

Mary didn't waste a minute. She got up and traveled to a town in Judah in the hill country, straight to Zachariah's house, and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the baby in her womb leaped.

She was filled with the Holy Spirit, and sang out exuberantly, "You're so blessed among women, and the babe in your womb, also blessed!

And why am I so blessed that the mother of my Lord visits me?

The moment the sound of your greeting entered my ears, The babe in my womb skipped like a lamb for sheer joy."

Blessed woman, who believed what God said, believed every word would come true! And Mary said, "I'm bursting with God-news;

I'm dancing the song of my Saviour God. God took one good look at me, and look what happened - I'm the most fortunate woman on

earth! What God has done for me will never be forgotten, the God whose very name is holy, set apart from all others. His mercy flows in wave after wave on those who are in awe before him. He bared his arm and showed his strength, scattered the bluffing braggarts. He knocked tyrants off their high horses, pulled victims out of the mud.

The starving poor sat down to a banquet; the callous rich were left out in the cold. He embraced his chosen child, Israel; he remembered and piled on the mercies, piled them high. It's exactly what he promised, beginning with Abraham and right up to now."