

It's Three O'Clock Somewhere



How to Live the Divine Mercy
Devotion Any Time of Day

By Jennifer Lindberg



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Devotion Any Time of Day

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**"Those who sincerely say 'Jesus, I trust in You'
will find comfort in all of their fears."**

ST. JOHN PAUL THE GREAT

INTRODUCTION





PREFACE

**This book is dedicated to my family,
because mercy begins in the home.**

Mercy wasn't on my mind. A long to-do list and a nap before my midnight adoration hour were crowding my thoughts as I sought to end a church meeting in record time.

I was regretting my "Yes" to run the meeting. It seemed like a mundane task that could have been answered in a survey. I wanted to hear what these women were saying, but I was tired and looking at a staggering work week ahead of me.

**By using an ordinary meeting,
God was about to show me how the promises
He made to St. Faustina are evergreen.**

I forgot there is a reason we spend the majority of the Church year in Ordinary Time, known as the growing time. We need this time to grow, trust, and practice the events in the Church year that prepare our hearts for the glory days of Christmas, Easter, and Pentecost. By using an ordinary meeting with real conversations, God was about to show me how the promises He made to St. Faustina are evergreen.

As we went around the room asking participants about the retreat, a short-haired brunette began pouring her heart out. She wasn't Catholic. She loved the Bible but didn't want to go to Mass with her husband and children. I was trying to understand why she attended a Catholic women's retreat when she said, "but I found my sisters here, and now I'm not angry about coming to Mass anymore."

Suddenly, I didn't regret leading the meeting. I was very interested in hearing everything that was said...except when I wanted to pretend I didn't hear the still small voice that told me to give this woman my Divine Mercy Chaplet – a red-beaded chaplet that had been laid on St. Faustina's grave in Poland and brought back to me by a dear nun-friend returning from a pilgrimage there.

There was no way I was giving up my chaplet. Arguing with the "voice," I was sure I'd win this one because I didn't have the chaplet with me. It was so special to me that I kept it on my prayer table at home for "safe-keeping."

"Go get it," I heard in my heart. Again, I had the perfect come-back. "I'm running a very important meeting here; I can't just leave." Oh no, I couldn't leave the meeting I never wanted to attend in the first place! But the constant command to give this woman my Divine Mercy Chaplet would not go away. I excused myself and asked my friend to take over before heading home, since it was clear this voice was not going away. I lived only five minutes from church, and I made it back just as the meeting was ending.

I was about to do my first deed of mercy as outlined in the Divine Mercy Message. Returning, I approached the woman.

"You are to have this," I said placing the chaplet in her hand. "Please take care of it. This is a very special chaplet I'm giving you."

I knew I'd never get another like it, but I felt great peace. I was sure I would never see the chaplet or the woman again. I was wrong.

Months later, I was volunteering at a Catholic conference when this same woman approached me, beaming and smiling.

"I'm Catholic now," she said. "And it's all because you gave me that chaplet."

She told me she had been looking for a sign to be Catholic and that placing the chaplet in her hands had been a turning point for her. It was the moment her heart shifted to accept all the graces of the Catholic Church. I think I jumped ten feet in the air from sheer joy before giving her a big hug. I couldn't believe God used me as a vessel of his Divine Mercy when I thought I was simply attending a boring meeting!

God used my special chaplet to show me He uses us in many ways to spread His message of Divine Mercy across the world. The woman told me that she prayed the chaplet asking God if she should enter the Catholic Church. She said she knew how special my chaplet had been to me that night – I'd only had it a month – and she took the time to look up how to pray it. Jesus told St. Faustina that everything could be obtained through praying the chaplet. (Diary 1128)

As we celebrate the 20th anniversary of Divine Mercy as a feast day in the Universal Church – and the canonization of St. Faustina, the patron saint of mercy – my prayer is that you will use this book as way to Go to Mercy and Be Mercy for others.

**Heaven's best to you,
Jennifer Lindberg**

HOW TO USE THIS BOOK

The contents and the structure of this book have been carefully designed by the author to lead you into your own discovery of how the Divine Mercy Message works in your life and the lives of others. The most important character in this book is you! At the end of each chapter, you'll find a summary of key points and tools to help you remember them. You'll also find ideas to ponder, how the messages of mercy may be calling you, and prayers of the Divine Mercy Message.

