

## Sangen hos Elisabeth

*Marias Bebudelsesdag 22.3.2026 (LGJ)*

*Salmer: 26 Til himlene rækker. #3 Alt mit håb satte jeg. 99v1-5 Her kommer Jesus dine små. 99v6-8. 63 Nu kom der bud // 89 Lovet være du Jesus Krist. 430 O, Jesus, søde Jesus dig. 106 En rose så jeg skyde*

### **Evangelium: Lukas 1,46-56**

*Da sagde Maria:*

*Min sjæl ophøjer Herren, og min ånd fryder sig over Gud, min frelser! Han har set til sin ringe tjenerinde. For herefter skal alle slægter prise mig salig, thi den Mægtige har gjort store ting mod mig. Helligt er hans navn, og hans barmhjertighed mod dem, der frygter ham, varer i slægt efter slægt. Han har øvet vældige gerninger med sin arm, splittet dem, der er hovmodige i deres hjertes tanker; han har styrtet de mægtige fra tronen, og han har ophøjet de ringe; sultende har han mættet med gode gaver, og rige har han sendt tomhændet bort. Han har taget sig af sin tjener Israel og husker på sin barmhjertighed som han tilsagde vore fædre - mod Abraham og hans slægt til evig tid.*

Maria blev hos hende hen ved tre måneder og vendte så hjem.

1.

**Vi tror på Jesus Kristus, Guds enbårne søn, vor Herre, som er undfanget ved Helligånden, født af jomfru Maria.**

Sådan bekender vi hver søndag. Og i dag fejrer vi det særlig. Den 25. marts blev tidligt i den kristne kirkes fejret som dagen, hvor dette største under i menneskeheden historie fandt sted siden skabelsen af mand og kvinde: At Gud blev menneske og tog vor natur på sig. Blev et menneske i Marias moderliv. Og 9 måneder senere fejrer vi vor Herres fødsel, 25. december. Og vi spørger måske ligesom Maria gjorde. Hvordan skal det gå til. Og svaret har vi i Skriften.

For Gud er ingenting umuligt. Det er sket i virkeligheden. Han lovede og forudsagde det i De hellige Skrifter, Gamle Testamente. Og det blev bevidnet af øjenvidner i Nye testamente: Josef og Maria, Betlehems hyrder, vise mænd fra Østerland. Og af apostlene. Og siden da er det blevet forkyndt i verden, at Jesus Kristus er sand Gud født af Faderen i evighed, og tillige sandt

## The song at Elisabeth's

*The Annunciation of Mary 3/22/2026 (LGJ)*

*Hymns: 26, #3, 99v1-5, 99v6-8, 63 // 89, 430, 106*

### **Luke 1:46-56 ESV**

<sup>46</sup> *And Mary said,*

*"My soul magnifies the Lord, <sup>47</sup> and my spirit rejoices in God my Savior, <sup>48</sup> for he has looked on the humble estate of his servant. For behold, from now on all generations will call me blessed; <sup>49</sup> for he who is mighty has done great things for me, and holy is his name. <sup>50</sup> And his mercy is for those who fear him from generation to generation. <sup>51</sup> He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts; <sup>52</sup> he has brought down the mighty from their thrones and exalted those of humble estate; <sup>53</sup> he has filled the hungry with good things, and the rich he has sent away empty. <sup>54</sup> He has helped his servant Israel, in remembrance of his mercy, <sup>55</sup> as he spoke to our fathers, to Abraham and to his offspring forever."*

<sup>56</sup> *And Mary remained with her about three months and returned to her home.*

1.

**We believe in Jesus Christ, his only begotten Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary.**

This is how we confess and sing every Sunday. And today we celebrate it specially. March 25 was celebrated early in the Christian church as the day when this greatest miracle in human history took place after creation of man and woman: That God became man and took on our nature. God became a human being in Mary's womb. And 9 months later, we celebrate the birth of our Lord, December 25th. And we may ask just as Maria did. How will it be done? And we have the answer in Scripture.

With God, nothing is impossible. It has happened in reality. He promised and foretold in the Holy Scriptures, Old Testament. And it was witnessed by eyewitnesses in the New Testament: Joseph and Mary, shepherds of Bethlehem, wise men from the East. And by the apostles. And it has since then been preached in the world, that Jesus Christ is true God born of the Father in eternity, and also true

menneske født af Jomfru Maria. Og kristne siger: Han er min Herre.

