

**DAY 6****Mary's Song of Faith**

Yesterday was a bit heavy and dark. But today is a day for rejoicing! Today is a day for us to realize that faith (trust) leads to joy — great joy — and to songs of praise.

Now, recall that Mary, after she believed in the word spoken to her by the angel, went to visit her cousin, St. Elizabeth. And by now, how could we forget the blessing? “Blessed is she who believed that what was spoken to her by the Lord would be fulfilled.” And what was Mary’s immediate response? She sang a song of praise, her famous Magnificat, that glorious proclamation of God’s mercy, which begins: “My soul proclaims the greatness of the Lord, My spirit rejoices in God my Savior, For he has looked with favor on his lowly servant” (Lk 1:46-48).

So, after her trust in the Lord’s words was blessed, Mary immediately praised the Lord. And such praise itself is a powerful act of trust, pleasing to the Lord.

Alright, well, now it’s time for a personal story.

When I first learned this great lesson — that praise itself is a powerful act of trust — it had a profound effect on my life. While I already shared how it happened in the book *Consoling the Heart of Jesus*, I think it’s worth repeating this week as we ponder the question, “What is trust?” and on this day, specifically, as we reflect on “Mary’s Song of Faith.”

First, I learned the connection between praise and trust during a pilgrimage to the National Shrine of The Divine Mercy in Stockbridge, Massachusetts, when I was a seminarian. The precise moment came during a conversation with Fr. Seraphim Michalenko, MIC, an expert on the message of Divine Mercy that comes to us through St. Faustina: I asked Fr. Seraphim, “Father, it’s all about consoling the Heart of Jesus, isn’t it?”

He looked pleased with my question and answered with an enthusiastic, “Yes, it is!”

Encouraged by his response, I continued, “And we want to console Jesus in the best possible way, right?”

“Right,” he said.

“And the best way to console him is to remove the thorn that hurts his Heart most, the thorn that is lack of trust [in his Merciful Love].”

“Right again.”

Confidently, I stated my conclusion, “And so the best way to remove that thorn and console him is to trust him.”

“Michael, you’re absolutely right.”

“Great!” I said to myself, “It’s all about trusting Jesus in order to console him.”

At that point, I thought I was all set. I thought I completely understood. Well, that’s when Fr. Seraphim interrupted my contentment: “And how do you live trust? What’s its concrete expression in your daily living?”

I was stumped. “I don’t know.”

His answer changed my life: “The way you live trust is by praise and thanksgiving, to praise and thank God in all things. That’s what the Lord said to St. Faustina.”

As soon as I heard Fr. Seraphim's words, I knew he was right, because I remembered how Blessed Mother Teresa of Calcutta had often written about the importance of accepting everything with a smile, with praise and thanksgiving. I also thought to myself, "Yes, this is true. For this is the Little Way of surrender, acceptance, and childlike trust taught by St. Thérèse of Lisieux." Specifically, I think I had in mind one of my favorite passages from her autobiography: Jesus does not demand great actions from us but simply surrender and gratitude. Has he not said: "OFFER TO GOD" THE SACRIFICES OF PRAISE AND THANKSGIVING (Ps 49:14). 25

We'll learn more about St. Thérèse's Little Way next week. But for now, today, let's console Jesus and live out our trust in God's mercy by making a sacrifice of praise and thanksgiving with Mary.

### **Today's Prayer:**

Come, Holy Spirit, fire of mercy.

Fill my heart with a faith-filled song of praise and thanksgiving to God for his tender love and mercy!

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"...when I had received Holy Communion, I was telling Jesus, "I love You," , and He said to me: "My daughter, do you really want to love Me? Say: "Jesus, I love You with your Will." And, since my Will fills Heaven and earth, your love will surround Me everywhere, and your "I love You" will resound as high as the Heavens, and as far down as the bottom of the deepest abyss. So, if you want to say: "I adore You, I bless You, I praise You, I thank You," say it united with my Will, and you will fill Heaven and earth with adorations, benedictions, praises, and thanksgivings—all in my Will. These are simple, easy and immense things.