

**Mary's Visit to Elisabeth**

CHAPTER 5



Teaching Guide (Map 1)


**M**ary of Nazareth went to visit Elisabeth at Hebron some 100 miles away. As Mary said hello, the baby John jumped for joy within Elisabeth's belly. Instantly, Elisabeth was filled with the Holy Ghost and praised Mary's greatness being the mother of the Lord. Mary stayed with Elisabeth for three months.

Luke 01:39-55  
5 Copyright ©1991 Jonathan B. Hobbs

Teaching Guide  
(Map 1)

**Mary's Visit to Elisabeth**

CHAPTER 5



Teaching Guide (Map 1)

**M**ary left the village of Nazareth and traveled about 100 miles to visit her cousin Elisabeth at Hebron. As Mary entered the house and said hello, the baby John jumped for joy within Elisabeth's stomach. Instantly, Elisabeth was filled with the Holy Ghost and told Mary, "Blessed are you among women, and blessed is the child inside you." In what became known as **Mary's Psalm**, an overjoyed virgin praised the Lord God for remembering his promise to Abraham and sending the Christ to the Children of Israel. Mary would stay three months with Elisabeth.

Luke 01:39-55  
5 Copyright ©1991 Jonathan B. Hobbs

Teaching Guide  
(Map 1)

5.

## Mary Visits Elisabeth

## “Bible Notes” – A Summary Study Guide

**W**ith the angel Gabriel's message, Mary left the village of Nazareth and traveled about 100 miles through the hilly country of Judea. [Mary's journey took her past Mount Gilboa as she entered the Jezreel Valley. Following the Jordan River, she descended into the Ghor Valley and soon passed the pagan city of Scythopolis. Shortly, she entered the region of Perea and bypassed the springs of Salim at Aenon. Rich date palm plantations and the ancient oasis of Jericho, the city of the palm trees, lay ahead. From Jericho, she had to ascend 2,300 feet in only twenty-four miles. Rounding the Mount of Olives, she bypassed the massive walls of the holy city of Jerusalem and headed south past the small village of Bethlehem. Fourteen miles further, Mary arrived at Hebron.]

Upon entering the house of Zacharias, Mary greeted Elisabeth. When Elisabeth heard Mary's voice, the baby John jumped for joy within her womb. Elisabeth was instantly filled with the Holy Ghost and shouted in what became known as *Elisabeth's Psalm*. She proclaimed "Blessed are you among women and blessed is the child you will bear. But why has the mother of my Lord come to me? Look, as soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. Blessed is she who has believed that what the Lord has said to her will be accomplished!" (Luke 1:42-43). Elisabeth went on to proclaim how the Lord would fulfill His promise of sending the Christ through her.

In what became known as *Mary's Psalm*, she stated "My soul glorifies the Lord and my spirit has rejoiced in God my Savior. For He has been mindful of the humble state of His handmaiden. From now on all generations will call me blessed. For the Mighty One has done great things for me. Holy is His name. His mercy extends to those who fear Him from generation to generation. He has performed mighty deeds with His arm. He has scattered those who are proud in their innermost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty. He has helped His servant Israel, remembering to be merciful to Abraham and his descendants forever, even as He said to our fathers" (vv.46-55).

