

THE WORKS OF MERCY

The works of mercy are about lightening someone's burden and taking care of other's needs.

Corporal Works of Mercy

Having to do with the persons physical needs.

Feed the Hungry

- Donate food to a food pantry or food drive
- Make a double batch of an easily frozen meal and donate to Aid for friends
- Try not to buy or prepare more than you can eat.

Give Drink to the Thirsty

- Donate to an organization which builds wells for people in areas without clean water.
- Conserve water in the home and garden.

Shelter the Homeless

- Donate/Volunteer at a homeless shelter
- Pray for refugees (people fleeing their homes because of war, natural disaster, drought) donate to organizations who are helping refugees
- Donate blankets, socks, underwear etc... to a homeless shelter

Visit the Imprisoned

- Donate to a charity that helps families of prisoners
- Help those imprisoned in their homes by sickness or disability by offering to light chores or run errands

Comfort the Sick

- Make cards and small gifts for those that are in the hospital or nursing home
- Volunteer at a nursing home
- Offer to run errands or make a meal for someone who is home sick

Bury the dead

- Send sympathy cards to those who have lost a loved one.
- Have masses said for those who have died
- Visit the graves of loved ones

Give Alms to the Poor

- Operation rice bowl
- Donations to any organization that does outreach to the poor
- Fasting to put ourselves in solidarity with those who are hungry

Spiritual Works of Mercy

Having to do with a person's emotional and spiritual needs.

Instruct the Ignorant

- Learn more about your faith so you can share it with others, learn and share the stories of the Saints
- Memorize passages from the bible that inspire you and share them
- Volunteer your time for PREP
- Invite someone to go to Mass

Counsel the Doubtful

- Try to listen to and be understanding of those who are doubting their faith or belief in God, be unafraid in sharing why you believe
- Invite someone who is doubting to a church event you are going to
- Respond to cynicism and negativity with hope. Try not to be cynical.

Admonish the Sinner

- Intervene in situations where someone is clearly harming themselves or someone else
- Walk away when someone starts to gossip
- Respond to negative comments with a positive one
- Don't judge but point out the right way

Bear Wrongs With Patience

- Frustrated with someone take a breath, say a prayer, ask God for patience
- Offer your annoyance up to God. Avoid becoming bitter or gossiping complaining about the other person.

Forgive Injuries

- Pray for those that have hurt you
- Try to see a situation from the other person's perspective
- Ask God for the ability to forgive someone
- Go to confession
- Pray the divine mercy chaplet

Comfort the Sorrowful (afflicted)

- Lend a listening ear to someone going through a difficult time
- Send a card to someone just to cheer them up
- Bring over a meal or just pay a visit to someone who is sad

Pray for the Living and the Dead

- Keep a book of prayer intentions, when you pray read through the list and consciously pray for that person.
- Request Mass intentions for those who have died