

Works of Mercy

They are charitable acts that help others in need.
These acts can be Corporal or Spiritual.

The Corporal Works of Mercy:

These works are kind acts by which we help our neighbors with their everyday material and physical needs.

The Corporal Works of Mercy can be traced to the Parable of the Last Judgement. -Matthew 25:35-40

We have Seven **Corporal Works of Mercy** that we can practice in our everyday lives:



1.- Feeding the Hungry

Examples Include: Support and volunteer for food pantries or soup kitchens.

2.- Give drink to the thirsty

Examples Include: Support the efforts of those working towards greater accessibility of this essential resource.

3.- Sheltering the Homeless

Examples Include: Support and volunteer at a homeless shelter, Catholic Charities initiatives, Catholic Campaigns for Human developments and Habitat for Humanity.

4.- Clothing the Naked

Examples Include: Go through your closet and find good-condition clothes to donate to St. Vincent DePaul or other agencies that accept clothing; donate maternity clothes and baby clothes for low-income mothers and their babies; participate in clothing drives in your community.

5.- Visiting the Sick

Examples Include: Spend quality time with those who are sick; take the time to call, send a card, or an e-mail to someone who is sick.

6.- Visiting the Imprisoned

Examples Include: Support and/or participate in ministries to those who are incarcerated; support programs sponsored by agencies that advocate on behalf of those who are unjustly imprisoned.

7.- Burying the Dead

Examples Include: Be faithful about attending wakes/visitation; support or volunteer at a hospice; participate in a bereavement ministry; spend time with widows and widowers.

The Spiritual Works of Mercy:

the Spiritual Works of Mercy guide us to "help our neighbor in their spiritual needs"

The Spiritual Works of Mercy, we can refer to them in the New Life in Christ. -Colossians 3:12-17

We have Seven ***Spiritual Works of Mercy*** that we can practice in our everyday lives:



1.- Counseling the doubtful

Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way.

Examples Include: Follow Christ with the witness of your life so that others may see God's love revealed in your actions; accompany a friend who is struggling with believing to join a parish group for service or faith formation.

2.- Instructing the ignorant

Learn about our faith and be open to talking with others about our beliefs.

Examples include: Volunteer to help with religious education programs at your parish; invite someone to go to mass with you this weekend.

3.- Admonishing the sinner

Do not judge, but be supportive in helping others find their way and correct their mistakes. Together we can learn to walk more closely with Christ.

Examples include: Don't judge, but guide others towards the path of salvation; when you correct someone, don't be arrogant. We are all in need of God's loving correction.

4.- Comforting the sorrowful

Be open to listening and comforting those who are dealing with grief. Even if we aren't sure of the right words to say, our presence can make a big difference.

Examples include: Lend a listening ear to those going through a tough time; make a home cooked meal for a friend who is facing a difficult time.

5.- Forgiving injuries

Forgiving others is difficult at times because we do not have God's limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God.

Examples include: Let go of grudges; saying sorry is something we learn as kids, but how often do we really mean it? Forgiveness transforms hearts and lives.

6.- Bearing wrongs patiently

Do not be bitter about wrongs done against you. Place your hope in God so that you can endure the troubles of this world and face them with a compassionate spirit.

Examples include: When you are frustrated with someone, step away from the situation, take a few deep breaths, pray the Our Father, asking God for patience.

7.- Praying for the living and the dead

Prayer is one of the most powerful ways we can support others. Joining together in prayer for the living and the dead entrusts us all into God's care.

Examples include: Request a mass intention for a friend or family member who is going through a tough time or for a friend or family member who has passed away.