

MEDITATION

The Magnificat



Chiara Lubich reflects on the Magnificat, Mary's song of praise.

*My soul magnifies the Lord
 And my spirit rejoices in God my Saviour;
 Because he has regarded the lowliness of his handmaid;
 For behold, henceforth all generations shall call me blessed;
 Because he who is mighty has done great things for me,
 and holy is his name;
 And his mercy is from generation to generation
 on those who fear him.
 He has shown might with his arm,
 he has scattered the proud in the conceit of their heart.
 He has put down the mighty from their thrones,
 and has exalted the lowly.
 He has filled the hungry with good things,
 and the rich he has sent away empty.
 He has given help to Israel, his servant, mindful of his mercy
 Even as he spoke to our fathers, to Abraham and to his posterity forever'*
 (Lk. 1: 46-55)

My soul magnifies the Lord

We do not see Mary, the Mother, so much inclined towards her brothers and sisters, her children, as towards God. In her we see 'my God and my all'.

All of her spiritual energy and her physical powers are consumed, moment by moment, by the Holy Spirit who lives in her. She is like a candle that, consuming itself, feeds the life of God that burns in her. She lives of God, God lives in her, she who makes herself completely nothing, moment by moment, to give life to him. His voice, which is his will, speaks strongly in the depths of her soul, because she always listens to it. She is the handmaid totally at his service: the handmaid of the Lord. In this way he makes him great, because her life shows him to be such: shows him as the all. Drawing herself completely back, she gives space completely to him, and he fills her, because her love calls for his.

But I too can be her. I will offer my being moment by moment to the light, to magnify the Lord and to glorify him. Being a little Mary: a perpetual nothingness, a silence, a service of love to Love. Then the Spirit in me will repeat those same words (as they burst from the Mother's heart): 'My soul magnifies the Lord' (Lk. 1: 46). 