Going to Mercy

We are all on a pilgrimage of mercy each day of our lives, and the story of St. Faustina and the graces bestowed on her by Christ leave one besotted in wonder. There is so much to absorb in this message. We learn trust alongside St. Faustina as we proclaim, "Jesus, I Trust in You."

Each Going to Mercy section follows a simple formula: Trust, Believe, and Receive. In Trust, we look at the main message Jesus is imparting. In Believe, we ponder the messages of Divine Mercy, and in Receive, we ask ourselves what thought, word, or deed of mercy we can do for ourselves or others with a prayer from the Divine Mercy devotion.



Trust

Statements to remember

- An ordinary event can have extraordinary graces.
- We should always be ready to be carriers of mercy in thought, word, or deed.

- Someone may be suffering or struggling with a decision or circumstance, even when they seem fine.
- Why isn't mercy always on our minds, when it is on Christ's heart?



Believe

Divine Mercy Messages to ponder

This is a place for your reflection.

- *"The Lord let me know that everything can be obtained through means of this [chaplet]."* (Diary 1128)
- It is better to give than to receive. "In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'It is more blessed to give than to receive.'" (Acts 20:35)



Receive

What Act of Mercy is Jesus asking of me

- When has God used you as a vessel of His Mercy?
- How did this woman become my neighbor, even though I never saw her again?
- Do you listen to the Lord's promptings to extend mercy even if it's not convenient?



Prayer

"I want to be completely transformed into Your mercy and be Your living reflection, O Lord. May the greatest gift of all divine attributes, that of Your unfathomable mercy, pass through my heart and soul to my neighbor." (Diary 163)

**"He who knows how to forgive prepares for
himself many graces from God."**

ST. FAUSTINA

CHAPTER ONE

Build Unshakable Trust
and Peace in Your Life





CHAPTER ONE

A frail nun without power, authority, or education was about to send a message that would mollify the hardest heart, save the faithful departed, and preserve the faith as guns threatened to blast through the last hopes of men.

Look out, because the peaceful countenance of St. Faustina Kowalska, peering from underneath a simple convent habit, was a soldier in Christ's war for souls. At times, the messages dumbfounded her, causing alarm among her superiors, and requiring great sacrifices from her. Through it all, she trusted because Christ was telling her she had work to do.

**St. Faustina lived the Gospel in five words:
"Jesus, I trust in You."**

Today, the mission entrusted to her with the Divine Mercy Devotion reaches countless souls, but she had to suffer for it.

*"O my Jesus, You know how difficult community life is, how many misunderstandings and misconceptions, despite at times the most sincere goodwill on both sides."
(Diary 720)*

This simple nun whose tasks were gardening, peeling potatoes in the kitchen, and scrubbing floors, provides us a blueprint of colossal proportions bringing comfort to the faithful and transforming sinners into saints. The Divine Mercy Devotion we enjoy any time of the day was

first lived by St. Faustina on a walk of faith. Poland was at peace when Christ dispensed startling messages about the country's sins, the need for mercy, and deep trust. St. Faustina didn't know why Christ commanded seven days of prayers for Poland, stating, "For your sake, I bless the entire country." (Diary 39) World War II would begin nine months after St. Faustina's death in 1938. Christ's messages through St. Faustina soothed a war-ravaged land.

An unlikely messenger

Born into rural poverty in the small Polish town of Glogowiec, St. Faustina entered the world as Helen Kowalska on August 25, 1905. Growing up with nine other siblings on the family farm, Helen worked and prayed hard, crowding around the family altar in the family's one-room limestone home. A separate kitchen became her father's carpentry shop in the winter, his tools sharing space with kitchen utensils. Receiving only a second-grade education after the Russians won control of Poland in World War I, Helen sought a simple life. Desiring to be a nun, the path seemed closed to her because her parents forbade it. Christ was undeterred. Appearing as the crucified Christ to her at a dance, He asked how long He must wait for her to enter the convent? Fleeing to the local church and beseeching Him in front of the tabernacle, she heard Christ telling her to leave that night. Boarding a train to Warsaw, she left without telling her parents, with no clothes or money, and knowing no one in Poland's capital city. Her journey of complete trust in Christ's commands had begun. With the help of a local priest, Helen entered The Congregation of Our Lady of Mercy, where she was graced with some of the greatest messages Christ ever dictated to a chosen soul. The pri-

vate revelations of St. Faustina are approved, promoted, and placed on the liturgical calendar. It is a message for all people, of all times, and can be lived every day whether you have one minute to spare or one hour. St. Faustina shows us that mercy isn't always easy, but it's always possible.

