

# SELAH DEVO “Love Takes Flesh”

**Scripture Focus:** Matthew 1:18-25 • Romans 1:1-7 • Isaiah 7:14

## S — STOP

Pause for a moment. Set your phone down. Take a breath. Think about this question:

When you’re going through something hard, **what helps more: someone *texting* you or someone actually *showing up*?**

Now think about your life right now. **Where do you wish someone would be more present with you:**

- stress about school
- family tension
- loneliness
- anxiety about the future
- feeling misunderstood

Just notice it. You don’t need to fix it.

## E — EXHALE

Take a slow breath out. Let go of this idea:

“Love is just saying the right thing.”

Sometimes we “just” text, check in, send a message. Those things matter, but they’re not always enough.

As you exhale, release the pressure to:

- have perfect words
- hide how you really feel
- pretend you’re fine

God meets us in real life, not polished life.

## L — LOOK

Look at what God does in the Christmas story.

God doesn’t *just* send a message. God doesn’t *just* give advice. God doesn’t *just* tell us He loves us. **God shows up.** Jesus is called **Emmanuel**, *God with us*.

That means:

- God enters real family mess
- God enters fear and uncertainty

- God enters human weakness

Joseph's life gets completely disrupted. Nothing goes the way he planned. And yet, God is with him. The Bible shows us this truth:

**Love isn't just a feeling. Love is presence.**

Where might God be closer to you than you realize, even if life feels confusing or hard?

## **A — ASK**

Talk honestly with God. You might pray something like:

“God, help me believe that You are really with me. Help me trust You even when things don't go how I planned. Teach me what real love looks like.”

Then ask yourself:

- Where do I feel alone right now?
- Where do I struggle to believe God is actually near?
- What's harder for me: trusting God or obeying God?

Joseph didn't have all the answers, but he trusted God anyway.

## **H — HEAR**

Sit quietly for a moment. Listen, not for a voice, but for what settles in your heart. You might sense:

- “I'm with you.”
- “You're not forgotten.”
- “Stay faithful.”
- “Don't be afraid.”
- “Trust Me.”

God's love often comes quietly, but it is steady and real.

## **CLOSING THOUGHT**

Christmas isn't about God *just* saying He loves us. It's about God **coming near**.

Jesus shows us:

- love that stays
- love that costs something
- love that doesn't walk away

And because God showed up for us, we are invited to show up for others— with presence, faithfulness, and courage.

**Emmanuel. God with us. Love that takes flesh.**