

My soul proclaims

Still your heart and ask the Holy Spirit to speak to you as you reflect on the following thoughts. When done, take note of what rose in your spirit, and spend time with the Lord throughout the day, pondering what he reveals.

The imagery of sunrise, surrender, and Mary's "yes" "*My soul proclaims the greatness of the Lord*" (Luke 1:46), is the opening of the **Magnificat**, Mary's song of praise. It's a prayer of trust and joy, even in the midst of uncertainty, and it mirrors the theme of letting go of control and allowing God's presence to guide.

Sunrise as renewal: Just as the dawn breaks through darkness, Mary's "yes" brought light into the world. Each sunrise can remind us of God's promise of new beginnings.

Mary's surrender: She didn't cling to her own plans but embraced God's. That radical trust is a model for us when life feels uncertain.

The whisper of love: Silence and stillness are often where we hear God most clearly. Your reflection captures that beautifully — the soul magnifying the Lord through quiet trust.

Our journey: Like Mary, we may face disbelief or challenges, but the assurance "all shall be well" (echoing Julian of Norwich) anchors us in hope.

Prayer

Lord of Light and Renewal,

As the sun rises and breaks through the darkness, remind us of Your promise of new beginnings. Teach us to echo Mary's "yes" with courage and trust, surrendering our plans to Your perfect will. In moments of uncertainty, anchor us in hope and whisper Your love into the stillness of our hearts. May our souls magnify You today and always. Amen.