Det er en ung kvinde i en uanseelig landsby, som bliver hans mor. Hun får så dejligt et budskab af Gabriel. Men samtidig er det også et budskab, som kan give hende problemer i hverdagen. For hvem vil tro på det, hun fik troen på? Vil andre piger i Nazaret tro hende? Vil hendes forældre tro hende?

Men der er én, som vil tro hende, nemlig hendes gamle slægtning, Elisabeth. Englen fortæller, at Elisabeth er blevet gravid og venter en søn i sin alderdom. *I de dage brød Maria op og skyndte sig til en by i Judæas bjergland. (Luk 1,35-39).*

## 2.

**Maria kommer for at få hjælp hos Elisabeth. Men Elisabeth oplever, at det er hende, der får hjælp af den unge Maria.** Lukas fortæller det sådan: *Hun gik ind i Zakarias' hus og hilste Elisabeth.* <sup>41</sup> *Da Elisabeth hørte Marias hilsen, sprang barnet i hendes liv, og hun blev fyldt med Helligånden* <sup>42</sup> *og råbte med høj røst: «Velsignet er du blandt kvinder, og velsignet dit livs frugt!»* <sup>43</sup> *Hvordan kan det forundes mig, at min Herres mor kommer til mig?*

Det med at hjælpe hinanden går altid begge veje. Den, der har brug for hjælp og støtte, bliver nogle gange en hjælper for den, som hjælper. Et besøg hos en ældre eller hos en, der er syg. Du tænker, at du skal hjælpe. Men du får også hjælp af den ældre og syge. Du bliver hjulpet af den andens tro og tillid til Gud.

Elisabeth bliver styrket. Hun fortæller: <sup>44</sup> *For da lyden af din hilsen nåede mine ører, sprang barnet i mig af fryd.»* Og Maria bliver styrket i troen. På vandringerne til Judæas bjergland, hvor Elisabeth boede, var Maria måske ved at blive overvældet af bekymringer. om, hvordan det dog skulle gå. Men nu blev hun overvældet af Elisabeths glæde, som styrkede hende i troen. Elisabeth sagde: *”Salig er hun, som troede; for det, som er talt til hende af Herren, skal gå i opfyldelse.”*

... Det gælder også dig, som kan være så bekymret for det ene og andet. Gud har sagt, at han vil være med dig. Han døbte dig og lovede dig alt godt. Så er alt vel. ... Når du besøger en ældre kristen og I taler sammen, da får du ny styrke.

man born of the Virgin Mary. And Christians say: He is my Lord.

An ordinary young woman in village famous for nothing becomes his mother. She gets such a nice message from Gabriel. But at the same time, it is also a message that can cause her problems in everyday life. Because who will believe in what she was given faith in? Will other girls in Nazareth believe her? Will her parents believe her?

But there is one who will believe her, namely her old relative, Elisabeth. The angel tells us that Elisabeth has become pregnant and is expecting a son in her old age. *In those days, Mary broke up and hurried to a city in the hill country of Judea. (Luke 1:35-39).*

## 2.

**Maria comes to get help from Elisabeth. But Elisabeth experiences, that she is the one who gets help from the young Maria.** Luke tells it this way: *She went into Zechariah's house and greeted Elisabeth.* <sup>41</sup> *When Elisabeth heard Mary's greeting, the child in her womb jumped, and she was filled with the Holy Spirit,* <sup>42</sup> *crying out with a loud voice, "Blessed are you among women, and blessed is the fruit of your womb!"* <sup>43</sup> *How can it be granted to me that the mother of my Lord should come to me?*

Helping each other always goes both ways. The one who needs help and support sometimes becomes herself support to the helper. A visit to an elderly person or to someone who is ill. You think you are needed to help. And you are. But actually you are also being helped by the elderly and sick. Helped by the other person's faith and trust in God.

Elisabeth is strengthened. She says: <sup>44</sup> *For when the sound of your greeting reached my ears, the child in me jumped for joy." And Mary is strengthened in her faith. On the trek to the Judean hill country, where Elisabeth lived, Mary may have been overwhelmed with anxiety. about how it would go. But now she was overwhelmed by Elisabeth's joy, which strengthened her in her faith. Elisabeth said, "Blessed is she who believed; for what was spoken to her by the Lord will be fulfilled."*

... This also applies to you, who can be so worried about this and that. God has said that He will be with you. He baptized you and promised you all the best. Then all is well. ... When you visit an elderly Christian and you talk to each other, you gain new strength.

