

Mary's song

– the Magnificat

Magnificat anima mea Dominum,
My soul glorifies the Lord,

Et **exultavit** spiritus meus in Deo
salutari meo.

*And my spirit has rejoiced in God my
Saviour*

Elizabeth exclaimed: "Blessed are you among women, and blessed is the child you will bear! But why am I so favoured, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that the Lord would fulfil his promises to her!"

Then Hannah prayed and said: "My heart rejoices in the LORD; in the LORD my horn is lifted high. My mouth boasts over my enemies, for I delight in your deliverance."

1 Samuel 2:1

**Mary begins with praise to God
what He has done for her.**

My soul glorifies the Lord and my spirit rejoices in God my Saviour, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me-- holy is his name.

**Mary looks out beyond herself
and she celebrates what God
has done for others.**

His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty.

**Mary remembers God's promises – and His
faithfulness.**

**He has helped his servant Israel,
remembering to be merciful to
Abraham and his descendants
forever, just as he promised our
ancestors.**

Mary's song gives us a pattern of praise and adoration

- **We praise Him for what God has done for each of us**
- **We praise Him for what He has done for us, His people and for our world**
- **We praise Him that He keeps His promises**