

Meditation



2023

Meditation

MARY GOT UP AND LEFT IN A HURRY

Ambiance

Find a comfortable position where you can pray quietly for a few minutes. Try to make silence in your heart. This alone allows listening to the Word and projecting some action in response to the Word heard.

God's Word

«In those days, Mary got up and left in haste for the mountain, for a city of Judah, she entered the house of Zechariah and saluted Elizabeth.»

Reflection

Mary had just lived the experience of the annunciation of the angel who announced to her that she would be the mother of the Son of the Most High and to confirm this great reality, the angel announced to her that Elizabeth, her cousin, in her old age, was expecting a child. Well then, Maria, instead of focusing on herself, on the concerns and fears arising from her new condition, goes to help her cousin. He gives himself completely to God and thinks first of all of Elizabeth, who was elderly and far away. (Lc. 1, 39)

- Mary stood up

Mary got up and started moving, because she was certain that God's plans were the best possible project for her life. Mary becomes the temple of God, the image of the Church on the way, the Church that goes out and places itself at service, the Church that bears the Good News. Maria leaves in a hurry because she was happy with the promise and eager to render a service, with the enthusiasm that came from her inner joy. Now, filled with God, where could she hurry but upwards? God's grace does not admit delays. Maria allowed herself to be questioned by the need of her elderly cousin. He didn't apologize, he wasn't indifferent. She thought more of others than herself. In the face of an urgent need, it is necessary to act quickly.

- A good rush always pushes us upwards and towards the Other

A good rush always pushes us upwards and towards the other. But there is also a rush that is not good, such as the rush that leads us to live superficially, without truly getting involved in what we do, without putting our minds and hearts into it, without our encounters generating true Encounters, as happened with Maria, Zechariah and Elizabeth. "And it came to pass, when Elizabeth heard Mary's greeting, the child leaped in her womb, and Elizabeth was filled with the Holy Spirit". These surprises and irruptions of the Spirit happen when we experience true hospitality, when we place the guest and not ourselves at the center.

- The Mother of the Lord is a model for young people on the move; she is the paschal woman, in permanent exodus, going out of herself towards the Other and towards others. **We have Mary as our exit model for God and for the most needy, how was her cousin Isabel t hen?**

- How do I react to the needs I see around me? Do I immediately seek a justification for not committing myself, or do I become interested and make myself available?

- Have I ever experienced that Jesus came to meet me?

- Do I also get caught up sometimes in a bad rush?

