



23.1 Picture - Mother Mary

My soul doth magnify the Lord,  
And my spirit has rejoiced in God my Saviour  
For He who is mighty has done great things for  
me  
And holy is his name

Chorus:

My soul doth magnify the Lord  
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And my spirit has rejoiced in God my Saviour  
For He who is mighty has done great things

And holy is His name.  
From age to age he shows his love,  
And his mercy is forever to his servants,  
For he stretches out his arm, casts down the mighty.  
And raises up the meek.

He fills the hungry with good food.  
When the rich demand their share,  
Their hands are empty.  
He has kept all his promises to Israel:  
His mercy is made known.

To God the Father we sing praise,  
And to Jesus, whom he sent to be our Saviour!  
To the Spirit of God be all glory,  
For holy is his name!

1. What is the background of this hymn?
2. What does this hymn speak of?

There are three Canticles in the New Testament, sung by various people in praise of the graces they received from God.

## **1. The Canticle of the Blessed Virgin Mary (Magnificat) (Luke 1:46-55)**

Virgin Mary went to Zechariah's house to visit St. Elizabeth and greeted her. Then the child in St. Elizabeth's womb leaped for joy. Having filled with the Holy Spirit, St. Elizabeth exclaimed with a loud cry. Then Virgin Mary sang this Canticle:

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.

(Luke 1:46-55)

## **2. The Canticle of Zachary (Luke 1:68-79)**

Zachary was dumb till the birth of St. John the Baptist and once he got the ability to talk; he praised God in this manner:

Blessed be the Lord God of Israel,  
for he has looked favourably on his people and redeemed them.  
He has raised up a mighty saviour for us  
in the house of his servant David,  
as he spoke through the mouth of his holy prophets from of old,  
that we would be saved from our enemies and from the hand of all who  
hate us.

Thus he has shown the mercy promised to our ancestors,  
and has remembered his holy covenant,  
the oath that he swore to our ancestor Abraham,  
to grant us that we, being rescued from the hands of our enemies,  
might serve him without fear, in holiness and righteousness  
before him all our days.

And you, child, will be called the prophet of the Most High;  
for you will go before the Lord to prepare his ways,  
to give knowledge of salvation to his people  
by the forgiveness of their sins.

By the tender mercy of our God,  
the dawn from on high will break upon us,  
to give light to those who sit in darkness and in the shadow of death,  
to guide our feet into the way of peace.

(Luke 1:68-79)

### **3. The Canticle of Simeon (Luke 2:29-32)**

When the time came for the purification according to the Law of Moses, the  
parents of Lord Jesus brought him up to Jerusalem to present him to God.  
Then Simeon took him in his arms and praised God, saying:

Master, now you are dismissing your servant in peace,  
according to your word;  
for my eyes have seen your salvation,  
which you have prepared in the presence of all peoples,  
a light for revelation to the Gentiles  
and for glory to your people Israel.

(Luke 2:29-32)

In the same manner, we, Catholics should get trained to praise God in our day-to-day prayer.

### Activity



1. Name three Canticles, found in the New Testament.
2. What is stressed by the Canticle of Virgin Mary?
3. Explain to what extent you agree on the statement, “We must praise God when we are happy.”



**For Life**

Praise God When you are happy.