

# Journey of Faith



## In Short:

- Mary intercedes for us as the Mother.
- Jesus and Mary share a strong connection.
- Mary's titles share unique aspects of who she is to us.



## Mary

### Mary's Song of Praise (The Magnificat)

"My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him. He has shown might with his arm, dispersed the arrogant of mind and heart. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things; the rich he has sent away empty. He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, to Abraham and to his descendants forever"

Luke 1:46–55

Mary's beautiful song of praise to God is sometimes called Mary's canticle or the Magnificat. It is a statement of her faith in God—filled with hope and trust—at a time when her future seemed uncertain.

When the angel Gabriel visited Mary with the news of God's plan, Mary was a very young woman—not much older than you are now. At first, she was puzzled by the words of the angel (see Luke 1:29). Her plans hadn't included being the mother of the Son of God. At first, she responded to Gabriel with feelings of confusion and doubt: "How can this be?" (Luke 1:34). By allowing herself to be open to the power of the Holy Spirit, she found the strength to ultimately respond with her fiat, or her great yes: "May it be done to me according to your word" (Luke 1:38).

Mary was very much one of us. She was fully human. She felt all the emotions we feel—confusion, fear, doubt—and great joy. Despite her feelings of doubt and confusion, Mary chose to trust in God. She allowed God to change the course of her life forever, but the Bible makes it clear that the choice was not an easy one for her. Mary is someone we can relate to. Through her words and actions, she becomes a model for our lives.

• *What are some areas in your life where you need help in saying "yes" to God?*

• *Read Mary's song of praise again. How do her words offer you hope for your life?*



### Why do Catholics honor Mary?

*"By her complete adherence to the Father's will, to his Son's redemptive work, and to every prompting of the Holy Spirit, the Virgin Mary is the Church's model of faith and charity"*