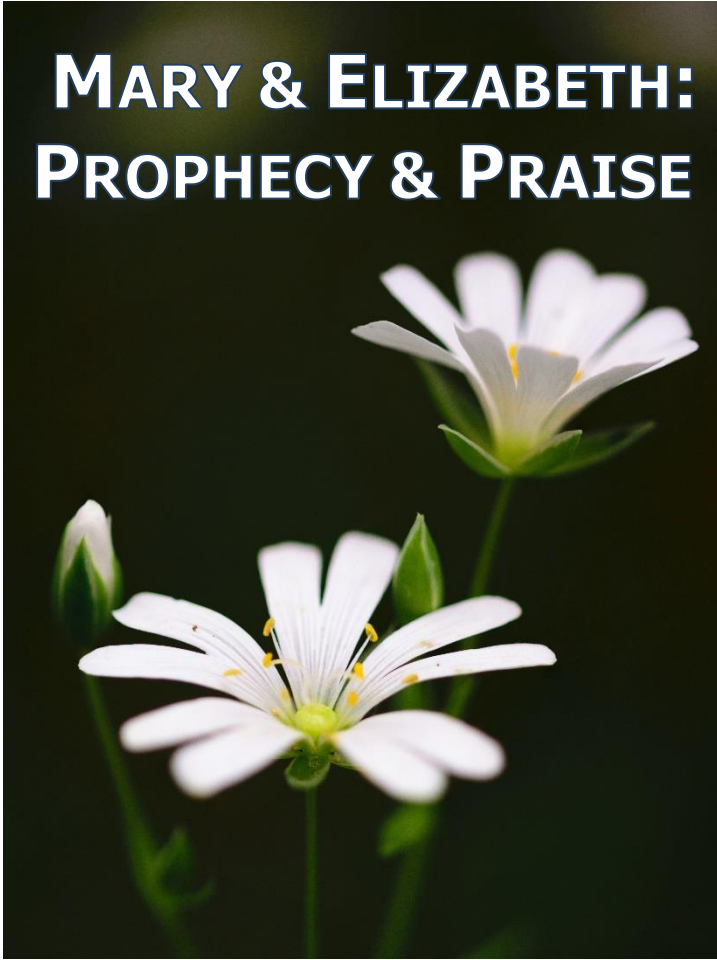


# MARY & ELIZABETH: PROPHECY & PRAISE



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‘Mary & Elizabeth: Prophecy & Praise’  
by  
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# MARY & ELIZABETH: PROPHECY & PRAISE

Speaking out loud is very powerful. When Mary visited her relative Elizabeth while they were both pregnant, they spoke out words of power – words of prophecy about what would happen, words of praise to God and words of faith in Him.

## *Mary and the Angel*

The Bible first mentions Mary when an angel comes to tell her that God has chosen her to have a baby, His own Son, who would be the Saviour of the world. As an unmarried girl, Mary knew that she could face being stoned to death when her pregnancy was discovered. But she said yes to the angel. Her response showed her faith in God. She said in [Luke 1:38](#) – *“Behold, the servant of the Lord; let it be done to me according to your word.”* She didn’t focus on what other people would say or the risk of being killed. Instead, she trusted that God would take care of her. And He did.

## *Mary’s Visit to Elizabeth*

The next time we hear of Mary is when she goes to visit her relative, Elizabeth, who had always been barren and now was too old to have a child. She and her husband Zacharias had prayed for a baby for a long time. Then God told Zacharias He was going to answer their prayer and Elizabeth became pregnant. Of course, it wouldn’t be a virgin birth like Mary’s – Zacharias had to play his part, but it was still a miracle.

God is so good. The angel had told Mary about Elizabeth's pregnancy so she would know that she had a female relative she could talk to who wouldn't judge or condemn her – someone who would believe her and understand how she felt about a miracle baby. God was caring for her by giving her a woman who would understand on all levels what was going on.

## *Elizabeth's Prophecy*

So what happened when Mary arrived at Elizabeth's? Luke 1:41-45 says – *'When Elizabeth heard Mary's greeting, the baby leapt in her womb; and Elizabeth was filled with the Holy Spirit.'* As Elizabeth heard Mary greet her, the Holy Spirit filled her and inspired her with a prophecy from God to encourage Mary and tell her what would happen. In Luke 1:42-45 Elizabeth says in a loud voice – *"Blessed are you amongst women, and blessed is the fruit of your womb! <sup>43</sup>Why am I so favoured, that the mother of my Lord should come to me? <sup>44</sup>For behold, when the voice of your greeting came into my ears, the baby leapt in my womb for joy! <sup>45</sup>Blessed is she who believed, for there will be a fulfilment of the things which have been spoken to her from the Lord!"* How wonderful for Mary.

