

Second Joyful Mystery

The Visitation

Mary set out and went to a town in the hill country of Judaea. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? (...) Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.' And Mary said, 'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour; because he has looked upon his lowly handmaid. Yes, from this day forward all generations will call me blessed' (Lk 1,39-48).

Meditation from the Byzantine liturgy

Elizabeth bears the herald of God's Grace, Our Lady bears the Christ, the King of Glory. The two mothers embrace and the child leaps with joy: in the womb the servant rejoices to see his Master and, filled with the Holy Spirit, the mother of the herald cries out: How is it that the Mother of my Lord should come to me? The Lord delivers His people from their distress.

Intention

Loving Father, through an unborn Child, your own Son Jesus Christ, you sanctified John in his mother's womb. Give all families in East and West a deep reverence for the wonder of life and help the parents to lovingly accept and protect each unborn child.



He who is mighty
has done great things for me