

ARCHDIOCESE OF SEATTLE

At Home with Faith

Mary's Magnificat teaches us that God often does his best work with us when we are in positions that make us feel bowed down or humble. If our hearts are open, these times can prove to be the most spiritually enriching.



Photo: Adobe Stock

All priests, women and men religious and deacons promise to pray the Cantic of Mary or the Magnificat every day. This beautiful prayer of Mary rejoices in how God “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.” (Luke 1:51-52)

It's natural to relish moments of triumph and apparent success. Yet, it can often be the times when we are “bowed down” that we grow the most, provided we are prepared to accept the growth God offers us.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Zephaniah 2:3, 3:12-13

The Lord will leave a faithful remnant.

Psalms 146

God loves the just and raises up those who were bowed down.

1 Corinthians 1:26-31

God chose the foolish to shame the wise.

Matthew 5:1-12a

Blessed are the poor in spirit.

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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Have you had an experience where, at first, you felt like what was happening to you was bad or confusing, but you later realized that God was using the experience for good?

Maybe you turned down or didn't get a job that offered a lot of prestige, but you discovered that a different job allowed you stay connected to family, friends and a community of faith, and now you realize how much more important that is.

Or maybe you never felt like you were part of a popular clique of children in middle school, but you never missed it because your friends were genuine and helped you to grow as a person.

Share these examples with your child and let him or her know how God can do the most with us when we are in humble situations.



Learn about how God raises up the lowly:

Read the Cantic of Mary

<https://www.catholic.org/prayers/prayer.php?p=539>

Learn about the Magnificat in this 4-minute video:



**The Meaning of the Cantic of Mary
(The Religion Teacher)**

<https://youtu.be/TxBK4eFaqK0>

For more resources, visit us online at:

<https://www.athomewithfaith.org>