



Inhale

Grant to me, God

Exhale

A spirit of rejoicing.

Luke 1:46-49

*“My soul glorifies the Lord
and my spirit rejoices in God my Savior,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me
blessed,
for the Mighty One has done great things
for me—
holy is his name.*