

The Benedictus

Luke 1: 67-79

**ZECHARIAH'S PROPHECY
(THE CANTICLE OF ZECHARIAH)**

And his father Zechariah was filled with the Holy Spirit and prophesied, saying,

“Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve him in holiness and justice
all of the days of our life in his presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare his ways before him.

To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.”

The Benedictus is recited every day at Morning Prayer
by Christians around the world.

The Magnificat

Luke 1:46-55

**MARY'S SONG OF PRAISE
(THE MAGNIFICAT)**

And Mary said,

“My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness:
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.

He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.

He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.”

The Magnificat is recited every day at Evening Prayer
by Christians around the world.

