

Learning to Be Merciful

This week, we are working towards becoming more merciful. We considered a time in our life when we could show or be more merciful, as well as, a time where we behaved with compassion. We remembered that God calls us to show mercy like He shows mercy. We are learning that we are capable of living in love and being on fire for life, but at times our bodies need rest. Make sure to take time this week to give your body what it needs.

Activity for the Body:

You have done some mental work this week and your body most likely needs to rest. Find a 20-25 minute meditation that appeals to you. *The Divine Mercy* is an excellent choice, but there are 1000s of others.

Find a comfortable place, sitting back in a chair outside while the wind lightly blows, putting your feet up in your recliner, or laying down in bed. Close your eyes, take in 2- 3 deep, deep breathes, then listen, and let your body fall into a state of relaxation. When the meditation finishes take in 2 - 3 more deep breaths then return to life. And, if you fall asleep know that it is okay. Your body heals while it rests.

What is the name of the meditation you chose? _____

How did you feel after listening to the meditation?

Record any thoughts that you have now that you are rested:
