



CANTICLE OF MARY

Magnificat

LUKE 1:46-55

“My soul magnifies the Lord
And my spirit rejoices in God my Savior;
Because he has regarded the lowliness of his
handmaid;
For behold, henceforth all generations shall
call me blessed;
Because he who is mighty has done great
things for me,
and holy is his name;
And his mercy is from generation to
generation
on those who fear him.
He has shown might with his arm,
He has scattered the proud in the conceit of
their heart.
He has put down the mighty from their
thrones,
and has exalted the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has given help to Israel, his servant,
mindful of his mercy
Even as he spoke to our fathers, to Abraham
and to his posterity forever.”

TRANSLATION

"All that is within me praises God, my savior.
My heart overflows with happiness.
For he has designed to notice me - a nobody -
And now, forever, the world will recall my good
fortune
And think of me as the woman God favored!
The almighty has done great things for me. . .
Holy is his name!
Through every generation and from age to age
He has shown kindness to those who revere
him.
How mighty his arm is!
How he routs the proud and the haughty!
How he deposes kings and elevates the
ordinary!
The hungry approach and he satisfies them-
But the rich go away empty-handed.
And now he has come to Israel's help!
His promise of mercy has not been forgotten:
The promises he made to our forefathers.
To Abraham and his descendants. . .
Forever and forever."