

Advent Reflection Resources

Week 3 - Mary and Elizabeth



The Bible Passage

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord."

~ Luke 1:39-45



Ways to enter the story

You might like to relive the story, as Mary or Elizabeth, or a silent onlooker like Zechariah, and take the opportunity to talk to Jesus, to pray and worship. It might help to read or listen to the passage again. If you find it hard to keep focused while imagining things, you could try writing your reflection down. Or maybe you're artistic, and you want to paint or draw something related to the story.

Click on this link to see Corby Eisbacher's 'Jump For Joy' picture (NB: purchasing a copy is optional!) -

<https://www.etsy.com/uk/listing/54758766/jump-for-joy-mary-and-elizabeth>

Click on this link to listen to 'Tell out My Soul' -

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=3E7QWLyDWe8&ab_channel=mkariobangi)

[v=3E7QWLyDWe8&ab_channel=mkariobangi](https://www.youtube.com/watch?v=3E7QWLyDWe8&ab_channel=mkariobangi)

Here are some questions to ponder as you respond.

What might you be feeling if you were in Mary or Elizabeth's shoes? Rejoicing, or scared?

Could you sing the Magnificat today, or what might your own Magnificat sound like? Or, like Zechariah, do you feel as though you've been muted?

If there is something in your life that you are ashamed of, is there someone who you could trust to hear it and still love you?

Are there happenings in your life that you would name as miracles?

