

Daily Reflections



Center for Spiritual Development

VISITATION AND GRACE

By Julie Mussché

Maxims of The Little Institute

“Never go ahead of grace by an imprudent eagerness, but quietly await its movements and, when it comes to you, go along with it with great gentleness, humility, fidelity, and courage.”

MAXIM 84, FR. JEAN PIERRE MÉDAILLE

Reflection

Today celebrates the Feast of the Visitation of the Blessed Virgin Mary. Luke 1 details the prophetic and miraculous circumstances surrounding the conception of, first, John the Baptist, and then Jesus. Both Elizabeth and Mary exemplify what it means to wait on God’s grace amid extraordinary events and uncertainty. Withal, in this chapter of Luke we first glimpse the interlacing of wording for what will become the Hail Mary prayer. “Hail Mary full of Grace,” words broadly familiar, can open the heart to consider the essence of the

salutation.

Entering a cogitation and reflection on this notion, perhaps a Trinitarian aspect would add to the contemplation. At the end of Jean-Pierre Médaille's *Maxims of Perfection*, he encourages a Consecration to the Two Trinities, the uncreated Trinity (Father, Son, and Holy Spirit) and the created Trinity (Jesus, Mary, and Joseph). Not so much a structural paradigm but a relational one, both Trinities are energized by a unifying love.

In relation to the Blessed Virgin, A Consecration to the Two Trinities offers: "Declare firmly in the honor of the Blessed Virgin who was full of grace and used that grace so well that, in imitation of her, you will be perfectly faithful to every grace of the Holy Spirit." Please note there are declarations for the entire Two Trinities as well as the angels and saints as a supplication for grace. (If you would like to reflect on the entire Consecration to the Two Trinities, go to <https://cssjfed.org/wp-content/uploads/2022/06/Trinities.pdf>.) To be perfectly faithful to every grace implies a readiness and willingness, a spirit of discernment, as well as an unmitigated trust in God. Can we ride on the invitation of the Holy Spirit, letting God take the lead? There are certainly times we might need to take a leap of faith -- and all the help we can get. What is your go-to prayer when nudged by the Holy Spirit? For me, I usually find myself praying a "Hail Mary."



Stained Glass
Photo by Julie Mussché

For Pondering

- What does grace mean to you, and how do you experience it?
- How do the spiritual or contemplative practices you engage in help you to prepare for and be open to movements of grace?

For Prayer

Veni Creator Spiritus

It is suggested that this prayer be said following the Consecration to the Two Trinities.

Come, Holy Spirit, Creator blest, and in our souls take up Thy rest; come with Thy grace and heavenly aid to fill the hearts which Thou hast made.

O comforter, to Thee we cry, O heavenly gift of God Most High, O fount of life and fire of love, and sweet anointing from above.

Thou in Thy sevenfold gifts are known; Thou, finger of God's hand we own; Thou, promise of the Father, Thou Who dost the tongue with power imbue.

Kindle our sense from above, and make our hearts o'erflow with love; with patience firm and virtue high the weakness of our flesh supply.

Far from us drive the foe we dread, and grant us Thy peace instead; so shall we not, with Thee for guide, turn from the path of life aside.

Oh, may Thy grace on us bestow the Father and the Son to know; and Thee, through endless times confessed, of both the eternal Spirit blest.

Now to the Father and the Son, Who rose from death, be glory given, with Thou, O Holy Comforter, henceforth by all in earth and heaven.

Amen.

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