



Catholic Central Activity Guide

Episode 54: Spiritual Works of Mercy

Diving Deeper

- ▶ What does the meaning of the word mercy (to take to heart someone else's suffering) stir up for you? How does it add to or change your way of thinking about mercy?
- ▶ When have you experienced mercy in a profound way that drew you closer to God? When have you extended mercy towards someone else and had an increased sense of God's closeness through it?
- ▶ Which spiritual acts of mercy do you find yourself most drawn towards? Which do you find most challenging? Why? Invite God into your feelings of being drawn or challenged.

Go Forth

- ▶ Divide a sheet of paper into two columns. In both columns list the spiritual works of mercy. Next to each spiritual work of mercy in the first column, reflect on some experience you've had of receiving mercy in that way. Once you've reflected on those experiences of receiving mercy, then spend a moment in prayer giving thanks to God for those experiences. Then in the next column, brainstorm ways that you might enact or carry out the spiritual works of mercy towards others in your life or community. How might you gratefully contemplate God's word this week or month, and how might you invite others to join you in it? Is there a hurt in your life that you might want to forgive, or at least, ask God for the grace to forgive? Once you have your brainstormed ideas, make a plan to enact at least one per month.
- ▶ Write each of the spiritual works of mercy on slips of paper and draw one each day from a box. Pay attention throughout the day to notice opportunities to do those works of mercy for others or instances where someone else has lived out that work of mercy towards you.



Resources

- ▶ [USCCB - Spiritual Works of Mercy](#)
- ▶ [Loyola Press - Catechists Journey: Works of Mercy Prayers and Activities](#)
- ▶ [LifeTeen - Yours Are The Hands](#)
- ▶ [Fr. Ronald Rolheiser - The Ten Commandments of Mercy](#)
- ▶ [Catholic Exchange - 7 Ways to Practice The Spiritual Works of Mercy](#)

