**My Soul Glorifies the Lord**

Luke 1:39-56

Key Verse 46 “And Mary said, “My soul glorifies the Lord.”

Introduction)

The angel Gabriel gave the Virgin Mary very unusual, unexpected news. (Annunciation) Although she was confused and fearful initially, she eventually accepted God’s blessing by saying “I am the Lord’s servant, May it be to me as you have said” (Luke 1:38). However, she did not just sit down and wait for God’s work. She wants to confirm what God has done in Elizabeth in person. She got ready and hurried to visit Elizabeth, who lived far away, in the hill country of Judea. When she saw and heard what God has done in Elizabeth’ life, she was filled with joy and full of spirit, and realized how merciful the almighty God was to her and ready to glorify God with her soul.

1. Read verses 39-45. After the angel left, what does Mary do? (39, 40) What happens when Elizabeth hears Mary’s greeting? (41) What exclamation does Elizabeth make when she sees Mary ? (42, 43) What does she say to Mary about the baby in her womb? (44) How has Mary been blessed? (45, 38)

* 1. Read verses 39-45.

39 At that time Mary got ready and hurried to a town in the hill country of Judea, 40 where she entered Zechariah’s home and greeted Elizabeth. 41 When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. 42 In a loud voice she exclaimed: “Blessed are you among women, and blessed is the child you will bear! 43 But why am I so favored, that the mother of my Lord should come to me? 44 As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. 45 Blessed is she who has believed that the Lord would fulfill his promises to her!”

* 1. After the angel left, what does Mary do? (39, 40)

39 At that time Mary got ready and hurried to a town in the hill country of Judea, 40 where she entered Zechariah’s home and greeted Elizabeth.

After the angel Gabriel left, Mary could have said that it was a mere dream. She could have come back to her real life. She then could have cherished her human dream for nobody knew what had happened between the angel and her.

It was costly for her to obey God. Her human dream would be shattered into pieces and her circumstances would change completely.

However she must have thought about what the messenger of God had said, “Greetings, you who are highly favored!.” God’s favor was immeasurable grace of his holy mission for her to be the mother of Jesus.

It is very important to cherish God’s words in our hearts and live accordingly.

She made a personal decision of faith by reminding of her confession of faith, “I am the Lord’s servant. May it be to me as you have said.”

At least she could text or e-mail Joseph.

She, however, did not do so although she must have terribly sorry for him.

What did she do first?

She wanted to confirm the angel’s message and hurried to visit her cousin, Elizabeth from her home Nazareth to a town in the hill country of Judea. This is about 100 mile journey.

This was based on the angel’s message. How wonderful it is that Mary was not swayed by human thinkings, but allowed herself to be led by the words of God.

It was an act of faith. Instead of going to her fiancee in the town, she chose by faith to have a dangerous trip to Elizabeth.

Praise the Lord who granted her living and simple faith to overcome her feeling and adverse situations.

Praise the Lord who put holy fear(50) in her and led into the right way.

Praise the Lord who helped her to remember the words of God at such a critical moment.

* 1. What happens when Elizabeth hears Mary’s greeting? (41)

41 When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit.

When Elizabeth heard Mary’s greeting, the baby John the Baptist felt the presence of his Lord (Jesus) and the Mother of God, though he was in a womb and leaped with joy and Elizabeth was also filled with the Holy Spirit.

* 1. What exclamation does Elizabeth make when she sees Mary? (42, 43)

42 In a loud voice she exclaimed: “Blessed are you among women, and blessed is the child you will bear! 43 But why am I so favored, that the mother of my Lord should come to me?

Elizabeth did not envy her because she had to give birth to a forerunner.

But she was a spiritual woman who had a spiritual eyes.

* 1. What does she say to Mary about the baby in her womb? (44)

44 As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy.

She testified that when her baby in the womb heard the voice of Mary, the mother of the Lord, he leaped for joy because he recognized the Lord and Savior coming to him.