One soul at a time

As one who typically exuded a calm and welcoming confidence, St. Faustina's constant weeping at Mass left her fellow nuns perplexed. They could not understand her sadness at Mass when in convent life she seemed happy, friendly, and full of service to God. They did not know the demands Christ placed on her – asking her to be a victim soul and trusting her to accomplish His plans with an artistic rendering of His Divine Mercy Image. She couldn't paint, but Christ said, "Have an image painted." She couldn't write or read well, yet her diary is a treasure of the Catholic Church. She had no money. As a nun, she had to ask for the simplest of permissions, such as to pray in the chapel after the 9:00 p.m. curfew. Although her superiors call her messages "illusions and phantoms," St. Faustina continues to repeat the words, "Jesus, I Trust in You." (Diary 54)

Her trusting attitude provides a strong example of how God uses efforts we may never see:

- She didn't know that the holy cards of the Image of Divine Mercy printed before World War II would comfort Polish Catholics witnessing their world explode in a war zone claiming lives, dashing dreams, and sending innocent people to Nazi concentration camps.

- She didn't know that less than 11 months after her death, a young university student named Karol Wojtyla, now St. John Paul II, would make a pilgrimage to St. Faustina's convent in Lithuania because like many Polish Catholics, he had heard about the Divine Mercy Image.
- She didn't know war would spread the Divine Mercy Message to America through an escaped priest, setting the stage for the devotion to encompass the entire world.

Promises of Trust

St. Faustina lived the Gospel in five words: "Jesus, I trust in You." In Polish, it is only three words, Jezus Ufam Tobie. The Divine Mercy Message is for laity, religious, priests, atheists, agnostics, and the dying. In the Divine Mercy Message, Christ attaches these promises to the prayers of Divine Mercy:

- It can save the most hardened atheistic soul at death when the chaplet is prayed.
- Any prayers said at the Three O'clock Hour in honor of Christ's Passion will be granted.
- It can release the Poor Souls of Purgatory.
- Venerating the Divine Mercy Image releases great graces, including the forgiveness of sins and mercy upon all souls.
- Celebrating the Divine Mercy Feast Day by attending the Sacraments of Reconciliation and the Holy Eucharist can lead to heaven.

Connecting Trust and Mercy

Since the beginning of time, many have withheld their trust in God, setting the stage for the Divine Mercy Message to draw people back with the words, "Jesus, I Trust in You."

By eating the fruit from the Tree of Knowledge, Adam and Even began a spiral of distrust in the creatures God created in His likeness. Hearts once whole contain pinpricks of distrust in a good God and struggle with the wounds of temptation and sin after exile from the Garden of Eden.

Time and time again, God wins our trust back with astonishing deeds that should leave us breathless. Instead, we seem to forget them. Parting the Red Sea to free the Israelites from bondage, they lose patience in the desert, casting their cares on a golden calf instead of trusting God to deliver them to the Promised Land. Demanding a release from God's authority, they petition the priest Samuel to give them a worldly king to rule over them. In the New Testament, few believe Jesus is "Lord of Lords and King of Kings," (Revelation 19:16), as the visual representation of God on Earth.

In 1935, Jesus gives the world the image of the real King they need. In a stunning unveiling only heaven could coordinate, Christ's Divine Mercy Image enters His mother's town at The Shrine of The Mother of Mercy at Ostra Brama in Vilnius, Lithuania. *"Strangely, all things came about just as the Lord had requested,"* St. Faustina wrote of the initial display of the Divine Mercy Image at the site of 300 years of veneration to the Virgin Mary as the *"Mother of Mercy."* (Diary 89) As Mary represents total trust in God's will, her site of veneration

becomes the fulfilment of Christ's command, *"That Sunday is the Feast of Mercy. Through the Word Incarnate, I make known the bottomless depth of My mercy."* (Diary 88) For three days the Image of Divine Mercy hung at the top of a window at Ostra Brama as the closing of the Jubilee of the Redemption of the World was being celebrated. It marked 1900 years that had passed since Christ's death on the cross. His mother had stood at the foot of His cross centuries before. Now, she stood with Him as a twin pillar proclaiming mercy to the world.