She had left Nazareth probably with people looking at her suspiciously and starting to wonder. And if they hadn't suspected yet, they soon would as her pregnancy began to show. Then she arrived at Elizabeth's and was greeted like this – what a blessing for her.

Mary stayed at Elizabeth's for three months and they had all that time ahead of them to talk through all that had happened to them, to share details of their pregnancies as women love to do and to praise God together for their miracle babies.

## *Mary's Declaration of Prophecy & Praise*

I'm sure that Mary would thank Elizabeth for her welcome and her words; I'm sure she would bless and encourage her too; but her first reaction was to praise God and declare her faith in Him. Her focus was on God before anything and anyone else. Here are the first five verses of Mary's response to Elizabeth's words in Luke 1:46-50 – *“My soul magnifies the Lord. <sup>47</sup>My spirit has rejoiced in God my Saviour, <sup>48</sup>for he has looked at the humble state of his servant. For behold, from now on, all generations will call me blessed. <sup>49</sup>For he who is mighty has done great things for me. Holy is his name. <sup>50</sup>His mercy is for generations and generations on those who fear him.”*

Let's look in detail at what Mary said in these verses –

### ***“My soul magnifies the Lord,***

When you use a magnifying glass, things appear bigger, but if you look under the glass they are actually still the same size as they were before. A magnifying glass doesn't make things bigger – it makes them appear bigger. We certainly can't make God any bigger – He is so big He can't be measured. But you can magnify Him in the way you think about Him. You can magnify His greatness, goodness, might, majesty, love etc.

What you focus your thoughts on becomes bigger in your mind. If you focus on a problem and worry about it, it will become bigger and bigger and start to colour everything until eventually it's hard to think of anything else. But the principle applies to good thoughts too. Choose to focus on God and His Word and you will magnify Him in your mind and heart. The more you do it the easier it will become and you will find yourself thinking of Him more and more. But it starts with a decision. Psalm 34:3

says – *‘Oh magnify the LORD with me. Let’s exalt his name together.’* Don’t wait till you feel like it – just do it. Use your mind like Mary did. Decide to praise Him and magnify Him.

***My spirit has rejoiced in God my Saviour,***

Your spirit is the very essence of who you are. If you have accepted Jesus as your Lord and Saviour, you are born-again and God has given you a brand-new perfect spirit. (To read about being born-again, go to the end of this booklet.) Your new spirit is always rejoicing in God and praising Him. Mary’s spirit wasn’t perfect because it was impossible for her to be born-again before Jesus died on the Cross, but she still chose to rejoice in God from the very centre of her being. Praise had become her default reaction. And it’s so much easier for born-again Christians to be praising God with their mind and their heart as well as their new spirit, because of their relationship with Him as their Father through Jesus.

***for he has looked at the humble state of his servant.***

Mary goes on to say later in v.52 – *‘He has put down princes from their thrones, and has exalted the lowly.’* And James 4:6 says – *‘God resists the proud, but gives grace to the humble.’* Proud people think they know better than anyone else, including God. They rely on themselves and do everything in their own way and in their own strength, so God can’t use them – that’s why He resists them. Humble people know that they need God. They know that they can’t do everything by themselves. Therefore they are open to God which means He can use them. Mary called herself a humble servant – she knew that she needed God and chose to serve Him.

***For behold, from now on, all generations will call me blessed.***

Little did Mary know how this was going to be taken to an excess, way beyond what is true and appropriate. But she knew God had chosen her and she was blessed because of her faith in Him. Remember Elizabeth's prophecy in v45 – *"Blessed is she who believed, for there will be a fulfilment of the things which have been spoken to her from the Lord!"* Elizabeth assured Mary that the promise of her giving birth to God's Son would come about because Mary had believed in it.

