

How Mary Worshipped With Theology

“My soul magnifies the Lord, and my spirit rejoices in God my Savior.

For He has regarded the low estate of His servant; surely, from now on all generations will call me blessed. For He who is mighty has done great things for me, and holy is His name. His mercy is on those who fear Him from generation to generation. He has shown strength with His arm; He has scattered the proud in the imagination of their hearts. He has pulled down the mighty from their thrones and exalted those of low degree. He has filled the hungry with good things, and the rich He has sent away empty. He has helped His servant Israel, in remembrance of His mercy, as He spoke to our fathers, to Abraham and to his descendants forever” (Luke 1:46-55).

Unmarried. Poor. Young. Pregnant with God.

Mary has a lot to worry about.

Rather than worrying, however, we find her worshipping in Luke 1:46–55. Mary belts out a beautiful, spontaneous, anointed, worshipful song in response to God’s goodness and long-awaited provision. Worship encompasses all of life, but it most assuredly includes singing. Mary sings, “My soul magnifies the Lord.”

What she’s saying is that deep down, from a heart made new by the grace of God, she wants to worship the Lord. Her life may be uncertain, but she wants God to be honored and glorified because He is good even when times are hard. Her spirit and the Holy Spirit intersect to honor Jesus—the Son in her womb—that God the Father might get praise.

Her song continues, and we see more of Mary's heart. Like all of us, she is an image-bearer of God, made to mirror God. She reflects Him beautifully in her song, which highlights the love, truth, compassion, justice, selflessness and humility of God.

Mary is a theologically astute teenage worshipper. Her lyrics are saturated with biblical language drawn from 1 and 2 Samuel, Deuteronomy, Job, the Psalms, Isaiah, Ezekiel, Micah, Habakkuk and Zephaniah—all of this despite the fact that it would have been very unusual for a woman of her age and upbringing to be formally educated. Perhaps she heard the Scriptures read to her in synagogue each Sabbath and committed them to memory. In any case, she has chosen to live her life top-down: She trusts the Scriptures, she understands who God is and she lives her life in light of that reality in the most difficult of circumstances.

What worries or stresses does your mind drift toward throughout the day? How can you worship God and fight for joy in these moments? {eoa}

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