

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 and remembered that God calls us to show mercy like He shows mercy.

Activity for the Heart:

When negative self-talk is pouring in from all directions, sometimes we can find ourselves feeling like we have never done anything worthwhile. So, today we are going to review The Acts of Mercy. Some of these acts we do almost naturally, and they are a part of our everyday life. Some of these acts have been shown to us at various points in our lives. We want to celebrate the mercy we have shown, as well as, the mercy shown to us. Our goal by the end of this activity is to see that we are absolutely worthy of all the love God gives us.

Let's take a look at the 7 Corporal Works of Mercy.

- Feed The Hungry
- Give drink to the thirsty
- Clothe the naked
- Welcome a stranger
- Heal the sick
- Visit the imprisoned
- Bury the dead

Describe a time when you showed a Corporal Work of Mercy: _____

How did you feel?

Now, let's take a look at the 7 Spiritual Acts Of Mercy.

- Counsel the doubtful
- Instruct the ignorant
- Admonish the sinners
- Comfort the afflicted
- Forgive Offenses
- Bear patiently those who do us ill
- Pray for the living and the dead

Describe a time when you showed a Spiritual Act of Mercy: _____

How did you feel?

Describe a time when you were the recipient of a Spiritual Act of Mercy:

How did you feel?

Take a moment to pause today and ask God to show you where you could be more compassionate, more forgiving, and more merciful. Then thank him for the moments in your life where you were the recipient of His love and mercy.