



Daily Reflections

August 15, 2016

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

Today's Gospel text focuses on the life of the Blessed Virgin Mary. What does Luke tell us about her? Her greatness comes from her humility. She was completely open to God's life altering plan for her. Most of all, Mary does not brag because of her sublime calling, but rather, praises God for His favor towards her. In her lowliness Mary is great.

Food for your Journey

A pastor startled his members one Sunday morning by asking the question: “What have you done today that nobody but a Christian would do?”

Prayer from the Heart

Dear Jesus, please give me the Grace I need to follow the example of Your Mother Mary who surrendered her life completely to Your Father's plan for her. Amen.