

The Glory of  
God's Presence



## ***The Magnificat***



*My soul magnifies the Lord,  
And my spirit rejoices in God my Savior.  
For He has looked upon his lowly handmaid.  
From this day forward all generations  
will call me blessed,  
For He who is mighty has done great things for  
me, and holy is His name.  
And His mercy is on those who fear Him from  
generation to generation.  
He has shown strength with His arm:  
He has scattered the proud of heart.  
He has put down the mighty from their thrones,  
and exalted the lowly.  
He has filled the hungry with good things;  
and the rich He has sent empty away.  
He has helped His servant Israel,  
in remembrance of His mercy;  
As He spoke to our fathers, to Abraham  
and to His descendants forever.*

# Humility of Mary's Heart



Pro 18:12 Before destruction the heart of man is haughty, and before honour [is] humility.

Mat.5:3 3 "Blessed are the poor in spirit, (the humble), for theirs is the kingdom of heaven.

Mat.11:29 learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Luk.1:4-5 51 He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. 52 He has brought down rulers from their thrones but has lifted up the humble. (The Magnificat)

Jam 4:10 Humble yourselves in the sight of the Lord, and he shall lift you up.

1Pe 5:5 Do what the elders tell you, and all wrap yourselves in humility to be servants of each other, because God refuses the proud, and always favours the humble.

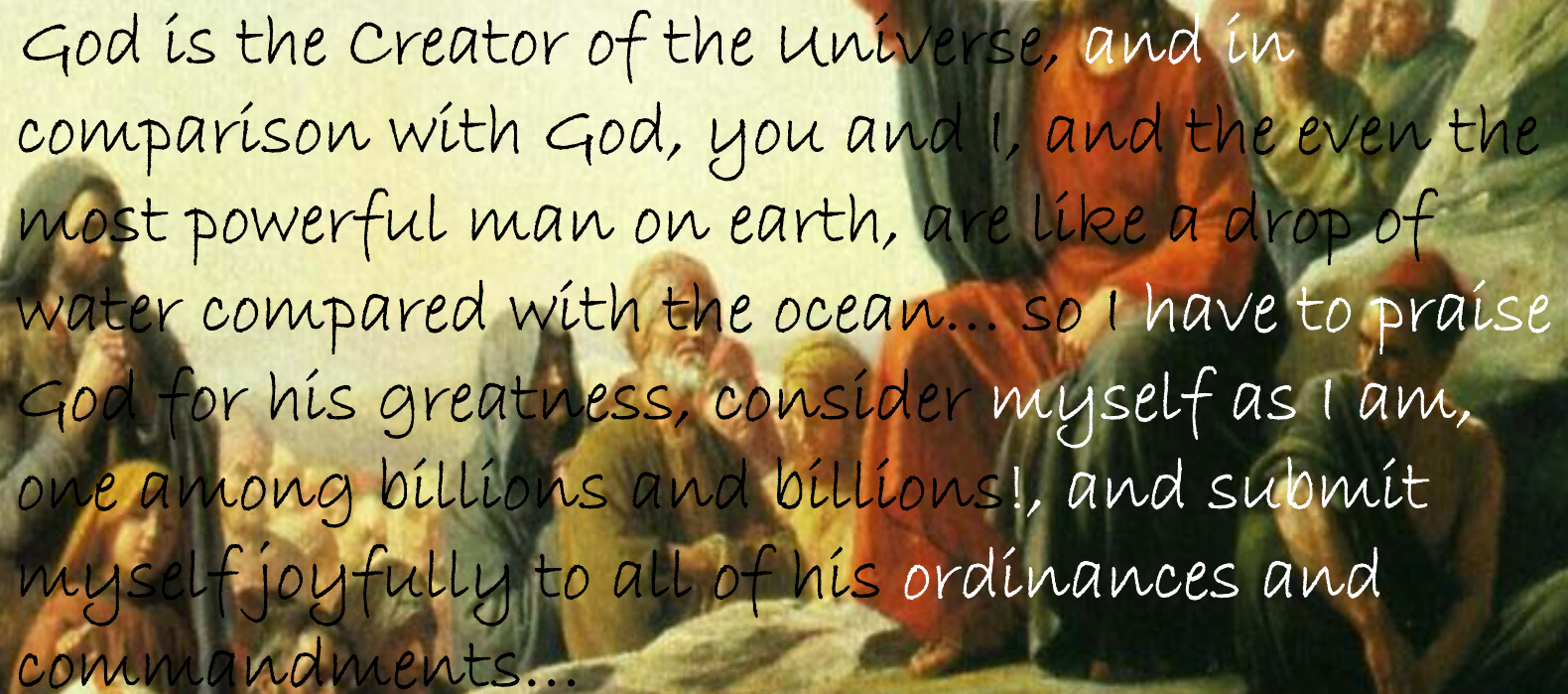
# How to Practice God's Presence

## Adoration

God is my Creator, and consequently, I, as the creature of God, should be grateful to Him at all times, worshiping Him, giving thanks to Him with joy for everything in all circumstances.

# How to Practice God's Presence

## Submissiveness



God is the Creator of the universe, and in comparison with God, you and I, and the even the most powerful man on earth, are like a drop of water compared with the ocean... so I have to praise God for his greatness, consider myself as I am, one among billions and billions!, and submit myself joyfully to all of his ordinances and commandments...

# How to Practice God's Presence

 Love ... respect

Everything and everybody around me are beloved creatures of God. So, I have to love and enjoy everything God gives to me: My relatives and neighbors, all humans and animals and plants, and the rivers and oceans and stars... this is a wonderful world when lived in the truth, in humility...

# How to Practice God's Presence

🕊️ Self-respect

I am a creature of God,  
made perfect by God to  
do what I have to do.

He who envies someone  
else is blaspheming  
against God.



# How to Practice God's Presence

## Forgiveness

Nobody is perfect,  
only God... so all  
humans make  
mistakes... even  
the just falls seven  
times a day  
(Proverbs 24:16)



# 7 Gifts of the Holy Spirit



- Wisdom
- Knowledge
- understanding
- Piety
- Counsel
- Fear of the Lord
- Fortitude

## Litany of Humility

**O Jesus! meek and humble of heart, hear me:**

From the desire of being esteemed... **Deliver me, Jesus**

From the desire of being loved...

From the desire of being extolled...

From the desire of being honored...

From the desire of being praised...

From the desire of being preferred...

From the desire of being consulted...

From the desire of being approved...

From the fear of being humiliated...

From the fear of being despised...

From the fear of suffering rebuked...

From the fear of being calumniated...

From the fear of being forgotten...

From the fear of being ridiculed...

From the fear of being wronged...

From the fear of being suspected...

That others may be loved more than I... **Jesus grant me the grace to desire it.**

That others may be esteemed more than I...

That in the opinion of the world, others may increase, and I may decrease...

That others may be chosen and I set aside...

That others may be praised and I unnoticed...

That others may be preferred to me in everything...

That others become holier than I, provided that I may become as holy as I should...

That I may love you, Jesus, with all my heart, and all my mind, and all my soul, and all my strength.

*His eminence Cardinal Marry del Val was accustomed to recite daily after the celebration of Holy Mass.*

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