Indeed she was preciously used by the Lord in welcoming and blessing the mother of Jesus.

* 1. How has Mary been blessed? (45, 38)

45 Blessed is she who has believed that the Lord would fulfill his promises to her!”

God fulfilled his promises to her and made her the Mother of the Lord. She is the most blessed among all women.

Mary must have convinced that God’s hand was in their midst. She could have realized that her visitation was a right thing to do before God.

2. Read verses 46-53. Why does Mary’s soul glorify the Lord and her spirit rejoice? (46-48) What has God done for Mary? (49, 31-35) To whom does God’s mercy extend and for how long? (50) What does God do? (51a) How does God treat the proud and the humble? (51b-53)

2-1. Read verses 46-53.

46 And Mary said:

“My soul glorifies the Lord  
47 and my spirit rejoices in God my Savior,  
48 for he has been mindful  
of the humble state of his servant.  
From now on all generations will call me blessed,  
49 for the Mighty One has done great things for me—  
holy is his name.  
50 His mercy extends to those who fear him,  
from generation to generation.  
51 He has performed mighty deeds with his arm;  
he has scattered those who are proud in their inmost thoughts.  
52 He has brought down rulers from their thrones  
but has lifted up the humble.  
53 He has filled the hungry with good things  
but has sent the rich away empty.

2-2. Why does Mary’s soul glorify the Lord and her spirit rejoice? (46-48)

46 And Mary said: “My soul glorifies the Lord  
47 and my spirit rejoices in God my Savior,  
48 for he has been mindful  
of the humble state of his servant.  
From now on all generations will call me blessed,

Mary’s song can be divided into three parts;

\*Her personal thanks(46-50),

\*God’s rule in history(51-53),

\*God’s fulfillment of his promise to Israel(54, 55)

Because she realized that the Almighty God has been mindful of her, who was a humble country girl and made her as the Mother of the Lord, so she would be called as the most blessed throughout generations.

New Living Translation shows(46b, 47), “Oh, how my soul praises the Lord.

**47**  How my spirit rejoices in God my Savior!

No doubt Mary was being filled with the Holy Spirit, praising the Lord.

Her foundations of joy were her soul and spirit, not her feelings or logical thinking.

When she was touched by the Spirit of God followed by her personal decision of faith, her soul and spirit rejoiced.

Thus we must guard our heart and soul.

Often times we are too much relied on situations but our deep joy and praise stems from our willful obedience and God’s spirit in and through the living words of God.

She was rejoicing from her deep inner spirit when she acknowledged God’s work fully in her personal life.

Despite her thorny life down the road, she was overjoyed through the holy Spirit!

46 And Mary said: “My soul glorifies the Lord  
47 and my spirit rejoices in God my Savior,  
48 for he has been mindful  
of the humble state of his servant.  
From now on all generations will call me blessed,

Being blessed isn’t necessarily matched with worldly happiness.

Being blessed by God is to have a higher calling and a higher mission from God.

Being blessed by God is to sacrifice more for God’s name.

Being blessed by God is to experience more inconveniences, pains, and sufferings for God’s glory.

However nothings is more important than being rest assured to be blessed as a servant of God.

Being blessed is to commit oneself throughout his or her life to God and decide to obey the will of God.

So to obey or not to obey is the name of the game.

Mary sacrificed her small joys and denied petty desire to be a wife for Joe only.

She became the most blessed woman in God’s sight!

2-3. What has God done for Mary? (49, 31-35)

49 for the Mighty One has done great things for me—holy is his name.

31 You will conceive and give birth to a son, and you are to call him Jesus. 32 He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, 33 and he will reign over Jacob’s descendants forever; his kingdom will never end.”34 “How will this be,” Mary asked the angel, “since I am a virgin?”35 The angel answered, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.

God made a country girl, the Virgin Mary to be the Mother of the Son of the Most High through the Holy Spirit.