3.

**Da sagde Maria. Min sjæl ophøjer Herren, og min ånd fryder sig over Gud, min frelser!**

Marias sang ikke i Nazareth. Heller ikke på vejen til Elisabeth. Hun sang hos Elisabeth. Selv om fremtiden menneskeligt talt var usikker og uvis, så var både hendes nutid og fremtid lys og fuld af håb. For hun skulle føde en søn, Guds Søn. Og han ville blive konge til evig tid. Ja, også vores konge og verdens frelser.

Når vi går i kirke, er det som at besøge Elisabeth. Vi er sammen. Vi hilser på hinanden. Vi hører hinanden bekende deres tro. Vi deler håb og kærlighed med hinanden i en svær tid. Den ene siger til den anden: ”Salig er du, som tror.” Og det står endda skrevet på loftet over indgangen: Salige er det, som hører Guds ord og bevarer det. ”*Af nåde er I frelst ved tro, det skyldes ikke selv, Gaven er Guds. Det skyldes ikke gerninger, så nogen kan rose sig.*” (Ef 2,8-9). Det gjorde Maria glad. Det gør os glade. Derfor synger vi salmer. Sørger sammen og er glade sammen. Jesus Kristus er hos os. Vi hører hans ord. Og han er endda også hos os med sit legeme og blod i nadveren.

4.

Og nu hører vi Maria fortælle om sig selv og hendes herre: Hun siger: ***Han har set til sin ringe tjenerinde. For herefter skal alle slægter prise mig salig, thi den Mægtige har gjort store ting mod mig.***

Hun siger om sig selv, at hun er ringe.

Det passer på os. Vi er ringe. Vi kommer her med bekymringer. Vi kommer også med skyld og synd. Vi kommer, fordi lidelser og sygdom har ramt og rammer.

Maria kalder sig selv ringe. Og det må vi lære af hende at indse det og erkende det.

Og hun nævner, at Gud, der har gjort store ting mod hende. Ikke at hun har gjort store ting for Gud, men at han har gjort det for hende.

Sådan blev Maria salig og sådan bliver vi salige, fordi den Mægtige har gjort store ting mod hende, fortæller os det i Evangeliet og giver os tro i hjertet. Den tro gør os salige.

Maria nævner en ting mere: At Gud gjorde hende til tjenerinde. Hun skulle bære Guds Søn under sit hjerte og føde ham og blive Herrens mor. Det har

3.

**Then Mary said. My soul exalts the Lord, and my spirit rejoices in God, my Savior.**

Mary did not sing in Nazareth. Not even on the way to Elisabeth. She sang with Elisabeth. Although the future was uncertain and uncertain humanly spoken, her situation and future was bright and full of hope. For she would give birth to the Son of God, and he would be king forever. Yes, also our King and Savior of the world.

When we go to church, it is like visiting Elisabeth. We are together. We greet each other. We hear each other confessing their faith. We share hope and love with each other in a difficult time. One saith unto another, “Blessed are thou that believeth.” And it is even written on the ceiling above the entrance: *Blessed is he who hears the word of God and keeps it.* In Ephesians 2:8-9 the apostle says: *“By grace you have been saved through faith, it is not due to yourself, but the gift is God's. It is not due to works, so that anyone can boast.”* That made Maria happy. It makes us happy. That's why we sing hymns. Grieve together and are happy together. Jesus Christ is with us. We hear his words. And He is even with us with His body and blood in the sacrament.

4.

And now we hear Mary tell about herself and her Lord: She says: ***He has looked after his lowly handmaid. For from now on all generations will proclaim me blessed, for the Mighty One has done great things for me.***

She says of herself that she is lowly.

That suits us. We are lowly. We come here with concerns. We also come with guilt and sin. We come because suffering and illness have struck and are affecting.

Maria calls herself a lowly. And we must learn from her to realize that we are – lowly.

And she mentions that God has done great things to her. Not that she has done great things for God, but that He has done it for her.

