

Pause for Prayer

THE DIVINE MERCY

PART 1 OF A PRAYER 'HOW-TO'

WHAT IS THE DIVINE MERCY?

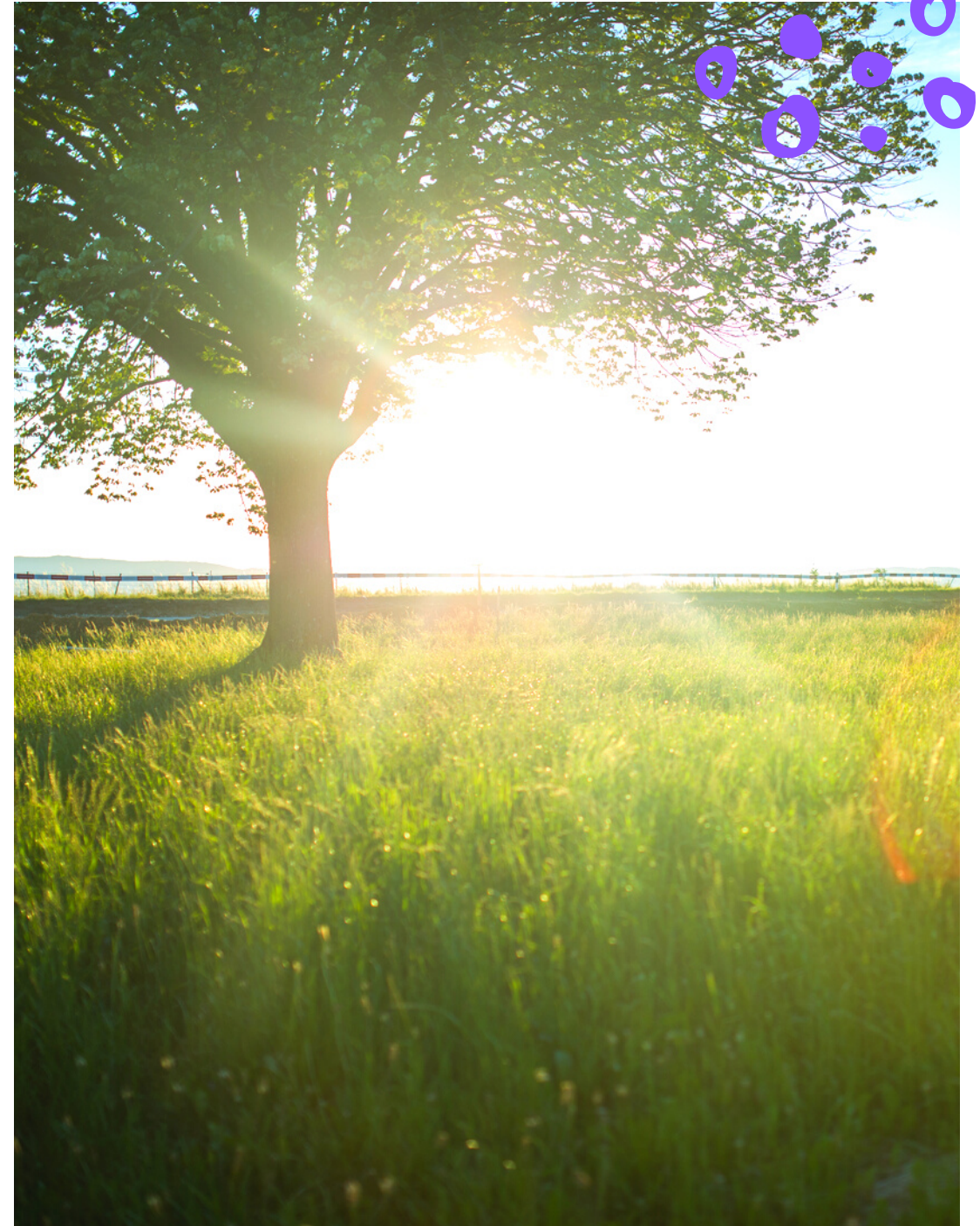
"The Divine Mercy message and devotion is the largest grassroots movement in the history of the Catholic Church", says Father Seraphim Michalenko.

The Catechism of the Catholic Church (a book containing church teachings) says,

"The Gospel is the revelation in Jesus Christ of *God's mercy* to sinners" (CCC 1849).

Divine Mercy is the Gospel. It gets to the very centre of our faith.

Divine Mercy is when God's love meets us and helps us in the midst of our suffering and sin. It is always the Lord stepping out to help us poor, weak, and broken sinners.



WHERE DID IT BEGIN?

Sister Faustina was a young, uneducated nun in a convent in Poland during the 1930s. She came from a poor family and had only three years of simple education.

However, she received extraordinary revelations – or messages – from our Lord Jesus. He appeared to her and spoke with her. He asked Sr. Faustina to record these experiences, which she compiled into notebooks totalling about 600 pages.

These notebooks are known today as the ***Diary of Saint Maria Faustina Kowalska***, and the words contained within are God's loving message of Divine Mercy.



NO TIME LIKE THE PRESENT

What does God wants to give to us in our modern time through Sister Faustina? He's saying to us sinners:

- Now is a time of extraordinary mercy!
- Now is a time when I want to give especially great graces to the human race.
- I want to pour out My mercy in a big way!



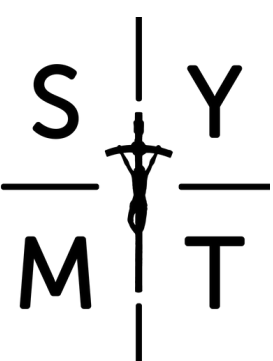
REMEMBER ABC

The Divine Mercy message and its meaning for you, easy as ABC:

A - Ask for His Mercy. Ask Jesus for mercy! We are living through an extraordinary time and it requires more than we have. Ask Jesus to come to the rescue and open your heart to him. Pour out your fears, your anger, your confusion, to the one who loves you more than anyone else ever will.

B - Be merciful. Once you have experienced his mercy, tenderness and love, pass it on to others! We need each other now more than ever. Ask yourself, who in my home could I possibly serve today?

C - Completely trust in Jesus. The more we trust in Jesus' mercy then the more he will give us. If your expectation is low, he will meet that. But if it's high, he will be there too! Which will you choose?



[extracts from Fr. Michael Gaitley's book *Divine Mercy Explained*](#)

[extracts from divinemeracy.org](http://divinemeracy.org)

