

# Matters of the Heart

Orthodox reflections on faith and life



## 31 Blessed are You Among Women

*Blessed are you O highly favoured one, for you have found favour with God.*

*Blessed are you O mother of God, for you carried in your womb Him who carries the entire Cosmos.*

*Blessed are you O holy ever virgin, for you are the pride of the human race.*

*Blessed are you O chosen maidservant, for you endured great suffering as the world rejoiced in receiving salvation.*

*Blessed are you O full of grace, for your life is a school of virtues for all generations.*

*Blessed are you O faithful patroness, for in you we find refuge and comfort.*

*Rejoice, our Queen of heaven, we bless you and exalt you.*

May the pure and holy Queen, the Theotokos be an ever present model for us all. May we continue to hold her in high esteem and emulate her virtuous life.

+ “Blessed are you among  
+ women, and blessed is the  
+ fruit of your womb!”  
+ Luke 1:42

+ See Also:  
+ Luke 1:28

+ Through the  
+ intercessions of the most  
+ holy Theotokos, O  
+ Lord, save us and  
+ forgive our sins!