

Meditation on the mysteries of the Most Holy Rosary



The Second Joyful Mystery

The Visitation of the Blessed Virgin to Her Cousin, St. Elizabeth



Method of meditation

To do a good meditation we ought to use the main three faculties of our soul: memory, intelligence, and will. This is a brief explanation of how to meditate:

- 1) Memory: firstly, I try to remember some principles, great realities of our faith or events of Our Lord's life and bring them into my mind so that they may be meditated upon.
- 2) Intelligence (knowledge of God): secondly, I consider these thoughts and try to understand their meaning and the consequences which are attached to them.
- 3) Will (love of God): finally, after a while of consideration, I produce some acts of will in order to apply concretely what I have drawn from my meditation into my own life and I ask God to help me to do so.

With this support, this method can be done like this:

- 1) Memory: read slowly the **extract from the Gospel** (page 2).
- 2) Intelligence: read and think longer about the **first series of considerations upon the Gospel** (page 3).
- 3) Will: read the **second series of considerations** which apply in a more practical way the message of the Gospel (page 4).

End by reading the last consideration which should lead us to make **a real resolution** to apply the examples of this mystery of the rosary in our own life (page 4).

As part of the 1st Saturdays devotions, let us do this **meditation in spirit of reparation** in order to console Our Lady against the outrages committed towards her Immaculate Heart.

1. Gospel Text

And Mary rising up in those days, went into the hill country with haste, into a city of Juda. And she entered into the house of Zachary, and saluted Elizabeth. And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb. And Elizabeth was filled with the Holy Ghost and she cried out with a loud voice, and said: "Blessed art thou among women and blessed is the fruit of thy womb! And whence is this to me that the mother of my Lord should come unto me? For behold as soon as the voice of thy salutation sounded in my ears, the infant in my womb leaped for joy. And blessed art thou that hast believed, because those things shall be accomplished that were spoken to thee by the Lord!"

And Mary said: "My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour.

Because He hath regarded the humility of His handmaid, for behold from henceforth all generations shall call me blessed.

Because He that is mighty hath done great things to me, and holy is His name. And His mercy is from generation unto generations to them that fear Him.

He hath shewed might His arm: He hath scattered the proud in the conceit of their heart. He hath put down the mighty from their seat, and hath exalted the humble.

He hath filled the angry with good things, and the rich He hath sent empty away." And Mary abode with her about three months, and she returned to her own house (Luke 1:39-56).

2. Considerations

1st series

1. Mary and Joseph undertake the three days' journey between Nazareth and the hill country of Juda to visit Elizabeth and Zachary. The latter are awaiting the birth of St. John.
2. Protected by St. Joseph, Mary hastens through the meadows and woodlands, over hills and through valleys. She is outwardly as poor as she is inwardly rich, for Jesus is in her heart. Solely of Him is she thinking during the toilsome journey: for Him she endures all the hardships of the way. Thus all her own noble dispositions the good mother Mary instills in her Child.
3. If I carry Jesus in my heart, even the most laborious lot in life is naught but a way of peace, a golden path to God. Without Jesus, even the greatest works are dead.
4. How intense their mutual joy, when Mary and Elizabeth are united again after a long separation! I will foster in my heart a similar love towards my dear ones and towards all men.
5. Elizabeth recognises in Mary the Mother of God. She feels unworthy of the privilege of having Jesus and Mary abide under her roof. "Blessed art thou among women and blessed is the fruit of thy womb. And whence is this to me, that the mother of my Lord should come unto me?"
6. Jesus and St. John. The meeting of the two mothers is also the first meeting of the two greatest in the world's history, Jesus Christ and His Precursor, St. John. The latter is freed from original sin.

2nd series

7. Rarely has the world witnessed such rapturous joy as that experienced now by Mary and Elizabeth. Their joy, having come from God, is referred back to Him: "My soul doth magnify the Lord." Good God, grant me also from time to time a similar great joy in Thee to be perfected in Eternity.
8. In her humility, Mary ascribes all honour and exaltation to God alone. "He hath regarded the humility of His handmaid... He hath exalted the humble. He hath filled the hungry with good things."
9. Mary foresees how all men will hold her honour. "Behold from henceforth all generations shall call me blessed." I also shall contribute according to my strength to the fulfilling of these words. To the full extent of my power, I will venerate Mary.

Resolution

10. My resolution: Like Mary on her journey, I will carry God in my heart during my whole life. I will dedicate to Him all my thoughts, words, and actions, all my sufferings, and all my joys.