A drama of mercy spans the centuries at The Shrine of Ostra Brama. St. Faustina spent much of her convent life in this town that placed the famous image of Mary, the Mother of Mercy, above its walled gates. This act of trust in the Mother of God was never in vain. In 1655, a Russian army set fire to the city, leaving it burning for seventeen days. The image of the Virgin Mary above the gate survived. Fire threatened the image again in 1711, but a young monk saved it. In 1799, Russian forces destroyed the walls and gates of Vilnius, yet the Ostra Brama Gate of Mary of the Dawn and its image of The Mother of Mercy remained unscathed.



The rays of mercy came to Vilnius, showing how God transforms tragedy into hope, hate into love, and justice into mercy. In Vilnius, the words of the prophet Habakkuk ring out: "His brightness was like the light, rays flashed from his hand; there he veiled his power." (Habakkuk 3:6) Christ was about to unveil all His power to the entire world with one image.

GOING TO MERCY

Trust

- Divine Mercy is for everyone, and this devotion can change lives by turning hearts to God.
- Divine Mercy cannot be stopped – even by wars.
- The first public veneration of Christ's Divine Mercy Image was at the Ostra Brama Gate of Mary of the Dawn in Vilnius, Lithuania, where the faithful practiced a strong devotion to Our Lady of Mercy for 300 years.
- St. John Paul II and many others pilgrimaged to St. Faustina's convent for hope and mercy during the war years with a strong devotion to the Divine Mercy Message, "Jesus, I Trust in You."
- St. Faustina was confused about Christ's messages but kept trusting.

Believe

- *"The very work of Redemption is bound up with the work of mercy requested by the Lord."* (Diary 89)
- *"Through the Word Incarnate, I make known the bottomless depth of My mercy."* (Diary 8)
- "His brightness was like the light, rays flashed from his hand; there he veiled his power." (Habakkuk 3:6)

Receive

- When have you trusted God to work things out, despite being afraid there was no solution?

- Do you believe God loves you and wants to show you His continual mercy? *“Distrust on the part of souls is tearing My insides.”* (Diary 50)
- Like St. Faustina, have you ever been confused about what God wants? How can we pray for her intercession to help us know God’s will for our lives?
- How can we ask Our Lady to pray for us to know God’s love and mercy in our lives?

Prayer

St. Faustina tried to be a Bethany for Jesus, so He could rest there from His labors. (Diary 735) Let us pray that we can be a resting place for souls to know God’s mercy and offer a prayer for anyone who has hurt us or needs to know the Lord’s love and forgiveness.

**“Do not try to excuse your faults;
try to correct them.”**

ST. DON BOSCO

"Mercy, according to God's desires, has no limits and in fact, if it is like God's mercy, it embraces everyone."

ST. VINCENT DE PAUL



CHAPTER TWO

One Picture: Many Ways to Pray



CHAPTER TWO

Christ fortifies the battleground for souls armed with two stunning rays of red and white streaming from His heart. Walking toward us the way St. Faustina saw Him, the mission is clear. He's taking the battle to where the devil has no power – the heart of mercy of Christ the King.

A vivid illustration of this war tactic comes from the eagle who seldom fights a serpent on the ground where it can strike back. Instead, the eagle moves the battleground to the air where the snake has little power. Grasping the snake in its sharp talons and flying to the sky it climbs upwards at striking speed catching the snake off-balance. In one fell swoop, Christ triumphs like the eagle with the Divine Mercy Message to save souls and increase our trust in God.

Christ is telling us some wonderful news through the Divine Mercy image.

The message seems drastic, but St. Peter tells us we are fighting a battle every day against sin, insisting, "Be sober, be watchful. Your adversary the devil prowls about like a roaring lion seeking someone to devour." (1 Peter 5:8) Christ knew that even after His death on the cross we would still need help in resisting the devil and the temptation of sin.

A vessel of graces

Christ is telling us some wonderful news through the Divine Mercy Image.

“Today, I saw the Glory of God which flows from the image. Many souls are receiving graces, although they do not speak of it openly... the efforts of Satan and of evil men are shattered and come to naught... The Divine Mercy will triumph over the whole world and will be worshipped by souls.” (Diary 1789)

Christ’s side was pierced on the cross, gushing forth blood and water (John 19:31), illustrating the sacraments of life: Baptism and the Holy Eucharist, now rendered in the Divine Mercy Image.