She was assured by the Lord God who sent her joy and the Holy Spirit.

She was not a woman of sorrow any longer.

All the people of the world will see her as the most blessed woman.

It was thanks to the Mighty One who has done such great thing for her, holy is his name!

2-4. To whom does God’s mercy extend and for how long? (50)

50 His mercy extends to those who fear him, from generation to generation.

God’s mercy extends to those who fear God and show awesome respect throughout generation.

2-5. What does God do? (51a)

51 He has performed mighty deeds with his arm;

For example, the baby conceived in the womb of the virgin is impossible. However, it is possible for the Almighty God, who is merciful.

We can see here God’s twofold divinity; his mighty power and great mercy!

2-6. How does God treat the proud and the humble? (51b-53)

he has scattered those who are proud in their inmost thoughts.  
52 He has brought down rulers from their thrones but has lifted up the humble.  
53 He has filled the hungry with good things but has sent the rich away empty.

He does not like those who are proud in their inmost thoughts, so he has brought down the powerful rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty.

3. Read verses 54-56. How has God fulfilled his promises among the Israelites? (54, 55) How long does Mary stay with Elizabeth? (56)

3-1. Read verses 54-56.

54 He has helped his servant Israel, remembering to be merciful  
55 to Abraham and his descendants forever, just as he promised our ancestors.” 56 Mary stayed with Elizabeth for about three months and then returned home.

3-2. How has God fulfilled his promises among the Israelites? (54, 55)

54 He has helped his servant Israel, remembering to be merciful  
55 to Abraham and his descendants forever, just as he promised our ancestors.”

It is amazing that a country girl is so mindful of the suffering of people of Israel. She was overwhelmed by faithful, merciful, and mighty God who kept his ancient promises by sending His Messiah.

She must have reminded of all Genesis Bible study verses as follows;

**God’s promise to Abraham**

7 The Lord appeared to Abram and said, “To your offspring I will give this land.” So he built an altar there to the Lord, who had appeared to him (Ge 12:7).

15 All the land that you see I will give to you and your offspring forever. (Ge 13:15)

7 I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come, to be your God and the God of your descendants after you. 8 The whole land of Canaan, where you now reside as a foreigner, I will give as an everlasting possession to you and your descendants after you; and I will be their God.”9 Then God said to Abraham, “As for you, you must keep my covenant, you and your descendants after you for the generations to come. 10 This is my covenant with you and your descendants after you, the covenant you are to keep: Every male among you shall be circumcised. *(Ge 17:7-10)*

19 Then God said, “Yes, but your wife Sarah will bear you a son, and you will call him Isaac.[[a](http://www.biblegateway.com/passage/?search=ge+12%3A7%2C+13%3A15%2C+17%3A7-9%2C+17%3A19%2C+24%3A7&version=NIV#a)] I will establish my covenant with him as an everlasting covenant for his descendants after him. (Ge 17:19)

17 I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, 18 and through your offspring[[a](http://www.biblegateway.com/passage/?search=+ge+22%3A17-18%2C+17%3A10&version=NIV#fen-NIV-566a)] all nations on earth will be blessed,[[b](http://www.biblegateway.com/passage/?search=+ge+22%3A17-18%2C+17%3A10&version=NIV#b)] because you have obeyed me.” (Ge 22:17-18)

3-3. How long does Mary stay with Elizabeth? (56)

56 Mary stayed with Elizabeth for about three months and then returned home.

About three months

In conclusion)

When Mary confirmed how God was fulfilling his promises as she saw God’s work at Elizabeth’ family, she was convinced everything the angel Gabriel told her would be true and she realized how blessed she was. Her soul was filled with joy and full of spirit instead of fear and doubt and praised and glorified the Lord. She further acknowledge who God is. God is mighty, merciful, and faithful to keep his promise.

One word: my soul glorifies the Lord