

## Communal Lectio Divina: Companions for our Advent Journey

### Mary's Prayer of Praise (The Magnificat)

#### Opening prayer

"Jesus, give us the grace to listen to and love your Word, that it may bear fruit in our hearts." (Alberione)  
Hail Mary...

( Scripture can be found on the next page)

**Lectio** (Reading) – Read the Gospel passage slowly and reflectively – respecting the pauses the passage presents. After a moment of silence, read the Gospel passage again. (In a group, read the passage aloud).

Silence (approx. 3 min) – Spend this time reflecting: "What is the Scripture saying?"

**Meditatio** (Meditation) - Read the Gospel passage slowly and reflectively again. As we listen to the Word this time, we allow the words we are reading to move from our mind to our heart.

Silence (approx. 3 min) – "What is the Scripture saying to my heart?"

Prayerfully "echo" the Word by choosing a word or phrase that resonates in your heart at this time.

**Oratio** (Prayer) – What do you wish to say to the Lord in response to the Word he has spoken to you? Silently offer a

simple prayer of response to the Lord related to the Word you are pondering. (approx. 1-2 min)

**Contemplatio** (Contemplate) – We rest in the Word we have received, savoring it, waiting with it. (approx. 3-5 min)

**Collatio** (Sharing) – In your heart, gather the fruits of this Meditation. One of the following questions may help facilitate your reflection:

- What Wisdom is the Lord offering to me? (Truth)
- What is the Word saying to my heart? (Life)
- What is the Word inviting me to do? (Way)

In a group, each person is invited to share briefly (approx. 1-2 min) what the Word is saying to them.

#### Closing prayer:

O Mary, you who gave birth to the Word made flesh, be present among us: assist, inspire and comfort the ministers of your Word.

O Mary, you who are the Queen of Apostles, intervene with your protection that the light of the Gospel may reach all peoples. Amen (Alberione)

## Mary's Prayer of Praise

Scripture Reading: Luke 1:46-56

Mary's Magnificat

And Mary said:

"My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my savior.

For he has looked upon his handmaid's lowliness;  
behold, from now on will all ages call me blessed.

The Mighty One has done great things for me,  
and holy is his name.

His mercy is from age to age  
to those who fear him.

He has shown might with his arm,  
dispersed the arrogant of mind and heart.  
He has thrown down the rulers from their thrones  
but lifted up the lowly.

The hungry he has filled with good things;  
the rich he has sent away empty.

He has helped Israel his servant,  
remembering his mercy,  
according to his promise to our fathers,  
to Abraham and to his descendants forever."

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