“These two rays issued forth from the very depths of My tender mercy when My agonized Heart was opened by a lance on the cross.” (Diary 299)

Appearing in a white garment, Christ illustrates His purity and the new life received through Baptism; the white ray denotes life-saving waters. The red ray is the Blood of Christ, shed for our sins and present in the Holy Eucharist at every Mass. Connecting them for St. Faustina, Christ often showed her these rays emanating from the Sacred Host. (Diary 657,370)

Christ explains these rays shield us *“from the wrath of My Father. Happy is the one who will dwell in their shelter, for that just hand of God shall not lay hold of him.”* (Diary 299)

Jesus lifts our hearts up in hope by signing the Image. The words spread by an artist’s paintbrush, “Jesus, I Trust in You,” come from the lips of the Lord, *“I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature, Jesus, I Trust in You.”* (Diary 327)

A way to give Jesus respect

Christ uses a striking image to gain our attention and enjoy His company. He wants every soul to know about it (Diary 341), thus requiring its veneration on the Feast of Divine Mercy, which takes place on the second Sunday of Easter. The Divine Mercy Image is unique among the icons and paintings of Christ. It carries divine promises and divine symbolism instructing us in faith, hope, and love.

“There are many souls who have been drawn to my love by this Image. My mercy acts in souls through this Image,” Jesus told St. Faustina. (Diary 1379)

Venerating an image is not worshipping it. Pausing in front of an image of Christ or Mary or any of the saints is a gesture of respect for the person it represents. It aids our inner prayer life and is critical to following the Divine Mercy Message.

“I promise that the soul that will venerate this image, will not perish. I also promise victory over its enemies already here on earth, especially at the hour of death. I myself will defend it as My own glory.” (Diary 49)

If you missed the Divine Mercy Feast Day this year, you can still gain vast graces by venerating it any time of day. Remember, this devotion fits into the busiest schedule.

Three Ways to Venerate Any Time of Day:

1. Acquire a holy card of the Divine Mercy Image, contemplating Christ's passion and death – either first thing in the morning, before going to bed at night, or any time that works for you. A free picture of the Divine Mercy Image is included in this book on page 71.
2. Purchase a larger print of the Divine Mercy Image for your home. Each time you pass it, recite a prayer from the chaplet, such as, "For the sake of His sorrowful Passion, have mercy on us and on the whole world."
3. Pray in front of the Divine Mercy Image at three o'clock, the great Hour of Mercy when Jesus died on the Cross. Those with more time can pray a chaplet, but a quick, "Jesus, I Trust in You," or any "O, Blood and Water which gushed forth from the side of Christ, Have Mercy on Me," builds a trusting relationship with God.

GOING TO MERCY



Trust

- The Divine Mercy Image is different from other images because Christ requires it to be displayed and venerated on the Divine Mercy Feast Day, on the second Sunday after Easter.
- The glory of God flows through this image.
- The white ray of the image represents Baptism and the red ray represents the Eucharist.
- Christ gave us this devotion as a way to save souls.



Believe

- *"Today, I saw the Glory of God which flows from the Image. Many souls are receiving graces, although they do not speak of it openly... the efforts of Satan and of evil men are shattered and come to naught... The Divine Mercy will triumph over the whole world and will be worshipped by souls."* (Diary 1789)
- *"I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature, Jesus, I Trust in You."* (Diary 32)



Receive

- How can we use the Divine Mercy Message to become vessels of mercy for others?
- What example of praying with the Divine Mercy Image works best for you?
- Can you explain why venerating a picture of Jesus is not the same as worshiping it?



Prayer

"O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You." (Diary 84)

**"If a man finds it very hard to
forgive injuries, let him look at a Crucifix,
and think that Christ shed all His blood for him,
and not only forgave His enemies,
but even prayed to His Heavenly Father
to forgive them also."**

ST. PHILIP NERI

CHAPTER THREE

Deeds that Change Your Life





CHAPTER THREE

Can you imagine Jesus in the carpenter's shop with his foster father, St. Joseph? Did they laugh together while kneeling on a floor of sawdust shavings to pray? Ordinary life grew love and trust in each other as St. Joseph showed Jesus what tools were needed to build a ladder, a table, frame walls, or saw lumber. Jesus knows the tools to hand us for building faith and trust through our deeds of mercy.

