



## Introduction: A Greeting That Changed History

**“Hail, full of grace (κεχαριτωμένη), the Lord is with you” (Lk 1:28).**

These words of the angel Gabriel resound with sweetness and majesty in the history of salvation. Few phrases have been so brief and yet so rich in theological content. And at the heart of that celestial greeting is a single Greek word that has captivated theologians, saints, and the faithful for centuries: **Kecharitomene**.

But what does this word really mean? Why is it so special? What does it reveal about Mary, about God, and about our Christian life today?

This article invites you into the mystery contained in that single word. We propose a journey from the biblical roots to the practical implications for your daily life. Because **to understand Kecharitomene is not only to love Mary more but also to discover how God wants to act in you.**

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### 1. What Does “Kecharitomene” Mean?

The word **Kecharitomene (κεχαριτωμένη)** is a very specific Greek verb form. It comes from the verb **“charitoō” (χαριτόω)**, which means *“to endow with grace, to beautify with divine favor.”* What draws the attention of Greek scholars is its form: a **perfect passive participle — kecharitōmenē**.

This implies that:

- **It is a past action, completed, with ongoing effects in the present.**
- Mary *has been* filled with grace and *remains* full of grace.

The angel does not simply say “Mary” as if greeting any ordinary woman. He calls her by a new name: **“Kecharitomene”**. It’s as if he were saying: **“Hail, you who have been and remain fully graced by God.”**

□ **This is not an adjective. It is an identity.**

Mary does not merely *have* grace. **Mary is grace**, meaning her entire person is permeated by the transformative action of God.



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## 2. History and Context: Why Does the Angel Use This Word?

In the Bible, angelic greetings are usually brief and direct. But the greeting to Mary is unique. Gabriel does not call her by her human name but by what God has done in her.

This greeting takes place at a crucial moment: **the announcement of the Incarnation of the Son of God**. It is the threshold of the deepest mystery of Christianity. And at that moment, God reveals through the angel the **true name of Mary from all eternity: the Full of Grace**, the one who has been prepared from before time to be the Mother of the incarnate Word.

This word encapsulates the dogma of the **Immaculate Conception**, solemnly defined by Pope Pius IX in 1854: that Mary, **from the first instant of her conception**, was preserved free from all stain of original sin.

□ That is, **grace did not just visit her: it dwelt in her from the beginning.**

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## 3. Theological Relevance: Kecharitomene, a Living Dogma

### a) **The Fullness of Grace**

Mary did not receive a “dose” of grace. She was **filled**. The verb form indicates a **perfect and complete action** of God in her. This suggests that **no part of her soul was ever touched by sin**.

### b) **Divine Indwelling**

Grace is not just an external “help from God.” It is the **very presence of God in the soul**. St. Bernard explains it this way:

“God, who dwells on high, is not found higher than in the soul of Mary.”



### c) Type and Model of the Church

Mary, as Kecharitomene, represents what the Church is called to be: **holy, pure, filled with grace, dwelling place of the Word**. She is the **prototype of redeemed humanity**, and her life anticipates what God wants to do in each of us.

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## 4. Practical Applications for Our Spiritual Life

Kecharitomene might seem like a title so exalted that it feels distant. But **the same God who worked wonders in Mary wants to do something in you**. Not in the same way, of course, but **with the same love, the same gratuitousness, the same grace**.

### □ a) Receive Grace as Mary Did

Grace cannot be bought or earned. Mary received it with humility and total openness. You too can say:

**“Let it be done to me according to your word”** (Lk 1:38).

***Practical tip:** each morning, before doing anything else, say:  
“Lord, today I want to live in your grace. I open my soul to your  
presence. May your Spirit transform me as you did with Mary.”*

### □ b) Live in a State of Grace

The state of grace is the supernatural life of the soul, living friendship with God. Mortal sin destroys it. Mary never lost it. You and I are called to **guard it as our greatest treasure**.

***Practical tip:** go to confession regularly (once a month or more  
often), and make a good examination of conscience every night.*



### □ c) **Pray the Rosary with Theological Depth**

Each “Hail Mary” echoes the angel’s greeting. Each time you say “full of grace,” you are recalling the eternal name God gave her. You are also recalling **what God can do in you if you open yourself like Mary.**

***Practical tip:** when praying the Rosary, pause at the phrase “full of grace” and contemplate this mystery for a few seconds.*

### □ d) **Mary as a Model for Your Personal Vocation**

We are all called to welcome Christ and bring Him to the world. Mary did it in her body; you are called to do it in your life, your work, your relationships.

***Practical tip:** before each important decision, ask yourself:  
“What would Mary do in my place? How can I welcome God’s will in this?”*

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## 5. “Kecharitomene” and Our World Today

In a world that idolizes power, noise, and self-assertion, **Kecharitomene is a silent cry of hope.** Mary did not earn her place; she received it. She did not impose her will; she offered it. She did not shine by herself; she reflected God.

Wounded humanity today needs models of **purity, humility, availability, and total trust in God.** Mary is that. And Kecharitomene sums it all up.

In a culture marked by superficiality, **this word calls us to depth.** In the midst of fear, to trust. In times of division, to welcome the grace that unites.

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## Conclusion: What’s in a Name?

Kecharitomene is not just a word. It is a **revelation from heaven**. It is the name by which God addresses the holiest of all creatures. But it is also a **call to you**:  
**To live under grace. To let God transform you. To be a dwelling place of the Word.**

As St. Louis-Marie Grignion de Montfort said:

*“When the Holy Spirit finds Mary in a soul, He flies to it with all the force of His love.”*

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## Final Prayer:

**“Lord, as you did with Mary, make my soul your dwelling place. Grant me the humility to receive your grace, the fidelity to live in it, and the love to share it. May contemplating Kecharitomene help me discover who I can become in You. Amen.”**

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Want to go further? Here’s a spiritual guide based on Kecharitomene:

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## □ THEOLOGICAL-PASTORAL PRACTICAL GUIDE: “Living as the Full of Grace”

Stage	Concrete Action	Spiritual Foundation
1. Recognize	Make a daily act of offering to God	Lk 1:38
2. Reject	Examine and avoid all sin that stains grace	Eph 4:30
3. Renew	Go to confession frequently and receive the sacraments	Jn 20:22-23
4. Pray	Pray the Rosary, contemplating Mary as Kecharitomene	Lk 1:28



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Stage	Concrete Action	Spiritual Foundation
5. Reflect	Imitate Mary in your daily life: humility, charity, purity	Gal 4:19

**Kecharitomene is Mary’s eternal name.  
And it is also a promise of what grace can do in you.**

Will you dare to respond as she did?