Introduction Study Guide Questions

1. Have you ever asked for a sign from God for his will in your life? What happened?
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2. The book begins with the story of a pilgrimage to the National Shrine of The Divine Mercy. Have you ever taken a pilgrimage to a holy site? If so, share where you have been. Learn more about our favorite pilgrimages at divinemercyformoms.com.
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3. Reread the quotation from Pope Francis’ Papal Bull Misericordiae Vultus:
Let us rediscover these corporal and spiritual works of mercy that Jesus first introduced in his preaching. We cannot escape these words of the Lord to us, and they will serve as the criteria upon which we will be judged: whether we have fed the hungry and given drink to the thirsty, welcomed the stranger and clothed the naked, or spent time with the sick and those in prison (cf. Mt 25:31–45). Moreover, we will be asked if we have helped others to escape the doubt that causes them to fall into despair; if we have fought to overcome the ignorance in which millions of people live, especially children trapped in poverty; if we have been close to the lonely and afflicted; if we have forgiven those who have offended us and have rejected all forms of anger and hate that lead to violence; if we have had the kind of patience God shows, who is so patient with us; and if we have commended our brothers and sisters to the Lord in prayer. In each of these “little ones,” Christ himself is present. His flesh becomes visible in the flesh of the tortured, the crushed, the scourged, the malnourished, and the exiled . . . to be acknowledged, touched, and cared for by us. Let us not forget the words of Saint John of the Cross: “as we prepare to leave this life, we will be judged on the basis of love.” What strikes you about this passage?
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Chapter One: St. Faustina, Apostle of Divine Mercy
Questions for Personal Reflection

Respond to God’s Call in Deed, Word, and Prayer:

**Deed:** Is the story of Saint Faustina new to you? Consider reading a story about her your children, and have them draw their own version of the Image. Links to free resources can be found on divinemercyformoms.com Alternatively, get a copy of the Image from your local Catholic bookstore or online to display in your home. For beautiful images on a budget, visit www.divinemercyart.org.

Write down how you plan to share the message of St. Faustina and Divine Mercy.

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**Word:** This week, make a phone call or send a text message to a friend in need. Share God’s mercy with the person; you may even incorporate a message from the Diary or from Scripture. For example:

*From your heart:* “I’m thinking of you and praying for you.”

*From the Diary:* “Before I made the world, I loved you with the love your heart is experiencing today and, throughout the centuries, My love will never change” (1754).

Write down who you feel you should reach out to and what their response was.

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**Prayer:** One of our favorite passages from the Diary is a prayer in the “General Exercises” section. If you are ready for Divine Mercy to change you, we invite you join us in prayer with these words of Saint Faustina found on the next page:
Saint Faustina’s Prayer for Divine Transformation from Within

+ O Most Holy Trinity! . . . I want to be completely transformed into Your mercy and to be Your living reflection. . . .

Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbors’ souls and come to their rescue. Help me, that my ears may be merciful, so that I may give heed to my neighbors’ needs and not be indifferent to their pains and moanings.

Help me, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor, but have a word of comfort and forgiveness for all.

Help me, O Lord, that my hands may be merciful and filled with good deeds, so that I may do only good to my neighbors and take upon myself the more difficult and toilsome tasks.

Help me, that my feet may be merciful, so that I may hurry to assist my neighbor, overcoming my own fatigue and weariness. My true rest is in the service of my neighbor.

Help me, O Lord, that my heart may be merciful so that I myself may feel all the sufferings of my neighbor . . . May Your mercy, O Lord, rest upon me.
Chapter One: St. Faustina, Apostle of Divine Mercy

Study Guide Questions

1. This chapter begins in Kraków and describes a mountain top experience, a transforming moment in Michele’s life. Have you experienced anything like this in your life?

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2. Reflect on this quote from the St. Faustina’s Diary “How long shall I put up with you and how long will you keep putting Me off? Can you relate to it? How do you put Christ off? Does it lead to you to happiness?