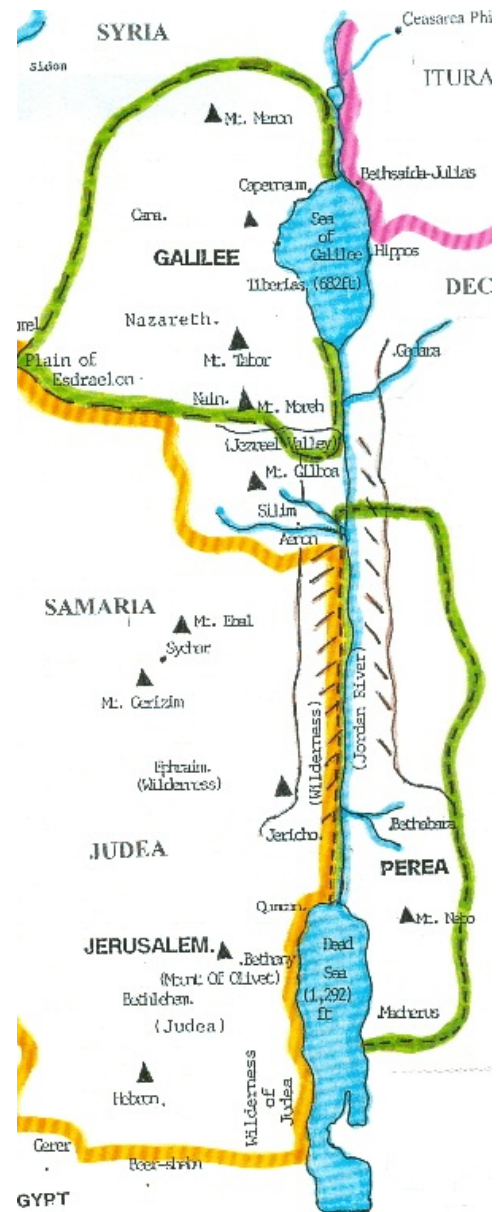
Mary stayed at Elisabeth's house for nearly three months until she knew she would have to return home.

**Sermon#5,  
Biblical Scriptures**

*Gospel of Luke* - Chapter 1.

39. And Mary arose in those days, and went into the hill country with haste, into a city of Judah [about 100 miles away.] 40. And entering the house of Zacharias, Mary greeted Elisabeth. 41. When Elisabeth heard the salutation of Mary, the baby John jumped for joy within her stomach, and Elisabeth was filled with the Holy Ghost. 42. Elisabeth spoke out with a loud voice and said, "Blessed are you among women and blessed is the fruit of your womb. 43. And why has the mother of the Christ come to see me. 44. For look, as soon as the voice of your greeting was heard in my ears, the baby leaped in my womb for joy 45. And blessed is she that believed for there shall be a performance of those things which were told her from the Lord. 46. And Mary said, "My soul does magnify the Lord, 47. And my spirit has rejoiced in God my Savior. 48. For he has regarded the low estate of his handmaiden: for, behold, from hereafter all generations shall call me blessed. 49. For he that is mighty has done to me great things; and holy is his name. 50. And his mercy is on them that fear him from generation to generation. 51. He has showed strength with his arm; he has scattered the proud in the imagination of their hearts. 52. He has put down the mighty from

their seats, and exalted them of low degree. 53. He has filled the hungry with good things; and the rich he has sent empty away. 54. He has helped his servant Israel, in remembrance of his mercy; 55. As he spoke to our fathers, to Abraham, and to his seed forever. 56. And Mary stayed with Elisabeth about three months, and returned to her own home.



## 5. Mary Visits Elisabeth

## “EMMANUEL” [Jesus, The Promised Messiah]

**H**eeding Gabriel’s words, Mary decided to visit her cousin Elisabeth, who lived 95 miles away at Hebron in Judea. The journey down the well know Jordan Valley would take at least five days. One day, Mary quietly slipped away from the hilltop community of Nazareth and traveled northeast across the large plain of Esdraelon. Seven miles later, she passed near the village Nain. Mount tabor stood to the north in the distance, where Deborah the prophetess, and her captain Barak defeated a much larger Canaanite army, Mary recalled as she left Galilee. (The shorter route through the upper plateau of Samaria would have been extremely dangerous for any lone Jew and was avoided when possible.) [*Author’s Reflections: During her entire journey, Mary impregnated with a holy seed, would have been invisibly guarded either by the Holy Ghost, a host of heavenly angels or both.*]

Passing Mount Gilboa where King Saul and his three son were defeated by the Philistines, Mary journeyed west 12 miles into the Jezreel Valley. Just eight miles to the north lies the bottom tip of the Sea of Galilee. Then turning south, she began following the Jordan River and descended into the Ghor Valley. Seven miles later, Mary reached the pagan city of Scythopolis. The city had a small, Greek-speaking, Jewish sector where Mary probably stayed her first night. At dawn, Mary continued her journey and entered the long region of Perea. Eight miles later, she passed by springs of Salim at Aenon and descended further into the valley. Twelve miles later, Mary camped a second night along the isolated roadside.

