

MARY

Session 2: God is our Strength: Mary's Magnificat

Prayer

Thanksgiving for Mary, our Mother

O Jesus, Divine Master

I thank and bless Your most merciful Heart for having given us Mary most holy as our Mother, Teacher and Queen.

From the cross You placed us all in her hands.

You gave her a great heart, much wisdom and immense power.

May all people know her and pray for her!

May all permit themselves to be led by her to You, the Saviour of humanity!

I place myself in her hands, as You placed Yourself.

With this Mother I want to live now, in the hour of my death, and for all eternity.

Amen

Song

Holy is His Name (John Michael Talbot)

My soul proclaims the greatness of the Lord
And my spirit exalts in God my Saviour
For He has looked with mercy on my lowliness
And my name will be forever exalted
For the mighty God has done great things for me
And His mercy will reach from age to age

And holy, holy, holy is His name

He has mercy in every generation
He has revealed His power and His glory
He has cast down the mighty in their arrogance
And has lifted up the meek and the lowly
He has come to help His servant Israel
He remembered His promise to our fathers

And holy, holy, holy is His name

And holy, holy, holy is His name

Video Link:

http://www.youtube.com/watch?v=OTEL_7TS5FE

Faith



Strength

Surprise



Luke 1:39-56

Mary Visits Elizabeth

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the child leaped in her womb.

And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb.

And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy.

And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

Mary's Song of Praise

And Mary said,
"My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
for he has looked with favour
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."

And Mary remained with her about three months and then returned to her home.

Teaching from Pope Francis

After the Annunciation, Mary's first act is one of charity and service towards her elderly cousin Elizabeth. Her first words are: "My soul glorifies the Lord", it is a song of praise and thanksgiving to God not only for what he did for her, but for what he had done for all people throughout history. Mary reminds us that everything is God's gift. If we can realize that everything is God's gift, how happy will our hearts be! God is our strength! Saying "thank you" is such an easy thing, and yet so hard! How often do we say "thank you" to one another in our families? These are essential words for our life in common. "Sorry", "excuse me", "thank you". If families can say these three things, they will be fine. "Sorry", "excuse me", "thank you". How often do we say "thank you" in our families? How often do we say "thank you" to those who help us, those close to us, those at our side throughout life? All too often we take everything for granted! This happens with God too. It is easy to approach the Lord to ask for something, but to go and thank him: "Well, I don't need to".

Based on the Homily of [Pope Francis](#).



Written by The Logos Project on behalf of Auckland Catholic Youth Ministry encouraging young people to learn about Mary.



Activity Theme: Being grateful to God for his gift of family and friends.

Activity: Pat on the Back

The leader will explain that this is an exercise to honour and affirm one other.

All participants will have an A4 black paper with their name on them taped in their back.

Ask participants to go around the room and using water-based markers or something similar (so there is no bleed through) write positive, supportive statements on the backs of as many people as possible in around 15 minutes. Emphasize that only nice comments are being requested.

After the time of writing, get all the participants to read what was written in their sheets. In a separate paper ask everyone to write their first reaction to what was written. Emphasise the importance of their first reaction because we want the participants to realise whether or not they believe the affirmation that was given to them.

Give them 5 minutes to go through the list of affirmations.

After the appropriate time, ask the participants to share with the whole group one affirmation and how he/she reacted to that affirmation.

When everyone had a chance to share ask all of them to rewrite their reaction but this time owning the affirmation given to them by starting the reaction with an 'I'. E.g. If the affirmation says, 'You are a good listener', the reaction will be, 'I am a good listener'.

By owning the affirmation given to us, we not only fully appreciate the one who gave it but also accept the challenge to claim it and make it grow. E.g. If someone affirms us that we have good listening skills, it becomes our responsibility to make that gift grow by sharing it more with others.

When everyone has had the chance to rewrite their reactions, ask if anyone wants to share their new reactions and how they felt during and after the activity. Get as many volunteers as possible.

Wrap up the session by reminding all the participants how much they are appreciated and how much they are loved by their friends, family and by God. Encourage them to do that activity or something similar with their family in order to express their 'thank you' to the God who gave us all these gifts.



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