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3. What strikes you most about the life of Saint Faustina, described briefly in this chapter?

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4. Pope Francis has spent much of his pontificate speaking about mercy, stating it “is the best thing we can feel: it changes the world.” Why do you think this is? How has mercy touched you?

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Chapter Two: Developing Trust in Jesus through the Divine Mercy Devotion

Questions for Personal Reflection

Respond to God’s Call in Deed, Word, and Prayer:

**Deed:** Set your timer each day this week to go off at three o’clock in the afternoon. Wherever you are, take a moment to be still and turn your heart toward the Lord. Pray, “Jesus, I trust in you!” Journal about how this week went for you. Did pausing to pray and “resetting” your day at three o’clock help you with your tasks each afternoon?

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**Prayer:** Take a few minutes to pray the Chaplet of Divine Mercy. If you are short on time, just do one decade. See the next page for step-by-step directions if you are not familiar with the prayer.
PRAYING THE CHAPLET OF
DIVINE MERCY

The Chaplet of Divine Mercy is recited using ordinary rosary beads. It is preceded by two opening prayers from the Diary of St. Faustina and followed by a closing prayer.

1. MAKE THE SIGN OF THE CROSS

2. OPTIONAL OPENING PRAYERS
   You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times) O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

3. PRAY THE OUR FATHER

4. PRAY THE HAIL MARY

5. PRAY THE APOSTLES’ CREED

6. PRAY THE ETERNAL FATHER
   Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole World.

7. ON THE TEN SMALL BEADS OF EACH DECADE:
   For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. REPEAT FOR THE REMAINING DECADE
   Say the Eternal Father (#6) on the Our Father beads and then ten “for the sake of His sorrowful Passion” (#7) on the following Hail Mary beads.

9. HOLY GOD
   (Repeat three times) Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

10. OPTIONAL CLOSING PRAYER
    Eternal God, in whom mercy is endless and the treasury of compassion—inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.
Chapter Two: Developing Trust in Jesus through the Divine Mercy Devotion

Study Guide Questions

1. St. Faustina had only two years of formal education, yet Jesus asked her to undertake the mission of spreading this great devotion. Do you ever feel unqualified to do the work that God is asking of you? In what ways has the Lord made up for what you lack?
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2. Do you trust God? Do you have a difficult time with the concept of letting go and letting God?
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3. Have you had a time in your life when you had to rely on the Lord and he rescued you? Such an experience can be the spark that begins your deeper conversion to God. Tell your story.
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4. What do you think of the Divine Mercy Image? Do you feel Christ reaching out to you?
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5. What are some of your more stressful times of your day? Have you ever considered taking time out to pray during the three o’clock hour? Is it difficult to find prayer time in your daily life? Do you picture Christ listening to you?
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6. Read the following quotations from the Diary and reflect:

   Tell me all, My Child, hide nothing from Me, because My loving Heart, the Heart of your Best Friend is listening to you. (Diary 1486)

   Oh, if souls would only want to listen to My voice when I am speaking in the depth of their hearts, they would reach the peak of holiness in a short time. (Diary 584)

Learn more at DivineMercyForMoms.com
Chapter Three: Showing Mercy to Our Neighbor
Questions for Personal Reflection

Respond to God’s Call in Deed, Word, and Prayer:

Deed: Give a spontaneous gift to an unsuspecting person today. It doesn’t have to be a big gift. Bake some extra cookies; bring a friend lunch or even a cup of tea or coffee. You can even give the gift of yourself: babysit for a friend, offer a carpool ride, or make a surprise visit. Journal your experience.

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Word: Take a few minutes to write down a list of the blessings you have been given in your life. Thank God for these gifts.

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Prayer: As you discern God’s will for how you are to live mercifully, take a moment to pray the following prayer from the Diary of St. Faustina on accepting the will of God.