When you are born-again you are blessed too. Ephesians 1:3 says – *'Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.'* I've underlined 'has blessed us' to highlight the fact that the verb is in the past tense. God isn't going to bless you if you're good enough; He's already blessed you – it's done! No-one can ever be good enough to deserve His blessings; no-one can be sorry or feel guilty enough about their sins to merit His blessings; no-one can pray enough or read their Bible enough or do enough good deeds to earn His blessings. It's impossible to reach God's perfect standards. You don't have to go through rituals. You just have to believe in all Jesus has done and won for you and receive the blessings and you will find they come to you. And that will spur you on to do all the good things that will serve God and help you and others.

Elizabeth's word in v45 is a prophecy for all believers – *"Blessed is she who believed, for there will be a fulfilment of the things which have been spoken to her from the Lord!"* If you don't believe what God has told you in His Word you won't experience the blessings. You are blessed, but you need to believe to make the blessings reality in your life. Don't focus on yourself; just believe in Jesus and receive from Him. Focus on all He has done

and won for you. Choose to believe you are blessed regardless of what is going on around you, what everyone else says or what you feel, and you'll find it's true. It is then that you will experience God's blessings. Discipline yourself to speak out God's truth and believe it and you will start to see the blessings.

It's not about what you do; it's all about what Jesus has done. And it's your faith in that which makes God's blessings come real in your life. Because of Jesus the way is open for everyone in every generation to experience the blessings of God.

***For he who is mighty has done great things for me. Holy is his name.***

God is mighty and holy beyond anything you can imagine. He has done and won so much for you through Jesus and it is only right to magnify His holiness and His might in your thinking. Thank Him continually for all He has done for you.

***His mercy is for generations and generations on those who fear him.***

Before Jesus, God had to punish people when they sinned – He couldn't just pretend sin didn't matter. And in the last days judgement will come and those who have rejected Jesus will be sent to eternal punishment. But these are the years in-between – years of grace and mercy. God has punished sin but He punished Jesus for it instead of people, so you can receive your forgiveness and walk free. 1 Peter 2:10 says – *'In the past, you were not a people, but now are God's people, who had not obtained mercy, but now have obtained mercy.'* Mary knew this was a prophecy for future generations. You do not need to fear God in the sense of being afraid of Him, but it is still right to fear Him in the sense of being in awe of Him.



Before the Cross people got what they deserved – judgement, condemnation, punishment, separation from God. On the Cross Jesus got what people deserve – judgement, condemnation, punishment, separation from God. Now, because of the Cross, people can get what they don't deserve – mercy, affirmation, forgiveness, restoration and acceptance.

Mary didn't ask God for mercy and you don't need to either. God's already shown you infinite mercy through Jesus. Instead, Mary declared what God had done and praised Him for it.

## *Mary at Bethlehem*

The Bible doesn't mention Elizabeth again after the birth of her son, John.

The next we hear of Mary is when she and Joseph are travelling to Bethlehem for a census. And there her Son was born – Jesus, the Son of God. He would make it possible for everyone to magnify the Lord, rejoice in Him and live a life of praise, receive a new perfect spirit, belong to Him and be used by Him, receive all God's blessings, experience mercy and have an eternal relationship with God as their Father.

Thank You Lord for all the great and wonderful things you have done and won for us through Jesus.

## *Your Declaration of Prophecy & Praise*

Make Mary and Elizabeth's words your own declaration. I have adapted the wording in [Luke 1:45-49](#) so it becomes personal to you. Declare out loud with authority what God has done for you. Praise and thank Him for it and it will become real to you – it is God's truth for you from His Word. Declare –

“My soul magnifies the Lord. My spirit has rejoiced in God my Saviour, for He has looked at the humble state of His servant. I am blessed, for the things God has promised me have been fulfilled in Jesus and I believe they will become reality in my life. From now on I am blessed, for He who is mighty has done great things for me. Holy is His name.”

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## *Being Born-Again*

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says – *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Tell God you are sorry for the wrong things you do, say and think. Choose to believe that Jesus is Lord, that He died for you and is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart. If you’ve done that sincerely, you are now born-again and Jesus has come to live in you. Everything you’ve ever done wrong or ever will do wrong is forgiven, and after this life is over, you’ll live in peace and joy with your loving Father God for ever.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God’s love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

# *Life in Jesus*

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and all He has done and won for us  
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When Mary visited Elizabeth  
while she was pregnant with Jesus,  
they both spoke out words of prophecy and praise to God.  
And those words had power in them.

Find out what they said  
and see how you can use their words  
to make your own declaration.  
Speak it out with faith and see how it blesses you.



**Katherine Hilditch** has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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