



Ecce, Fiat, Magnificat

By Father Michael E. Gaitley, MIC

Breathing Meditation:

Almost everyone else has abandoned him, but Mary is here with you. She puts her words on your lips, “Ecce...Here I am, Lord.” You continue: “Here I am, Lord, with all my sinfulness, weaknesses, and attachments. I don’t deserve to be here, but I’ve learned this pleases you. So behold, O Lord, I come here to console you, even as you are about to die.” This humble confidence consoles Jesus right at the moment he breathes his last.

As you pause here in the ecce moment with empty lungs, the soldier’s lance thrusts through Jesus’ side and into His Heart, causing blood and water to flow out and down like a waterfall, down into your heart and soul. As the first drops of this blood and water touch your face, you take a deep breath in, fiat. This blood and water (which is His mercy) and this wonderful air (which is also His mercy) fill your soul. After your soul has filled, after your lungs have filled, you linger at the end of the fiat moment as you simply enjoy and take delight in his Merciful Love.

Ah, but after having rested for a brief time in the fiat moment, your heart and lungs are ready to release what you’ve just enjoyed. You’re ready to breathe back out to the Lord your love and mercy, your praise and thanks. And so, although he seems to be dead (because this is a meditation, you actually still console him), Mary gently raises you to his lips. You breathe into him your praise and thanks, the love and mercy that His blood and water have given you. In this magnificat moment, Jesus’ lungs slowly fill with your praise and thanks. Yet His Heart can’t hold this returned love, for it’s been pierced, and now your lungs are empty. Don’t worry. Mary gently lowers you to the foot of the cross, where the blood and water again begin to flow down from the Lord’s pierced side and into your emptiness, into the poverty of your ecce. And so begins again that wonderful cycle of love and mercy: ecce/empty –fiat/in –magnificat/out.