The Divine Mercy Message is a practical way of restoring lost hope, mending broken relationships, and enhancing our prayer life with good deeds. We perform these deeds because Jesus tells us He is preparing the world for His final coming by instituting the Feast of Divine Mercy. (Diary 848, 1588).

Christ is letting us know that what happens at the end of time helps us to learn to trust Him in our time.

We don't know when this last great battle will take place, but we can live the Divine Mercy Message today, because each day calls for trusting God, and loving our neighbor as yourself.

"Yes, the first Sunday after Easter is the Feast of Mercy, but there must also be acts of mercy...I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere. You must not shrink from this or try to excuse or absolve yourself from it." (Diary 742)

One act of mercy every day

St. Faustina encourages “one act of mercy a day,” (Diary 1158) accomplishing it by:

- A merciful word.
- Offering a prayer of mercy for someone despite physical or emotional distance
- Forgiving and comforting each other
- Performing spiritual or corporal deeds of mercy, because when the last day comes, we will be judged by our deeds
- Praying the Divine Mercy Chaplet; St. Faustina prayed the chaplet for dying souls, the Poor Souls in Purgatory, and to bring all souls closer to God. (Diary 929)

Choosing a deed of mercy every day becomes easier by choosing one from St. Faustina’s list or utilizing the list of spiritual and corporal works of mercy from The Catechism of the Catholic Church. (CCC 2447)

Spiritual Works of Mercy

- Admonish the Sinner
- Instruct the Ignorant
- Counsel the Doubtful
- Bear Wrongs Patiently
- Forgive Offenses Willingly
- Pray for the Living and the Dead

Corporal Works of Mercy

- Feed the Hungry
- Give Drink to the Thirsty
- Clothe the Naked
- Shelter the Homeless
- Visit the Sick
- Visit the Imprisoned
- Bury the Dead

Prayerful assistance

Testing St. Faustina in her deeds of mercy, Christ appears as a poor young man at the convent gate. After searching for bread to feed him, the man vanishes. When a fellow nun is cruel to her, St. Faustina responds with kind words instead of rebukes. (Diary 1694) Revealing these instances to St. Faustina, Christ says He is pleased with her deeds of mercy in everyday life.

It is the same for us. Every day is an opportunity for mercy, but our human nature often gets the better of us. It’s hard to forgive deep wrongs, help people when we are tired, or tame our tongue – all in the name of mercy. Composing a prayer for this, St. Faustina outlines the struggles of making her entire body conform to deeds of mercy. Like her, we can put our body, which is the temple of the Holy Spirit, under the control of mercy.

- **For our sight:** “Help me O Lord, that my eyes may be merciful, so that I may never suspect or judge appear-

ances, but look for what is beautiful in my neighbor's souls and come to their rescue."

- **For our ears:** "To be quick to hear the pains and moaning of my neighbor."
- **For our tongue:** "To never speak negatively of my neighbor but only give comfort and forgiveness."
- **For our hands:** "To be filled with good deeds and to do the most toilsome task for my neighbor."
- **For our feet:** "To be like the Virgin Mary to always go in haste to those in need, overcoming any fatigue or weariness so that our 'true rest is in the service of my neighbor.'"
- **For our heart:** "To be merciful by feeling the sufferings of others and striving to be sincere to those who abuse our kindness." (Diary 163)

GOING TO MERCY



Trust

- Jesus requires deeds of mercy. St. Faustina suggests we perform one act of mercy a day.
- These acts of mercy can be a word of mercy, a prayer for mercy, or a deed of mercy from the corporal works of mercy, such as feeding the hungry.
- There is a prayer to help every part of our body show mercy to our neighbor composed by St. Faustina. (Diary 163)



Believe

- "Yes, the first Sunday after Easter is the Feast of Mercy, but there must also be acts of mercy...I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere. You must not shrink from this or try to excuse or absolve yourself from it." (Diary 742)
- "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength...you shall love your neighbor as yourself." (Mark 12:30-31)



Receive

- What deed of mercy is God asking you to perform today?
- How can you practice saying a comforting word of mercy to others?
- What spiritual act of mercy comes natural to you?
- What part of your body struggles the most with mercy as in St. Faustina's prayer? Your eyes, mouth, ear, heart, feet or hands?



Prayer

"O My Jesus transform me into Yourself, for you can do all things."

