



Daily Reflections

August 15, 2018

Scripture

Luke 1: 39-56

Mary set out
and traveled to the hill country in haste
to a town of Judah,
where she entered the house of Zechariah
and greeted Elizabeth.
When Elizabeth heard Mary's greeting,
the infant leaped in her womb,
and Elizabeth, filled with the Holy Spirit,
cried out in a loud voice and said,
"Blessed are you among women,
and blessed is the fruit of your womb.
And how does this happen to me,
that the mother of my Lord should come to me?
For at the moment the sound of your greeting reached my ears,
the infant in my womb leaped for joy.
Blessed are you who believed
that what was spoken to you by the Lord
would be fulfilled."
And Mary said:
"My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
and has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever."
Mary remained with her about three months
and then returned to her home.

Our Scripture Reflection

If anyone in history had bragging rights about personal worth it was Mary, the Blessed Mother of Jesus. She conceived and gave birth to the Savior of the world. But notice what she does when she rushes to share her great news with her cousin Elizabeth: She proclaims a prayer of praise to God for His goodness to her. Her heart is so humble and grateful that she cannot help but sing the Lord's praises! When wonderful things happen to you do you:

1. Give God the glory and thank Him?
2. Sing His praises to others?

What an example Mary sets for all of us.

Food for your Journey

Talent is God-given. Be humble.

Fame is man-given. Be grateful.

Conceit is self-given. Be careful.

--Legendary UCLA basketball coach, John Wooden.

A Prayer from the Heart

Heavenly Father, Like our Blessed Mother Mary, I thank You and praise You for all the good things you have done for me. May I now become grateful enough to share my blessings with others, especially the least in,Your Kingdom. Amen