



Simple Quiet Day, December 2021

The Magnificat – as found in the Gospel according to Luke, Chapter 1 and verses 46 – 55.

Simple Quiet Day

And Mary said,

“My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has looked with favour on the lowliness of his servant.

Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name.

His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever.”

