

Luke:1-46b-55 NRSV

"My soul magnifies the Lord,
and my spirit rejoices in God my Savior,

for he has looked with favor on the lowliness of his servant. Surely, from now on
all generations will call me blessed;

for the Mighty One has done great things for me, and holy is his name.

His mercy is for those who fear him from generation to generation.

He has shown strength with his arm; he has scattered the proud in the thoughts
of their hearts.

He has brought down the powerful from their thrones, and lifted up the lowly;

he has filled the hungry with good things, and sent the rich away empty.

He has helped his servant Israel, in remembrance of his mercy,

according to the promise he made to our ancestors, to Abraham and to his
descendants forever."

For Reflection and Prayer:

Was there a word, phrase or image which caught your attention you as you
listened to or slowly read the text? Notice the effects these words have within
you and all your senses.

Maybe a body feel, or a picture, metaphor, gesture or sound is there for you. See
if it is possible to describe it and stay with it with interested curiosity.

Quietly reflect on what you notice in your prayer with Jesus. Maybe journal, draw
or color your conversation.

Savor any consoling words or pictures as you quietly rest in God.