



Daily Reflections

RING OUT, MY SOUL!

By Sr. Bernie Inocencio, CSJ

Today's Responsorial Psalm and an Excerpt from Today's Gospel

*"My heart exults in the Lord; my horn is exalted in my God.
I have swallowed up my enemies; I rejoice in my victory.
The bows of the mighty are broken, while the tottering gird on strength.
The well-fed hire themselves out for bread, while the hungry batten on spoil.
The barren wife bears seven sons, while the mother of many languishes.
The Lord puts to death and gives life; he casts down to the nether world; he raises up again.
The Lord makes poor and makes rich, he humbles, he also exalts.
He raises the needy from the dust; from the dung heap he lifts up the poor,
To seat them with nobles and make a glorious throne their heritage."*

1 SAMUEL 2:1, 4-5, 6-7, 8abcd

"My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior, for he has looked upon 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 remembered his promise of mercy,
the promise he made to our fathers, to Abraham and his children forever.”*

LUKE 1:46-55

Reflection

These two scripture passages are songs that parallel each other from two women of faith who experienced the realization of a trustworthy and constant God. Hannah, in her barrenness, trustingly and with all authenticity bared her soul to God. Mary, in her simplicity, recalled God's goodness to every generation that had passed and recognized God's righteousness in her time. Both recognized the radicality and subversiveness of God's love: raising the needy from the dust, from the dung heap lifting up the poor to sit with nobles, filling the hungry with good things, sending the rich away empty.

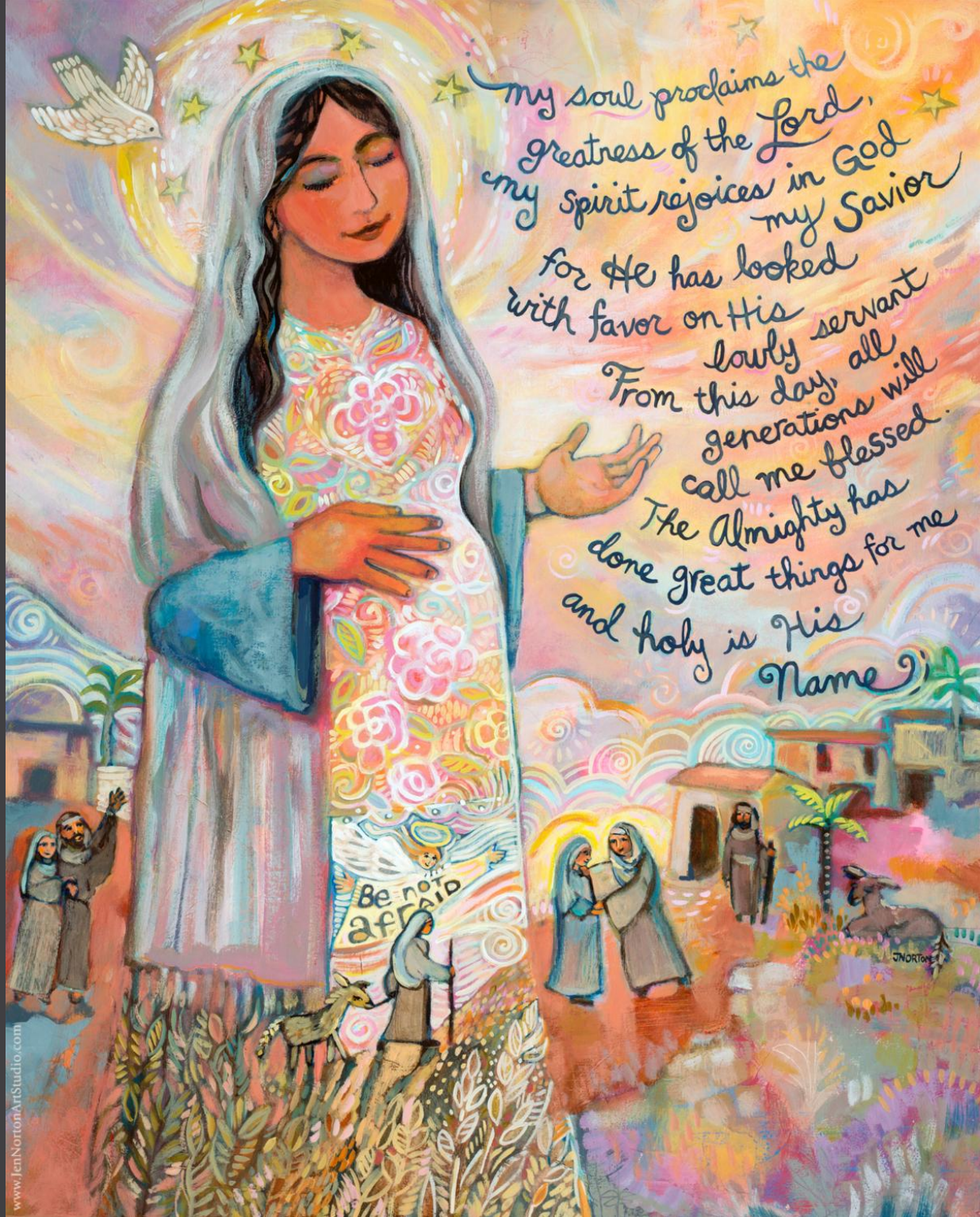
The realization did not come lightly. It came from a place of anguish, uncertainty, anxiety, hardship. However, they both made space for God; they did not quench the Spirit. Both prayed incessantly with fervor. Both held the joy of God's presence even amid chaos and confusion.

