

The Corporal Works of Mercy

- 1 Feed the hungry
- 2 Give drink to the thirsty
- 3 Clothe the naked
- 4 Shelter the homeless
- 5 Comfort the sick
- 6 Visit the imprisoned
- 7 Bury the dead

The Spiritual Works of Mercy

- 1 Instruct the ignorant
- 2 Counsel the doubtful
- 3 Admonish the sinner
- 4 Bear wrongs patiently
- 5 Forgive offenses willingly
- 6 Comfort the afflicted
- 7 Pray for the living and the dead

PRAY

- Read a Bible story
- Pray an Our Father for your parish priest
- Pray a Hail Mary for your mom
- Pray a Glory Be for your dad
- Pray a decade of the Rosary
- Pray for your godparents
- Pray for people who are sick
- Pray for those who have died
- Draw a picture of your favorite Bible story
- Pray the Divine Mercy Chaplet
- Read a story about a saint
- Write a prayer in your journal

FAST

- Fast from your favorite TV show
- Drink only water or milk
- Fast from complaining
- Fast from your favorite food
- Fast from electronics
- Do things the first time you are asked
- Fast from snacking between meals
- Let your sibling or friend choose the activity/game/show
- Fast from music
- Pause and pray before eating
- Go last in line

GIVE

- Sort through your toys, books, and clothing for gently used items to donate
- Collect change to give to a charity
- Donate to a food pantry
- Send a card to someone
- Let others have their turn first
- Give extra in your parish collection this week
- Let someone borrow one of your toys, books, or games
- Do an extra chore without being asked

“Rejoice always, pray constantly, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

— 1 THESSALONIANS 5:16-18

“‘Yet even now,’ says the Lord, ‘return to me with all your heart, with fasting, with weeping, and with mourning; and tear your hearts and not your garments.’”

— JOEL 2:12-13

“Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver.”

— 2 CORINTHIANS 9:7