On the third day Mary journeyed 10 miles and passed through rich date palm plantations. Twelve miles further, she reached the ancient oasis of Jericho, the city of the palms trees. Here she would spend the night and prepare for a hard climb the next day. At dawn, she ascended 2,300 feet in only 24 miles through the wilderness of Judea. At the crossroads leading to Bethany, a weary Mary soon rounded the Mount of Olives and the sight of the awesome metropolis of the holy city of Jerusalem filled her heart with a renewed anticipation. She probably stayed within the olive orchard grove of Gethsemane after a very tiring fourth day. Only a quarter of a mile away stood the magnificent Holy City.

At dawn, Mary rounded Jerusalem’s northern and western walls housing the guard towers of Herod the Great’s magnificent palace and took the road south continuing through the hill country of Judea. Six miles later, she passed the ridge housing the village of Bethlehem, the birthplace of the Christ to come. (This part of her travel must have been very emotional for Mary as she recalled the prophecy of the angel Gabriel.) Fourteen miles later through the Judea hillsides laden with olive grove and walled vineyards with their armed guide towers, Mary finally reached the city of Hebron and the house of Zacharias. Reaching the gate, or doorpost, Mary kissed the fingers on her right hand and then reached up to touched the Mezuzah, as her mind recited the words, “May God protect my going out and coming in, now and forever.” The gesture was customary to all Jews as they went in or out of any house or synagogue.



The word *Mezuzah* actually means “doorpost.” It was a piece of parchment inscribed with verses from the Bible, which was rolled up and inserted into an attached case upon the door post. The hanging of the mezuzah is mandated in the Bible, Deuteronomy 6:9, “Hear, O Israel: The Lord our God is one Lord: And you will love the Lord your God with all your heart, and with all your soul, and with all your might. And these words, which I command you this day, will be in your heart:” A scribe, using a quill from a goose or turkey with indelible black ink prepared from vegetable ingredients, wrote the twenty-two lines from Duet. 6:4-9 on the parchment of lamb or goat skin. For protection, the parchment was placed in a metal or wooden container through the opening on the side and near the top. The mezuzah hung at a 30-degree angle and its top pointed to the inside of the home or room.

Upon entering the house of Zacharias, Mary properly greeted her older cousin. When Elisabeth heard Mary’s greeting, the fetus John leaped with great excitement within her womb. Elisabeth was then filled with the Holy Spirit.

Surprised at this visit, Elisabeth told Mary, “Blessed are you among women, and blessed is the child you will bear. But why am I so favored, that the mother of my Lord should come to me? As soon as the sound of your greeting reached my ears the baby in my womb leaped for joy. Blessed is she who has believed that what the Lord has said to her will be accomplished!” (Luke 1:42-45)

Realizing her blessed situation of being given the “sign of the ages”, Mary began to extol the Lord. Her overflowing praise later became known as *The Song of Mary*. She said, “My soul glorifies the Lord and my spirit rejoices in God my Savior, for He has been mindful of the humble state of his handmaiden, a servant. From now on all generations will call me blessed, for the Mighty One has done great things for me — holy is his name. His mercy extends to those who fear him from generation to generation. He has performed mighty deeds with his arm. He has scattered those who are proud in their innermost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty. He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, even as he said to our fathers.”<sup>27</sup> (Luke 1:46-55) Mary stayed with Elisabeth for three months.

---

<sup>27</sup> Genesis 17:19.