

THE MAGNIFICAT PRAYER (CANTICLE OF MARY)

The Magnificat (Latin for 'My soul magnifies the Lord') is the ancient biblical song of praise uttered by the Virgin Mary during her Visitation to her cousin Elizabeth (Luke 1:46-55). It is the cornerstone of the daily Liturgy of the Hours (Vespers) and Eastern Matins.

1. Traditional English Text of the Magnificat

"My soul magnifies the Lord,
And my spirit rejoices in God my Savior.
For He has regarded the lowliness of His handmaiden,
For behold, from this day all generations shall call me blessed.
For He who is mighty has done great things to me, and holy is His name;
And His mercy is on those who fear Him from generation to generation.
He has shown strength with His arm; He has scattered the proud in the imagination of their hearts.
He has put down the mighty from their thrones, and exalted those of low degree.
He has filled the hungry with good things, and the rich He has sent empty away.
He has helped His servant Israel, in remembrance of His mercy,
As He spoke to our fathers, to Abraham and to his posterity forever. Amen."

2. Original Latin Text (Magnificat Anima Mea)

"Magnificat anima mea Dominum, et exsultavit spiritus meus in Deo salutari meo, quia respexit humilitatem ancillae suae, ecce enim ex hoc beatam me dicent omnes generationes. Quia fecit mihi magna qui potens est, et sanctum nomen eius, et misericordia eius in progenies et progenies timentibus eum. Fecit potentiam in brachio suo, dispersit superbos mente cordis sui. Deposuit potentes de sede et exaltavit humiles. Esurientes implevit bonis et divites dimisit inanes. Suscepit Israel puerum suum recordatus misericordiae suae, sicut locutus est ad patres nostros, Abraham et semini eius in saecula. Amen."

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