

## *SOLT Lay Formation Facilitator's Guide*

*IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD*

### *LITURGY IS LIFE – Guided Holy Hour*

*Note to Facilitator: This week, before guiding the participants in this holy hour, please make every effort to take the time to make a holy hour to pray through this scripture and the meditation that follows. You must remember that in order to be a source of living water to others, you must be drinking deeply from the Font of Life on a regular basis.*

#### **Magnificat**

My soul proclaims the greatness of the Lord, and my spirit rejoices in God my Savior. For He has looked with favor on His lowly servant, from this day all generations will call me blessed. The Almighty has done great things for me, and Holy is His Name. He has mercy on those who fear Him in every generation. He has shown the strength of His arm, He has scattered the proud in their conceit. He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things, and the rich He has sent away empty. He has come to the help of His servant Israel, for He has remembered His promise of mercy. The promise He made to our fathers, to Abraham and his children forever! [Luke 1:46-55]

The “Magnificat” is our Blessed Mother’s hymn of praise to our God, a resounding continuation of her eternal “fiat” to Our Father. As Archbishop Rowan Williams points out:

“The invitation of God is spoken; the veil is torn as Mary says ‘yes’. The Word becomes flesh in that moment, and Good Friday and Easter Sunday are already there. Now we stand beyond the veil, with Christ in the heavenly places, and we have begun again to say ‘yes’; and we must day by day go on stilling our hearts so that they can fully hear and receive the cry from the cross telling us that all we use to keep God away from us is futile in the face of this royal freedom, the freedom to be God with us.”<sup>1</sup>

*Our Lady is the eternal Daughter of the Father, and she gave herself completely to the plan He had for her for all of eternity. Mary knew instinctively how to “Live the Liturgy”.*

#### **John Paul the Great tells us:**

*“Our lives are to become a hymn of praise to the Most Holy Trinity.”*

*O Dear Mother, pray for us that we may sing with you an eternal ‘fiat’ to God Most High.*

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<sup>1</sup> Williams, Rowan. Ponder These Things: Praying with Icons of the Virgin, Page 70

# SOLT Lay Formation Program

IMITATE MARY BECOME LIKE JESUS LIVE FOR THE TRIUNE GOD

## LITURGY IS LIFE – Handout

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