



THE ROSARY IN A YEAR

WITH FR. MARK-MARY AMES, CFR

PHASE 3: MEDITATING ON THE MYSTERIES

The Joyful Mysteries

VISITATION:

A Heart Willing to Give



Visitation fresco in church Santuario del Santissimo Crocifisso by Gersam Turri

Filled with the Holy Spirit, Mary travels to see her cousin Elizabeth, who joyfully acknowledges Mary as blessed, thus affirming the divinity of the unborn Jesus.

Fruit of this mystery: We pray for a charitable heart.

Scripture: Luke 1:39–56

In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, “Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord.” And Mary said,

*“My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
for he has regarded the low estate of his handmaiden.
For behold, henceforth all generations will call
me blessed;
for he who is mighty has done great things for me,
and holy is his name.
And his mercy is on those who fear him
from generation to generation.
He has shown strength with his arm,
he has scattered the proud in the imagination of
their hearts,
he has put down the mighty from their thrones,
and exalted those of low degree;
he has filled the hungry with good things,
and the rich he has sent empty away.
He has helped his servant Israel,
in remembrance of his mercy,
as he spoke to our fathers,
to Abraham and to his posterity for ever.”
And Mary remained with her about three months, and
returned to her home.*

