

SPIRITUAL WORKS OF MERCY

COUNSEL THE DOUBTFUL

“Blessed be the God and Father of our Lord Jesus Christ, the Father of compassion and God of all encouragement, who encourages us in our every affliction, so that we may be able to encourage those who are in any affliction with the encouragement with which we ourselves are encouraged by God.” – 2 Corinthians 1:3

- Be a source of encouragement on social media, on your sports teams and at school
- Respond to negative and prejudicial comments with positive statements
- Put an end to gossip by walking away; set a good example for others

INSTRUCT THE IGNORANT

“In wisdom made perfect, instruct and admonish one another.” – Colossians 3:16

- Commit yourself to learning about the Catholic faith and share your understanding of the faith with others and with those who welcome it
- Share your insights, knowledge and skills with others, especially friends and fellow students
- Take time to “tutor” those who are just beginning tasks

ADMONISH THE SINNER

“Brothers, even if a person is caught in some transgression, you who are spiritual should correct that one in a gentle spirit.” – Galatians 6:1

To admonish is to firmly warn or reprimand someone. This must be done with great love and concern for souls. The proper goal of admonishing a sinner is to lead to repentance, not to condemn or judge.

- Support organizations that promote and support the dignity of life
- Speak up when your peers, family and friends talk about behaviors and actions that you know are wrong

COMFORT THE SORROWFUL

“Rejoice with those who rejoice. Weep with those who weep.” – Romans 12:15

- Devote a weekly rosary for areas of strife and conflict in our world, especially among Christians
- Walk with others through a difficult time or loss
- Offer positive words to fellow students who are having a difficult time

BEAR WRONGS PATIENTLY

“Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.” – Matthew 5:14

- Be persistent in speaking about and living your faith publicly, face-to-face and on social media, even if you know there will be persecutions
- Overlook minor flaws and mistakes, give people the benefit of the doubt
- Understand that people who may have hurt you did so because they are enduring pain of their own
- Pray for those who have wronged you

FORGIVE WRONGS WILLINGLY

“Forgive us our debts, as we forgive our debtors.” – Matthew 6:12

- Let go of grudges; go out of your way to be positive with someone you are having a difficult time with
- Pray for those who have wronged you, including those who have not asked for forgiveness. Be sure to express this forgiveness in prayer to God.
- Ask forgiveness from others
- Pray for those in corrupt organizations

PRAY FOR THE LIVING AND THE DEAD

“Thus he made atonement for the dead that they might be freed from this sin.” – 2 Maccabees 12:46

- Have pictures of your deceased loved ones around to remind you to pray for them
- Pray for all people, especially those who may not have anyone else to pray for them
- Remember those who have died, whether or not you knew them, and ask for God's mercy on their souls that they may enjoy the beauty of Heaven, pray for all souls in Purgatory
- Pray for your loved ones, your friends, and especially your enemies