Learning to Be Merciful

The week has come to an end and we are taking a moment to circle back to the Spiritual Acts of Mercy. This week, we learned about compassion and mercy. We considered a time in our life when we showed mercy, as well as, a time when we behaved with compassion. We asked to help us let go of a situation or person that we needed to forgive. We learned that we are capable of living in love and being on fire for life, but at times our bodies need rest.

Activity for the Soul:

One of the Spiritual Acts of Mercy is to pray for the living and the dead, so today we are going to take a moment to do that. You can pray the prayer here or one of your own.

"Heavenly Father, I want to take a moment to remember all of those who have gone to Your home before me. Thank you for blessing my life with the gift of them. Each person touched my life in some way, and it is through You that I was able to receive all the love they had to offer. In addition, I pray, that you wrap all of humanity in Your loving arms. Pull them close to You Lord and help them to feel your love."

Then spend time in reflection with the events of the week. Write down how you feel and anything else that comes to mind as you get ready to head into the weekend.

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