"Help me, O Lord, that my eyes may be merciful, so that I may never suspect or judge appearances, but look for what is beautiful in my neighbor's souls and come to their rescue." (Diary 163)

**"God is a spring of living water which flows
unceasingly into the hearts of those who pray."**

ST. LOUIS DE MONTFORT



CHAPTER FOUR

Don't Miss This
Chance of Mercy



CHAPTER FOUR

Birthday parties usually require time, presents, and decorations. The Divine Mercy Feast Day births us into heaven with a large birthday banner proclaiming: “Well done, good and faithful servant.” (Matthew 25:23)

It can’t get any easier than attending a special party on the Sunday after Easter. Celebrating the Feast of Divine Mercy means all our sins and the temporal punishments of those sins are forgiven on this day. That’s a massive gift from the Lord!

“The soul that will go to confession and receive Holy Communion will obtain complete forgiveness of sins and punishment.” (Diary 699)

To do this:

1. Celebrate the Feast on the Sunday after Easter
2. Attend the Sacrament of Reconciliation (confession)
3. Receive Holy Communion on the day of the feast
4. Venerate the Divine Mercy Image

Missing this extraordinary day doesn’t mean we stop feasting on Divine Mercy every day. God gives numerous chances for mercy because “God is able to provide you with every blessing in abundance so that you may always have enough of everything and may provide in abundance for every good work.” (2 Corinthians 9:8)

This feast comes around once a year, but you can plan now to make the next one.

Why confession? It lets your light shine!

In the life of a Catholic, confession is indispensable. Jesus tells us, *“I am Love and Mercy itself. When a soul approaches Me with trust, I fill it with such an abundance of graces that it cannot contain them within itself but radiates them to other souls.”* (Diary 1074)

Confessing your sins makes you a big flashlight pointing the way to God. While the Church requires confession of our sins once a year, many saints attended confession every month. Current and past Marian apparitions encourage frequent confession. The Sacrament of Reconciliation is an efficacious opportunity for building trust in the Lord’s mercy and curbing our struggles with temptation and sin.

“When you go to confession, to this fountain of My mercy, the Blood and Water which came forth from My Heart always flow down upon your soul and ennoble it. Every time you go to Confession, immerse yourself entirely in My mercy, with great trust, so that I may pour the bounty of My grace upon your soul. When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I Myself act in your soul.” (Diary 1602)

Christ’s unending mercy never burns out.

Eucharistic Fruit

Feasting on Divine Mercy increases our devotion to the Eucharist. St. Faustina didn’t envy the angelic seraphim

for their fire of love, *“because I have a greater gift deposited in my heart. They admire You in rapture, but Your Blood mingles with mine.”* (Diary 278)

See how the Cross of the Lord’s stands revealed as the Tree of Life.

In the Liturgy of the Hours there is an antiphon: “See how the Cross of the Lord’s stands revealed as the Tree of Life.” It reflects the disobedience of Adam and Eve eating from the Tree of Knowledge of Good and Evil in the Garden of Eden. Their actions caused death, excluding them from eating of the Tree of Life. Yet, God does not abandon us to death. He sends us another tree, the Cross, a perpetual tree of life bearing the fruit of the Holy Eucharist that we can eat. “He who eats my flesh and drinks my blood has eternal life and I will raise him up on the last day.” (John 6:54)

The Eucharist is born from the Cross and provides us with Eternal life. St. Faustina said, *“All the good that is in me is due to Holy Communion.”* (Diary 1392) Living the Divine Mercy Message reveals the mysteries of our faith. When speaking about the Divine Mercy Image in Chapter 2 and using it in our daily prayer life, it is good to remember that feasting on Divine Mercy everyday employs the beautiful aspects of our faith in the sacraments. Gazing at the Divine Mercy Image of Jesus before Mass and praying the Divine Mercy prayers unites the Divine Mercy Message to the Eucharist.

GOING TO MERCY



Trust

- God shows us Divine Mercy when we fully trust in His mercy and approach Him through the Sacrament of Reconciliation.
- The first Sunday after Easter is very important to receive certain graces from Christ as part of the Divine Mercy Feast.
- The Holy Eucharist is central to the Divine Mercy Message.
- If we miss the Divine Mercy feast day, there are many opportunities to receive mercy for ourselves and others with the Divine Mercy Devotion.
- God's chief attribute is mercy.



