

When the Messiah Came

Brenda Spina, M.S., LMFT, LPC

I was a very young girl when these words became meaningful to me. I did not realize it at the time but it was a moment in which I entrusted my entire being to the love of the Lord. I do remember being lonely, uncertain, searching and educated in the fact that God would love me no matter what. The memory I have is rather simple. Standing in the backyard looking toward the church my father was presently pastoring, I stated the following words out loud; "Even if no one loves me, God, you will love me." I don't remember that time as especially emotional or surrounded with manifestations of God's presence. What I do remember is the certainty with which I stated those words. I was unaware at my young age the meaning associated with that statement. Rather, it seemed simple and matter of fact. Yet, the Messiah came to me that day.

The woman at the well had no idea who it was she was speaking to when she stated to Jesus; "When the Messiah comes..." That statement is filled with longing for freedom, healing, comfort, etc. What is apparent to each of us who have the privilege of reading about her life, is that she was vulnerable, hungry, lonely, searching and learned. And...the Messiah came. He came and filled every nook and cranny of her empty, starving heart with respect, comfort, correction, love, companionship and revelation. How amazing!

Christmas is the time of year that often reminds me of when the Messiah came to earth beginning the realization of our freedom. To those of us who have chosen Him, we can say, "When the Messiah came..." The stable was out of sight, humble, unobtrusive. He came so quietly. He came to me quietly and unobtrusively. My guess is He has done the same for each of you in some manner.

This Christmas, in some way, allow yourself to remember His coming. Allow yourself to drift back in time to the early moments in which He revealed His presence to you, drawing you to Himself. The Christmas season is made just for that. Ask God to come and remind you how he filled every nook and cranny of your being with the realization of who He is. Then you too can find someone and share "When the Messiah came..."

When The Messiah Came: Helps to Remembering

1. Do you remember the time you met the Lord for the first time? Was there anything about the Lord that made Him stand out? What were your first impressions of Him?
2. When you think back to the time you were getting to know the Lord, what do you remember? How long did you know God before you committed yourself fully

to Him? How long was this period? What were the tensions? What were some of the highlights?

3. Tell of how you decided to trust Him with your life. Was it an easy decision? Was it a difficult decision?

4. Do you remember your prayer? What do you remember about it?

5. When you think back to those first years with the Lord what do you remember? Were there any adjustments you made?

6. Looking back over the months or years, what moments stand out as the really good times in your relationship with the Lord? Has this changed over the years?

7. Many people talk about their relationship with the Lord as going through periods of ups and downs. Would you say that this is true of your relationship with the Lord?

8. Looking back, what moments stand out as the really hard times? Why do you think you stayed in relationship with the Lord? How did you get through these difficult times?

Adapted from The Gottman Institute, Inc. 2003 by Brenda Spina, M.S., LMFT, LPC

*Compliments of Practical Family Living, Inc.
P.O. Box 1676, Appleton, WI 54912 (920) 720-8920*

You are permitted and encouraged to reproduce and distribute our articles in any format provided that you credit the author, no modifications are made, you do not charge a fee beyond the cost of reproduction, and you include Practical Family Living's web-site address (<http://www.pfl.org>) on the copied resource. Quotations from any article are also permitted with credit to the author and citing the web-site. Any use of other materials on this web-site, including reproduction, modification, distribution or republication, without the prior written consent of Practical Family Living, Inc., is strictly prohibited.