

How to Practice the Spiritual Works of Mercy

Below is a list of ideas for each of the works of mercy. Check off those that you already do. Add other ideas of how to practice each work of mercy to each list. Then circle one or two ideas from this page that you don't currently do but that you would like to start doing.

Instruct the ignorant

- ☐ help younger siblings or other children with homework
- ☐ tutor other students who need help with classes
- ☐ work with an ESL program
- ☐ help at a head start program
- ☐ help in a religious education program
- ☐
- ☐

Admonish the sinner

- ☐ talk to or pray for friends in trouble
- ☐ help them find professional help if they need it
- ☐
- ☐

Be patient with those who hurt you

- ☐ especially those whose actions you do not understand, with people who may be jealous of you
- ☐
- ☐

Forgive injuries

- ☐ give up old grudges
- ☐ forgive a friend who has offended you
- ☐ make family peace
- ☐
- ☐

Counsel the doubtful

- ☐ take time to listen to others
- ☐ reach out to those who seem alone or friendless
- ☐
- ☐

Comfort the sorrowing

- ☐ visit someone who has lost a loved one
- ☐ help someone who has lost a job
- ☐ visit someone in a nursing home
- ☐ help at a place like "Turning Points"
- ☐ work with immigrants or refugees
- ☐
- ☐

Pray for the living and the dead

- ☐ celebrate All Souls Day in November
- ☐ put the anniversaries of family/friend members who have died on your family calendar
- ☐ each day, pray for a different member of your family
- ☐ take an older person to visit the cemetery where his/her loved ones are buried
- ☐ attend the funeral of a family friend with your parents
- ☐
- ☐