

August 15, 2025

# Daily Reflections



## SING A JOYFUL SONG!

By Sister Jane DeLisle, CSJ

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### An Excerpt from Today's Gospel

*And Mary said:*

*"My soul proclaims the greatness of the Lord;*

*my spirit rejoices in God my Savior*

*for he has looked with favor on his lowly servant.*

*From this day all generations will call me blessed:*

*the Almighty has done great things for me*

*and holy is his Name.*

*He has mercy on those who fear him*

*in every generation.*

*He has shown the strength of his arm,*

*and has scattered the proud in their conceit.*

*He has cast down the mighty from their thrones,*

*and has lifted up the lowly.*

*He has filled the hungry with good things,*

*and the rich he has sent away empty.*

*He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children forever.”*

**LUKE 1:46-55**

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## Reflection

Today's focus is on Mary, the mother of Jesus, in celebration of the solemnity of the Assumption. This feast commemorates the belief by generations of people that, when Mary died, her body was “assumed” into heaven to be reunited with her soul, instead of going through the natural process of physical decay upon death.

The scripture tells the story of her journey to visit her cousin Elizabeth who -- although it had been thought she was unable to conceive -- was six months pregnant; Mary was newly overshadowed by the Holy Spirit and their graced encounter. Mary's soul was filled to overflowing, as she sang of God's presence within her. The *Canticle of the Magnificat* is a hymn of praise for all the goodness of God's great love, abiding presence, and delight. Let us acknowledge with Mary all God is doing through our lives and allow gratitude to burst forth in gracious praise.

Whether or not the Assumption means anything to you, the witness of Mary's fidelity to grace is the gift she brings to humanity. Her “Yes” to God may be a bit more dramatic in the telling than our experiences in our own lives, yet we too are blessed by God, who calls, loves, gifts, and accompanies us, urging us to live a life conscious of the abiding presence and gracious blessings in our lives. Let us awaken to the deeper spiritual reality of God's desire for us. In this relationship we become our best selves and give our gifts to this beautiful and broken world.

I am very fond of this scripture of praise and rejoicing as I ponder the wonders God has done within my life these many years. The words echo in my heart with delight and gratitude. God has certainly **“done great things for me”** throughout my life. To quote a current religious song, *“God's goodness is running after me.”*

Today, we are invited to pause and reflect on all the little blessings, surprises and simple, ordinary ways God has been revealed in our lives. Let the joy of your own Magnificat praises reverberate in your soul.

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## For Pondering

Recall and give thanks and praise to God for all the ways and times God has gifted you with beauty, presence, awe, and consolation.

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## For Prayer

*Pray the Magnificat aloud or sing it if you are so inclined.*

*Rejoice in God's favor realized in your journey.*

*Delight in God's good pleasure.*

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