

The Visitation

Visitation means "visit." The Archangel Gabriel told the Blessed Virgin Mary that her cousin Elizabeth was going to have a baby boy in her old age. Mary loved Elizabeth and knew she could use some help. So she set out at once on the journey.

Mary too was expecting a baby, the baby Jesus. The trip into the hill country where Elizabeth lived was long, dangerous and uncomfortable. But that would not stop Mary and she rode there on a donkey, as that was the best way to travel in the hill country.

Mary reached her cousin's house and greeted Elizabeth. At that moment, the Holy Spirit revealed to Elizabeth that Mary had become the mother of God, our saviour.

Elizabeth asked joyfully, "How have I deserved that the Mother of my Lord should come to me?" Mary was not boastful or proud of this great honor, but remained humble and quickly gave all the credit to God. He had blessed her so richly.

"My soul magnifies the Lord, and my spirit has rejoiced in God my Saviour," she said. "For he has regarded the lowliness of his handmaid, and holy is his name."

St. Elizabeth was filled with the gifts of the Holy Spirit.

Mary stayed three months at her cousin's home. With great kindness and love, she helped Elizabeth.

Reflection: "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden, and holy is his name." (Luke 1:46-55)

The Visitation

Mary visits her cousin
Elizabeth



Elizabeth and Zechariah lived in the hill country
in a town called Judah.

Soon after Gabriel's visit, Mary got ready and hurried as
quickly as she could to Elizabeth's house.

She went into the house and called to Elizabeth.

As soon as Elizabeth heard Mary calling, her heart was
filled with joy and she said: "God has blessed you.

God is very close to you.

Your baby will be a very special child.

As soon as I heard your voice
my baby jumped within me with gladness.

How happy you are
because you know God's message will come true!"
(based on Luke 1:39-45)

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Mary's Song

Mary was so happy, she sang a song of praise to God.

“God is so good. My heart is full of joy.

I give thanks and praise to God,

for God has blessed me very specially.

I am poor and unimportant,

Yet God has done such great things for me.

Holy is God's name.

God is so strong.

God's love lasts for ever.

God looks after everyone.

God is with the poor and the hungry.

God is always very close.

God never forgets anyone.”

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Discuss the questions below with someone at home.

How did Mary know that her cousin Elizabeth was expecting a baby?

Why did this take Mary by surprise?

How could Mary have helped Elizabeth to prepare for her baby?

What surprised you about Elizabeth's words to Mary when they met?



THINK....Mary didn't think of herself but of others even in her time of need. How do you feel when you visit family? How do you think Mary and Elizabeth felt?

Mary

Elizabeth

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I am so
happy because
my cousin is
with child

I am joyful
because the
mother of God
has come to
me.