O my God, I am ready to accept Your will in every detail, whatever it may be. However You may direct me, I will bless You. Whatever You ask of me I will do with the help of Your grace. Whatever Your holy will regarding me might be, I accept it with my whole heart and soul. (1356)
Chapter Three: Showing Mercy to Our Neighbor

Study Guide Questions

1. The formula for practicing mercy is almost the opposite of practicing a sinful action. The Catechism defines sin as “failure in genuine love for God and neighbor.” What connection do you see between the Catechism’s definition of sin and a merciful deed?

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2. Reflect on the quote from the Diary of St. Faustina:
   I am giving you three ways of exercising mercy toward your neighbor: the first – by deed, the second – by word, the third – by prayer. In these three degrees is contained the fullness of mercy, and it is an unquestionable proof of love for me.
   The threefold plan for merciful action is a powerful way to connect with others. Did you know there was such a formula for consciously practicing Divine Mercy to others?

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3. Have you ever participated in a merciful deed that was successful like the cake story, in which numerous people worked together on a good deed for the Lord? Share your story.

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4. Read Matthew 5:16. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. What does that mean that “your light must shine before others”? How does what St. Faustina shares with us regarding deed, word, and prayer connect with this Scripture?

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Chapter Four: The Corporal Works of Mercy
Questions for Personal Reflection

Respond to God’s Call in Deed, Word, and Prayer:

**Deed:** Make a list of at least three ways you feel called to live out the corporal works of mercy in your life. Select ideas from the book or come up with your own. Try to do at least one small thing each day this week. Write down your experiences.

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**Word:** Order Mass cards or Catholic stationery to have handy when you need to write someone who could use prayers or a word of encouragement. Good places to buy these cards include the Marians of the Immaculate Conception and the Franciscan Friars, T.O.R. Stationery is available at catholicstationery.com or pioprints.com. When they arrive, take the time to send someone a note.

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**Prayer:** Start a prayer journal or download a prayer app like Echo Prayer Manager that will help you keep track of prayer intentions. See the next page for a printable prayer list page you can start today!
Prayer Intentions

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Chapter Four: The Corporal Works of Mercy

Study Guide Questions

1. Where do you see the most suffering around you? What is your impression of the corporal works of mercy? Have you ever tried to practice them before?

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2. Think of a time you underwent suffering. Did that time bring you closer to the Lord as Jacob’s illness did for Michele? How has the Lord taken care of you during your trials?

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3. This chapter includes specific ways to bring deeds to life and practice them. Reread the quotations from the *Diary* before each work of mercy in the book and discuss each work with regard to living out the quotation.
   - Feed the hungry. (pg 42)
   - Give drink to the thirsty. (pg 45)
   - Clothe the naked. (pg 47)
   - Shelter the homeless. (pg 49)
   - Visit the sick. (pg 52)
   - Visit the imprisoned. (pg 55)
   - Bury the Dead (pg 58)

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Learn more at DivineMercyForMoms.com
Chapter Five: The Spiritual Works of Mercy
Questions for Personal Reflection
Respond to God’s Call in Deed, Word, and Prayer:

**Deed:** These spiritual works of mercy challenge us to see the face of Christ in those around you. This week, perform an act of mercy for someone who is doubtful, lonely or grieving. Write down your experience.

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**Word:** Don’t complain at all today. Reread the quotation from the Diary of St. Faustina and reflect:
During Meditation, the sister on the kneeler next to mine keeps coughing and clearing her throat, sometimes without a break. It occurred to me once that I might take another place for the time of meditation... But then I thought that if I did change my place, the sister would notice this and might feel hurt that I had moved away from her. So I decided to continue in prayer in my usual place, and to offer this act of patience to God. Toward the end of the meditation, my soul was flooded with God’s consolation, and this to the limit of what my heart could bear; and the Lord gave me to know that if I had moved away from that sister I would have moved away also from those graces that flowed into my soul. (1311)

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**Prayer:** As you move forward with humility in reaching out to your suffering neighbors, pray with us these words from St. Faustina’s Diary:

O Holy Trinity, Eternal God, I want to shine in the crown of Your mercy as a tiny gem whose beauty depends on the ray of Your light and of Your inscrutable mercy. All that is beautiful in my soul is Yours, O God; of myself, I am ever nothing. (617)
Chapter Five: The Spiritual Works of Mercy

Study Guide Questions

1. Reflect on the following quotation from the Diary. “Write this for the many souls who are often worried because they do not have the material means with which to carry out an act of mercy. Yet spiritual mercy, which requires neither permissions nor storehouses, is much more meritorious and is within the grasp of every soul.” (Diary 1317) How does it expand your perspective on Divine Mercy?

