

May 2019

Gospel Text: *“He looks on his servant in her lowliness; henceforth all generations will call me blessed” (Lk 1:48).*

MARY: Mary lives under the gaze of the God who looked upon her. She is aware of the love with which she has been looked upon throughout her life; from this awareness come joy and peace. She sees that God looks upon her lowliness with love.

GOD: See *“how the Three Divine Persons looked at all the plain or circuit of all the world and all its people”* (Sp. Ex. 106). God so loved the world that He sent His only Son (cf. Jn 3:16). God looks with love; He accepts and embraces reality.

CLAUDINE: Claudine also lived under the gaze of the goodness of God. During her final days she does not accept the harsh judgement of the one who accuses her without mercy, but rather she places herself, as she has always done, under the loving gaze of a good God.

OUR JM FAMILY: *“I will raise my mind and think how God our Lord is looking at me; and I will make an act of reverence or humility”* (Sp. Ex. 75). Our Ignatian spirituality invites us to seek God’ gaze and to recognize that He looks upon us.

GRACE: Become aware of God gazing lovingly upon me all the time.

- Seek the grace to recognise that God looks lovingly upon us, as do all of the good people who surround us.
- In a particular way this month, take time at the beginning of prayer to become aware of God gazing upon me.
- Look on others as God looks on me.

ACTIVITY: Become aware of what God sees when He looks lovingly upon me. Respond by looking at others especially those we find hard to accept, look as He. Looks. God accepts reality and transforms it through love.

