Praying the Magnificat

My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
hereafter all ages will call me blessed.
The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.
He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the rich away empty.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

Luke 1: 46-55

Mary, Mother of God, bearer of the Saviour of the world
Mary, Mother of us all, model of humility and faithfulness
Mary, lowly, poor and uneducated
Mary, teenage single parent
Mary, raised high above the wealthy and the mighty
Mary, giving hope to the hope-less
Mary, truly blessed and revered from age to age
Mary, advocate for those who are lowly, poor, uneducated, outcasts
Mary, advocate for those who are economically deprived, socially excluded, politically oppressed
Mary, advocate for those who are undervalued or disregarded by society
Mary, advocate for those who are pushed to the bottom of the pile
Mary, advocate for those who are marginalised and disadvantaged
Mary, advocate for those who suffer prejudice due to ethnicity, class, gender, sexuality or creed
Mary, advocate for those who are displaced, dispossessed, forced to flee, living in fear
Mary, advocate for those who go hungry or have to rummage through dust bins for food
Mary, advocate for those who do not know where the next meal is coming from
Mary, advocate for those who lack clean water and proper shelter
Mary, advocate for those who sleep in shop doorways
Mary, advocate for those who do not know whether they will wake tomorrow
Mary, advocate for those who only know poverty and despair
Mary, advocate for those who are in debt to loan sharks
Mary, advocate for those who find each day an unbearable burden
Mary, advocate for those who are tired, lonely and depressed

Mary’s Magnificat – a joyful song of praise to God – announces a better way
Mary’s Magnificat reveals the Kingdom of God right here and now on earth as God planned it
Mary sings praise to God who shows infinite mercy to those who respect him
Mary sings praise to God who is constant in his love from generation to generation
Mary sings praise to God who has a special regard for the poor and lowly
Mary sings praise to God who fills the hungry and sends the rich away empty
Mary sings praise to God who understands the true value of a humble, faithful heart
Mary sings praise to God who is not impressed by boastful self-importance
Mary sings praise to God who has promised to love and care for his people
Mary sings praise to God for whom nothing is impossible

Blessed be God