Hannah affirmed God by naming her son Samuel, which meant “God hears us.” God heard her pleas and saw her tears. Hannah was ready to give back what she received in service for God. She made good her promise of dedicating Samuel to God.

Mary, who from the first moment of her conception was full of grace, assented to be the bearer of God's Son. She could have been afraid, overwhelmed. But she took it to prayer, she clung to God. The days she traveled from Nazareth to Ein Karem gave her time to reflect and listen to the voice of God. She realized the magnitude of the load she carried; she knew that what God was asking of her was for the blessing of all nations, the fulfillment of God's promise of salvation of the whole humankind. She realized that the name given to the Messiah, the Holy One, Emmanuel, meant “God is with us,” so she found the

assurance that God would always be with her no matter what. She recognized God's faithfulness; this gave her strong resolve to participate in God's plan. She found union with God; she knew God was her strength; she trusted God's mercy; this gave her hope. Her heart was filled with joy, and she was inspired to give thanks and give praise to God. The song came from her innermost being, one that overflowed with love for God and the knowledge that God loved her back.

Each of us have experiences similar to Hannah's and Mary's. We all have struggles and we all have joys that spring from those struggles. The call is to have hope and to find joy in God's presence. How do we respond to that call?



The Canticum of Mary (Magnificat)
 Artwork by Jen Norton. Used with permission.

For Pondering

- As you gaze at the image by Jen Norton above, slowly read Luke 1:46-56 again. As you let yourself take in the words Mary spoke, what image of God do you see? What does that image of God evoke in you? Would you share that image of God with others?
- Just like Mary's moment, do you recall an instance or a moment in your

life when you were filled with joy, and your soul wanted to just ring out or burst into song? What were the circumstances that brought you to that instance? Was it extreme relief, profound happiness, utmost gratitude, or sheer realization of God's constant providence?

- As you talk with God now, how are you going to express your relief, happiness, gratitude, or realization of God's constancy?

For Prayer

O King of the Nations!

*Grant us your mercy to notice and realize
your enduring and unchanging love and your constant presence in us,
even where there is chaos and confusion.*

*Give us your grace that our hearts may swell
and ring out exultations in the realization of your faithfulness
Amen.*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



[Visit Website](#)

714-744-3172

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by bythecsd@csjorange.org