

Extraordinary Jubilee Year of Mercy



Pope Francis continues to welcome us into this Year of Mercy, a Holy Year of Mercy for the entire Church. This year of Mercy began on December 8, 2015 and will end on November 20, 2016.

During this year, we are asked to pray with, reflect upon, and live out the virtue of mercy as disciples of Christ. One of the ways that you can do this is by learning more about the Corporal and Spiritual Works of Mercy and living them out in your life.

Pope Francis writes: "It is absolutely essential for the Church and for the credibility of her message that she herself live and testify to mercy." Mercy, he says, is "the beating heart of the Gospel" (Misericordiae Vultus). To live mercy, we must rediscover both the spiritual works of mercy and the corporal works of mercy.

As part of this Year of Mercy, each month we will be taking a closer look at the Corporal and Spiritual Works of Mercy and how we can apply them to our lives. The Spiritual Works of Mercy have long been a part of the Christian tradition, appearing in the works of theologians and spiritual writers throughout history. Just as Jesus attended to the spiritual well-being of those he ministered to, these Spiritual Works of Mercy guide us to help our neighbor in their spiritual needs.

June 2016 ~ The Spiritual Work of Mercy Comfort the Sorrowful



Comfort the Sorrowful.

Be open to listening and comforting those who are dealing with life's mental, physical or spiritual issues

Comfort the Sorrowful

“He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away.” - Revelation 21:4

Let's learn about the spiritual work of mercy to “Comfort the Sorrowful.”

Last month, we celebrate many important liturgical Sundays in the Catholic Church: the Ascension, Pentecost, the Most Holy Trinity, and the Most Holy Body and Blood of Christ. All of these dates are meant to remind us that God is always with us, and we are never alone.

Every person is afflicted from something whether it is physical, mental or spiritual. These sorrows can leave us feeling down, lonely and lost. Imagine how lost the apostles felt immediately after the death of Christ. Take a moment to reflect upon what they must have been feeling- despair, sadness and fear.

In the midst of this turbulent time, Jesus returned to them many times to reassure them, “Do not let your hearts be troubled or afraid. You heard me tell you, ‘I am going away and I will come back to you.’ Over and over again Jesus affirmed in word and in deed his great love for his people, a love so deep that it changed the whole world.

Pray the Year of Mercy:

One night I dreamed a dream.
as I was walking along the beach with my lord.
across the dark sky flashed scenes from my life.
for each scene, I noticed two sets of footprints in the sand,
one belonging to me and one to my Lord.
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.
This really troubled me, so I asked the Lord about it.
“Lord, you said once I decided to follow you,
You’d walk with me all the way.
But I noticed that during the saddest and most troublesome
times of my life, there was only one set of footprints.
I don’t understand why, when I needed You the most, You
would leave me.”
He whispered, “My precious child, I love you and will never
leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints, It was then that I
carried you.”

- by Mary Stevenson

Reflect on the Year of Mercy:

When you were growing up did you have a favorite blanket or stuffed animal that you had to have in your arms before falling asleep? We all have a place or item which speaks “comfort” to us and reminds us that we are safe, loved and secure. The greatest comfort to us as Christians is the love of the Father. Wrapped like a child in His arms there is no greater comfort than to know that we are unconditionally loved and that no matter how difficult the trial in our lives, that He will be right there beside us. Do you have a favorite quote from Scripture or prayer that you reflect upon when you are feeling down? When you feel burdened, think of those words given to us from God as your own special security blanket.

How Can I Live the Year of Mercy:

- ♥ 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.
- ♥ 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
- ♥ Write a letter or send a card to someone who is suffering
- ♥ A few moments of your day may make a lifetime of difference to someone who is going through a difficult time

Resources:

uscc.org/Beliefs-and-teachings/how-we-teach.new-evangelization/jubilee-year-mercy/the-spiritual-works-of-mercy.cfm

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