

Scripture

Luke 1:39-45 (RSV)

In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord."

Reflection

Joy overcomes adversity.

Mary's journey to visit her cousin took about ten days across a distance of approximately 130km. It was hard. She did this to celebrate the joy of God's mercy in her cousin.

Try to imagine the journey. Was she travelling on foot or maybe on a donkey? Who was with her? What was the weather like? How did she cope? We can start to imagine the heart of Mary. She was ready to love radically and available.

At the end of her journey, Mary brings Jesus to Elizabeth. Jesus is the source of joy. This is Mary's mission.

Ask yourself; do I bring a Gospel of joy and truth? Or do I bring doom and gloom and secret knowledge? Do I share in pride and gossip? Am I strong-headed without charity? Do I divide or unite? "Blessed are the peacemakers, for they will be called children of God (Matthew 5:9)"

Amen.



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Contemplate + Share

Pause a few minutes with God; pray, journal.

- Q.** Did something stand out to you? Why?
- Q.** What is God saying to you right now?
- Q.** What part of your identity did you uncover?
- Q.** Do you feel compelled to make an action?

Prayer

Jesus, you are available and merciful. You never hide your face from me.
Lord keep me focused on your joy and guide me from distractions.
Give me a heart of praise that leaps for joy at your sight.

Jesus, you are my hope:
Lord have mercy
Jesus, your justice calls repentance:
Christ have mercy
Jesus, you are the joy of the world:
Lord have mercy