

opusdei.org

# The Visitation of our Lady

On 31 May, the Church celebrates the feast of our Lady visiting her cousin Elizabeth.

"Blessed art thou among women and blessed is the fruit of thy womb! And how have I deserved that the mother of my Lord should come to me?" (Lk 1:42)

05/31/2025

**Gospel of St. Luke: Account of the Visitation**

Now in those days Mary arose and went with haste into the hill country, to a town of Judah. And she entered the house of Zachary and saluted Elizabeth. And it came to pass, when Elizabeth heard the greeting of Mary, that the babe in her womb leapt. And Elizabeth was filled with the Holy Spirit, and cried out with a loud voice, saying, “Blessed art thou among women and blessed is the fruit of thy womb! And how have I deserved that the mother of my Lord should come to me? For behold, the moment that the sound of thy greeting came to my ears, the babe in my womb leapt for joy. And blessed is she who has believed, because the things promised her by the Lord shall be accomplished.” (Luke 1:39-45)

---

## **St. Josemaria on the Visitation of our Lady to her cousin Elizabeth**

By now, my little friend, you have no doubt learned to get along by yourself. —Joyfully keep Joseph and Mary company... and you will hear the traditions of the House of David:

You will hear of Elizabeth and Zachary, you will be moved by Joseph's pure love, and your heart will pound whenever there is mention of the Child who will be born in Bethlehem...

We walk in haste towards the mountains, to a town of the tribe of Judah (Lk 1:39).

We arrive. —It is the house where John the Baptist is to be born. — Elizabeth gratefully hails the Mother of her Redeemer: Blessed art thou amongst women and blessed is the fruit of thy womb! —How have I

deserved to be thus visited by the  
Mother of my Lord? (Lk 1:42-43)

The unborn Baptist quivers... (Lk  
1:41) —Mary's humility pours forth  
in the Magnificat... —And you and I,  
who are proud —who were proud—,  
promise to be humble.

*Holy Rosary, 2*

---

“Blessed are you for believing”, said  
Elizabeth to our Mother. Union with  
God, supernatural virtue, always  
brings with it the attractive practice  
of human virtues: Mary brought joy  
to her cousin's home, because she  
*brought* Christ.

*Furrow, 566*

---

Turn your eyes towards the Blessed Virgin and see how she practises the virtue of loyalty. When Elizabeth needs her, the Gospel says that she went *cum festinatione*, — joyfully making haste. Learn from her!

Furrow, 371

---

She teaches us to have faith. 'Blessed art thou for thy believing,' were the words of greeting uttered by her cousin Elizabeth when Our Lady went up into the hill country to visit her. Mary's act of faith had been a wonderful one, 'Behold the handmaid of the Lord, be it done unto me according to thy word.'

*Friends of God*, 284

---

It is a peace that comes from knowing that our Father God loves us, and that we are made one with Christ. It results from being under the protection of the Virgin, our Lady, and assisted by St Joseph. This is the great light that illuminates our lives. In the midst of difficulties and of our own personal failings, it encourages us to keep up our effort. Every christian home should be a place of peace and serenity. In spite of the small frustrations of daily life, an atmosphere of profound and sincere affection should reign there together with a deep-rooted calm, which is the result of authentic faith that is put into practice.

*Christ is Passing By, 22*

---

en-us/article/2nd-joyful-mystery-the-  
visitation/ (08/08/2025)