

# Blessed are the Merciful

## Game: Mercy Tag

Clear a large space in your room or take the kids outside. Mark off the boundaries of this game of tag. You have two people who are "it" in this timed game of tag. One is "Mean" and one is "Mercy." It may help to have Mean wear a hat or scarf of one color and Mercy another color. When you say go, everyone starts running around like crazy within the boundaries of the game. If Mean tags you, you must freeze. Mercy will come and unfreeze you. It is important that you keep moving unless you are tagged, so Mercy doesn't try to unfreeze you when you are just standing around for no reason! Play continues for two minutes, then you see who came out on top, Mercy or Mean. How many kids were frozen by Meanness? How many were set free by Mercy? Choose new "its" and continue play for as long as you have time. If too many people are getting tagged and staying frozen, have two kids be Mercy. If Mercy is unfreezing kids too fast, have two people be Mean. If you would like, have the kids pretend to be bees. Mean stings and Mercy heals.

## Eucharistic Devotions

### Adoration

- Quiet time adoring Jesus Christ either in Eucharistic adoration or in front of the tabernacle is important. Unsure what do at adoration? One of the most important things is to just be present to our Lord. However, these holy hour ideas might help intersperse a few scriptures and prayers into your silent time: <https://www.usccb.org/prayer-and-worship/prayers-and-devotions/eucharistic-devotion>

### Prepare to receive the Eucharist at Mass

- Preparing oneself for the Holy Sacrifice of the Mass should include reflections on the Mass readings, observation of the one-hour fasting rule (water and medicine only, unless exempt from fasting), and examination of conscience (the Eucharist should not be received when mortal sins are present - these should be confessed first).

### Acknowledge Jesus' presence at Mass

- Regularly attend weekend Mass with the family. Take time for a moment of prayer before and after Mass.
- Adore the raised Body and Blood of Christ at Mass with the silent phrase, "My Lord and my God."
- Genuflect with reverence before the Blessed Sacrament and the altar.

### Learn about Jesus in the Eucharist

- Find an article, book, podcast, or video about the Eucharist and deepen your understanding of what the words and gestures of the Mass mean, or where they developed from, or how it's possible that Jesus is present in the Eucharist and why it matters, and even where some Eucharistic miracles have occurred and what took place... and much more! There are many resources available on FORMED.org for free through our parish. See our website or contact the office if you need help accessing the site.