This is how Mary was blessed and this is how we are blessed, because the Mighty One has done great things for her, tells us so in the Gospel and gives us faith in our hearts. That faith makes us blessed.

Mary mentions one more thing: that God made her a handmaid. She was to carry the Son of God under her heart and bear him and become the mother of

han ikke givet os lov til. Og dog har Jesus lovet at tage bolig i os, som tror.

Og Maria synger: *For herefter skal alle slægter prise mig salig*, Alle slægter skal prise Maria salig: Først fordi hun fik troen, som gør salig. For vi frelses ved troen. Dernæst fordi hun fik den ære at blive Herrens mor.

Maria ved, at det skyldes Guds barmhjertighed. Og gennem hende har vi fået den samme tro, som hun fik. Hun siger: *Helligt er hans navn, og hans barmhjertighed mod dem, der frygter ham, varer i slægt efter slægt.*

5.

**Maria siger til sidst, at Guds vældige gerninger ikke kun gælder hende, men også os.** Og Gud gør to ting, for os. Hun synger det sådan: *Han har øvet vældige gerninger med sin arm, splittet dem, der er hovmodige i deres hjertes tanker; han har styrtet de mægtige fra tronen, og han har ophøjet de ringe;*

Guds store gerninger har to sider: Den ene er, at han gør os ringe og fattige. Hovmod hos dig og hos mig er ikke let at få bugt med. Hovmod er overmodet, den falske selvtillid, troen på, at jeg er god nok, Hovmod er, når jeg ser andres fejl, men ikke mine egne. Hovmod er, at jeg ikke behøver en Frelser. Derfor må Gud knække os. Han lader os lide nederlag og erfare skyld og tomhed, så vi råber om hjælp. Ja, han fører os endda ned i døden. Den rammer os alle.

Det andet Gud gør med os og for os er: *og han har ophøjet de ringe.* Når Gud viser dig Jesus på korset, og at han bar alle dine synder, da ophøjer han dig og tilgiver dig. Maria nævner også: *sultende har han mættet med gode gaver, og rige har han sendt tomhændet bort.*

Som det sidste nævner hun igen Guds barmhjertighed, og hvad han har lovet os: *Han har taget sig af sin tjener Israel og husker på sin barmhjertighed som han tilsagde vore fædre - mod Abraham og hans slægt til evig tid.*

Og her ender det også altid for os ved en Gudstjeneste. Det ender med Guds barmhjertighed, og hvad han har lovet at gøre for os til evig tid. Og det gør han for os gennem sin Søn, Jesus Kristus, som blev menneske og er hos os. Amen.

the Lord. He has not allowed us to do that. And yet Jesus has promised to dwell in us who believe.

And Mary sings: *For henceforth all generations shall praise me blessed.* All generations shall praise Mary blessed: First because she received the faith that makes blessed. For we are saved by faith. Secondly, because she had the honor of becoming the Lord's mother.

Mary knows that it is due to God's mercy. And through her, we have gained the same faith that she received. She says: *"Holy is his name, and his mercy to those who fear him endures from generation to generation."*

5.

**Mary concludes by saying that God's mighty works apply not only to her, but also to us.** And God does two things, for us. She sings it thus: *He has done mighty works with his arm, divided those who are haughty in the thoughts of their hearts; he has overthrown the mighty from the throne, and he has exalted the lowly;*

God's great works have two sides: One is that He makes us lowly and poor. Pride in you and in me is not easy to overcome. Pride is the false self-confidence, the belief that I am good enough. Pride is when I see other people's faults, but not my own. Pride is that I don't need a Savior. Therefore, God must break us. He makes us suffer defeat and experience guilt and emptiness, so we cry out for help. Yes, he even leads us down to death. It affects us all.

The second thing God does with us and for us is coming now: *and He has exalted the lowly.* When God shows you Jesus on the cross and that He bore all your sins, then He exalts you and forgives you. Mary also mentions: *starving he has filled with good gifts, and rich he has sent away empty-handed.*

Finally, she mentions God's mercy and what He has promised us: *He has taken care of His servant Israel and remembers His mercy that He extended to our fathers - to Abraham and his family forever.*

And here it always ends for us at a church service. It ends with God's mercy and what He has promised to do for us forever. And He does this for us through His Son, Jesus Christ, who became a man and is with us. Amen.