseph are overwhelmed. Life with Jesus hasn't gone as expected—giving birth in a stable, surrounded by animals and unexpected visitors. It's nothing like they imagined.

They're not unhappy—but they realize: Jesus changes everything. And they've only just begun to see how.

In our lives, following Jesus brings joy and salvation, but it also calls us to make difficult choices—standing for what's right, avoiding gossip, sitting with someone who's alone. Obedience is rewarding, but it isn't always easy. Giving, forgiving, and trusting God can challenge our comfort zones.

Like Mary and Joseph, we may not count the cost ahead of time. Following Jesus can feel uncertain, but God prepares us along the way. As we trust Him more, our hearts soften and our minds renew. Like muscles growing stronger through soreness, our faith grows through effort.

This Christmas, ask God what He might want to change in your life through Jesus. What is He asking you to trust Him with? What sacrifices might He be inviting you to make?

Jesus changes everything—including how we relate to God. Through Him, we are no longer bound by sin but welcomed as God's children, washed clean.

Discussion Questions

- **Let's start with how Jesus has changed your life.**
 - Can you name something that's different in your life because of Jesus?
 - *(Leader tip: This can be something big or small—like being more forgiving, having hope, or learning to pray.)*
- **Following Jesus can be joyful—but sometimes it's hard too.**
 - What is something difficult you've experienced or given up because of your decision to follow Jesus?
 - Why do you think Jesus calls us to do hard things sometimes?
 - *(Leader tip: Share your own story if the group hesitates. Let them know it's okay if following Jesus doesn't always feel easy.)*
- **God surprises us in good ways, too.**
 - Can you think of an unexpected blessing you've experienced because of your faith?
 - (Examples: a friendship, peace in a tough situation, direction when you were lost.)
 - How did it show you more of who God is?
- **Why do you think God allows challenges in the Christian life?**
 - How might those challenges grow our faith or help us rely on Him more?
- **Mary and Joseph didn't know all that would change—yet they trusted God.**
 - What are some ways God might prepare us today to follow Jesus, even when it's hard or uncertain?
 - (Examples: reading Scripture, prayer, trusted friends, church, mentors.)
 - *(Leader tip: Remind the group that God often prepares us little by little—just like training a muscle.)*
- **Let's talk about obedience.**
 - Can you name something you did recently that felt like a step of obedience to God?
 - How did it feel afterward?
 - What helped you make that choice?

Activity: Jesus Changes Everything

Trust Walk Obstacle Course (*Movement-Based*)

Supplies: Furniture, cones, pillows, or household objects; a blindfold

Instructions:

1. Set the Course:

Create a simple obstacle course using items around the house or classroom. Keep it safe but challenging.

2. Pair Up:

One person wears the blindfold. The other becomes their “guide,” using only their voice to lead them through the course.

3. Switch Roles:

Let everyone take a turn guiding and being guided.

4. Reflect Together:

- *How did it feel to not know the way?*
- *Was it hard to trust your guide’s voice?*
- *What does this teach us about following God, even when we don’t see the whole path?*

“Jesus Changed My Path” Timeline (*Reflection-Based*)

Supplies:

Printable timeline sheet (can generate), pens or crayons

Instructions:

1. **Draw or fill in a timeline of your life**, starting from early memories to now. Include a few key “faith moments,” such as:
 - A time you made a hard choice to follow Jesus
 - A time you felt God helped you through something
 - A time you didn’t understand, but later saw God’s hand
2. **Decorate or illustrate it** to show how Jesus has changed your direction.
3. **Add a “Next Step” box at the end:**
“What is one thing I believe God is preparing me for now?”
4. **Share or post the timeline** in a visible place as a reminder that Jesus doesn’t just save us—He transforms our path.