2. Reflect on this quotation from St. Teresa of Calcutta: “The greatest disease in the West today is not TB or leprosy; it is being unwanted, unloved, and uncared for. We can cure physical diseases with medicine, but the only cure for loneliness, despair and hopelessness is love. There are many in the world who are dying for a piece of bread but there are many more dying for a little love. The poverty of the West is a different kind of poverty – it is not only a poverty of loneliness but also of spirituality.” How do you see this to be true in our country?

3. This chapter includes specific ways to bring deeds to life and practice them. Reread the quotations from the Diary before each work of mercy in the book and discuss each work with regard to living out the quotation.
   - Counsel the doubtful. (pg 66)
   - Instruct the ignorant. (pg 68)
   - Admonish sinners. (pg 72)
   - Comfort the afflicted. (pg 74)
   - Forgive all injuries. (pg 77)
   - Bear wrongs patiently. (pg 79)
   - Pray for the living and the dead. (pg 81)

Learn more at DivineMercyForMoms.com
Chapter Six: Mary, Mother of Mercy
Questions for Personal Reflection
Respond to God’s Call in Deed, Word, and Prayer:

**Deed:** Review the Scriptures on the Blessed Mother’s life cited in this chapter. Take some time out to pray about your family’s devotion to Mary. Everyone can grow closer to her! Ask the Holy Spirit to show you how you can develop a deeper devotion to our Mother so she can bring you closer to Jesus. Write down your inspiration.

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**Word:** Imagine yourself in the heart of Mary. Picture you and your family covered by her mantle and wrapped in her arms. Pen a short prayer to Mary asking her to help you grow in tenderness, compassion, and trust below.

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**Prayer:** If you feel called to consecrate yourself to Mary, pray this Act of Consecration to Mary:

Mary, Mother of Mercy, since Jesus from the Cross gave you to me, I take you as my own. And since Jesus gave me to you, take me as your own. Make me docile like Jesus on the Cross, obedient to the Father and trusting in humility and in love.

Mary, My Mother, in imitation of the Father, who gave his Son to you, I too give my all to you, to you I entrust all that I am, all that I have and all that I do. Help me surrender ever more fully to the Spirit. Lead me deeper into the Mystery of the Cross and the fullness of the Church. As you formed the heart of Jesus by the Spirit, form my heart to be the throne of Jesus in his glorious coming.

-Fr. George Kosicki
Chapter Six: Mary, Mother of Mercy

Study Guide Questions

1. Reflect on this quote from the Diary: Smiling at me she said to me, My Daughter, at God’s command I am to be, in a special and exclusive way your Mother; but I desire that you, too, in a special way, be my child. (1414) Do you consider Mary your Mother?

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2. Read the following from the Catechism on the Blessed Mother.
"All generations will call me blessed": "The Church’s devotion to the Blessed Virgin is intrinsic to Christian worship." The Church rightly honors "the Blessed Virgin with special devotion. From the most ancient times the Blessed Virgin has been honored with the title of 'Mother of God,' to whose protection the faithful fly in all their dangers and needs. . . . This very special devotion . . . differs essentially from the adoration which is given to the incarnate Word and equally to the Father and the Holy Spirit, and greatly fosters this adoration.”
Is there a specific title for Mary or devotion that connects you to her?

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3. Have you ever visited a Marian shrine? If so, what was your experience like? If not, ask other group member is there is a shrine in your area you could visit with your family or small group.

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4. How can Mary specifically help you live out mercy in your vocation as a mother?

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