



Spiritual Works of Mercy

Suggested Works of Mercy for Children & Teens**

Christ has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which He is to go about doing good. Yours are the hands with which He is to bless His people.

– St. Teresa of Avila

The **Spiritual Works of Mercy** are Christ-like acts of service that help our neighbors with their everyday *spiritual and emotional needs*.

1. Instruct the Ignorant (*Help people understand & learn, especially about the Faith*)

- Learn about the Catholic faith and share it with others through word and action.
- Tutor or coach a classmate or younger student.
- Help a friend or younger sibling with their homework.
- Become a lector at your Parish and/or school Masses.
- Join the school or parish choir.
- Pray for others to be open to learning new things.
- Invite a friend/family member to Mass
- Keep holy cards, short prayers, or blessed medals handy and give them out to people you meet as you are inspired.
- Invite a friend/family member to Eucharistic Adoration
- [Your suggestion: _____]

2. Counsel the Doubtful (*Give good advice to those who are uncertain about what to do*)

- Be supportive of someone who is fearful, doubtful, and unsure of him/herself.
- Start by being a good listener and then think and pray about how Christ would want you to advise your friend/family member.
- Pray with and for those who are struggling and ask the Holy Spirit to guide you in offering advice that is in their best interest and is faithful to Church teachings.
- Seek adult and/or professional help for a friend who is in serious need and who may harm themselves or someone else.
- Don't gossip or speak negatively, but be a good example of faithful, compassionate friend.
- Offer to pray with a friend/family member who is struggling.
- Pray for the discouraged and doubtful.
- [Your suggestion: _____]

3. Admonish the Sinner (*Help those who sin to understand and live God's love & mercy*)

- Be a powerful, joyful witness to God's mercy & love by doing your best to not participate in things that you know are wrong.
- Don't be judgmental of others but instead invite them to know the love of God.
- Invite your friends/family to the Sacrament of Reconciliation and together come to know the healing love and mercy of God.
- Pray for sinners.
- [Your suggestion: _____]

**[Many of these actions can be carried out by adults as well!]



4. Comfort the Sorrowful

- Be there for friends and family during big and small disappointments and sorrows.
- Be present to and offer sympathy for those grieving or in pain.
- Offer words of encouragement for those who are discouraged.
- Build people up and never tear them down with your words/actions.
- Don't always try to "fix" what's wrong but be a good listener and a compassionate friend who is present in their time of need.
- Call, send a card or letter, Facetime/Skype and pray for the sorrowful.
- Offer to pray with and for those who are troubled.
- [Your suggestion: _____]

5-6. Bear Wrongs Patiently/Forgive Offenses Willingly

- Be less critical/judgmental of others.
- Overlook minor mistakes made by others.
- Give others the benefit of the doubt.
- Don't seek revenge but instead do your best to forgive those who have hurt you.
- You don't need to be a doormat and allow others to hurt you over and over again but pray for them to see the error of their ways.
- Ask forgiveness from those whom you may have hurt.
- Let go of grudges and move forward in the love, peace and joy of Christ.
- [Your suggestion: _____]

7. Pray for the Living & the Dead

- Pray for your family and friends daily.
- Make a list of people in your life who could use your prayers (sick, elderly, etc.)
- Pray for your teachers.
- Pray for your priests and seminarians and pray for an increase in vocations.
- Pray for engaged and married couples to have a healthy, holy marriage centered in Christ.
- Pray for those who have died and the holy souls in purgatory.
- Pray to the Saints for their intercession in your life and in the lives of others.
- Pray for the first responders (fire, police, EMTs) and those defending our freedom in the military.
- Pray for our political leaders/elected officials that they seek to do what is best for the common good of all people.
- Pray that the people of the world come to know Christ and seek to serve Him in all they do.
- Pray for yourself and your vocation!
- Pray for your enemies and those who persecute you.
- Make a prayer shawl for someone who is in a nursing home, hospital or hospice.
- Pray for those who don't yet know the love of Christ.
- Pray for men and women who are experiencing unexpected pregnancies and may feel alone or afraid.
- [Your suggestion: _____]

[Please check St. Mary's weekly bulletin for other ways to live the Spiritual Works of Mercy in our community throughout the year. On Easter Sunday, we will have a bulletin insert covering the Corporal Works of Mercy.]

