Throughout history, many women have left their mark on humanity. From queens and scientists to activists and saints, countless names resonate with strength. But there is one name that transcends time, cultures, and ideologies: **Mary, the Mother of God**. Her influence has not only shaped the history of the Church and Western civilization but continues to impact the lives of millions around the world today.

Why is Mary the most influential woman in history? What is her role in the Christian faith? How can we draw inspiration from her in our daily lives? In this article, we will explore her greatness from theological, historical, and spiritual perspectives, showing how her example can transform our relationship with God and with others.

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1. Mary, Chosen by God: Her Role in Salvation History

From Genesis to Revelation, Mary's figure is present in the Bible as an essential part of God's divine plan. Her role is neither secondary nor accidental; she was **chosen by God from all eternity** to be the Mother of His Son and, by extension, the Mother of all of us.

The New Eve: The One Who Said "Yes" Where Eve Said "No"

Christian tradition recognizes Mary as the **New Eve**, in contrast to the Eve of Genesis. While Eve disobeyed God in Paradise, Mary fully obeyed Him at the Annunciation. St. Irenaeus of Lyon expresses this masterfully:

"The knot of Eve's disobedience was untied by Mary's obedience."

This act of total trust in God **changed human history**. While Eve brought death into the world, Mary gave birth to the Redeemer, inaugurating a new hope for all humanity.

The Mother of God: A Central Dogma of Christianity

The title **Theotokos** (Mother of God) was solemnly defined at the Council of Ephesus (431 AD), reaffirming that Jesus is both true God and true Man. By being the mother of Jesus, Mary is not merely the mother of an extraordinary man but the mother of God Himself in the flesh.

This reality **places her in a unique position in human history**: no other woman has ever or will ever have such an intimate relationship with God. Her motherhood is not only biological but extends spiritually to the entire Church, as Jesus Himself expressed on the

Cross when He said:

“Woman, behold your son” (Jn 19:26).

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2. Mary, A Model of Virtues for Today’s World

In an era that exalts success, power, and individualism, the figure of Mary stands as a **radical counterbalance**. Her virtues have not lost their relevance; rather, they are more necessary than ever. Let’s examine some of them:

Humility: The Power of “Let It Be Done”

Mary teaches us that **true power is not in imposing oneself but in surrendering to God**. Her response to the angel Gabriel is the essence of the Christian faith:

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

In a world that seeks absolute control over life, Mary reminds us of the importance of trusting in divine providence. This applies to our daily worries: **Do we trust in God during uncertain times, or do we try to control everything ourselves?**

Fortitude: The One Who Stood at the Foot of the Cross

Mary not only accepted God’s will at the Annunciation but **remained steadfast in the most difficult moment: the Crucifixion of her Son**. She did not flee, she did not complain, she did not protest. She stood by Jesus until the end.

This strength challenges us in our daily lives. When we face suffering, loss, or difficulties, do we continue to trust in God, or do we turn away from Him? Mary shows us that **true faith does not disappear in trials but is purified through them**.

Charity: The One Who Hurried to Serve

After the Annunciation, Mary did not withdraw into herself but **hurried to help her cousin Elizabeth** (Lk 1:39). Her love was not passive but active.

This act is a powerful lesson for us: **true faith compels us to serve others**. In a world that

promotes selfishness and self-sufficiency, Mary teaches us that greatness lies in giving oneself to others.

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3. Mary Today: What Can She Teach Us?

We might think of Mary as a figure of the past, but her message is more relevant than ever. Let's see how her example illuminates some of today's challenges.

Mary and the Family: A Model for Motherhood and Fatherhood

At a time when the family is in crisis, Mary stands as a model of holy and loving motherhood. Her relationship with Jesus and Joseph shows us the importance of love, dedication, and faithfulness in the home.

For today's parents, Mary is a reminder that **raising children is not just about words but about example**. Mary formed Jesus in faith, prayer, and obedience to God. Isn't that what every Christian parent should do?

Mary and Women Today: A True Model of Dignity

In a world where women's worth is often reduced to their appearance or professional success, Mary reminds us that **a woman's greatness is not in what the world values but in her interior, in her relationship with God and with others**.

She shows us that being a woman is not synonymous with fragility but with **an incomparable strength based on love and self-giving**.

Mary and Society: A Call to Peace and Reconciliation

In her apparitions, such as in Fatima and Lourdes, Mary has repeatedly called us to peace, conversion, and prayer. Her message remains relevant in a world marked by divisions, wars, and conflicts.

Her example challenges us to be **agents of peace in our environment**, to live with a reconciled heart, and to always seek unity instead of confrontation.

Conclusion: An Example for All Humanity

Mary is not just a religious figure; she is **the most perfect model of humanity after Christ**. Her influence is not based on power, wealth, or fame but on something far deeper: her total love for God and others.

Today, more than ever, we need to rediscover her message and apply it to our lives. Are we willing to imitate her faith, her humility, and her strength?

Let us ask the Virgin Mary to help us follow her example and draw closer to God each day.

“Mary, our Mother, teach us to live with a heart full of faith, love, and trust in God. Amen.”