Believe

- *"When you go to confession, to this fountain of My mercy, the Blood and Water which came forth from My Heart always flow down upon your soul and enoble it. Every time you go to Confession, immerse yourself entirely in My mercy, with great trust, so that I may pour the bounty of My grace upon your soul. When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I Myself act in your soul."* (Diary 1602)
- *"The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins*

and punishment. On that day all the divine floodgates through which graces flow are opened. Let no soul fear to draw near to Me, even though its sins be as scarlet.... Mankind will not have peace until it turns to the Fount of My Mercy." (Diary 699)

- *"All the ways of the Lord are mercy and truth."* (Psalms 25:10)



Receive

- The Sacrament of Reconciliation is a place to confess our sins and heal us so we can receive Christ's mercy and deep love. If you struggle with this, St. Faustina is a good saint to offer prayers of intercession to help you or others on this journey.
- Why is mercy the chief attribute of God?
- How is the Eucharist a fruit of mercy?

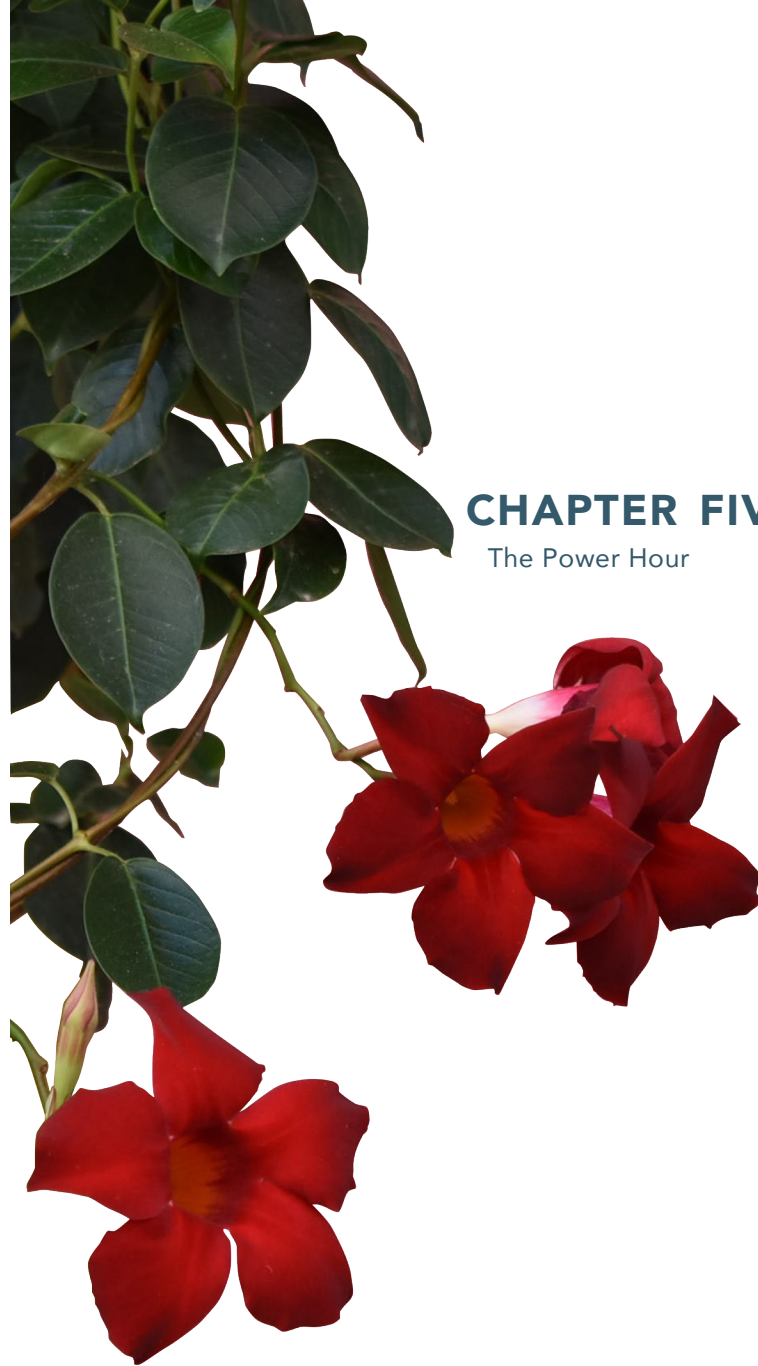


Prayer

"Hail to You, Eternal Love, my Sweet Jesus, who have condescended to dwell in my heart! I salute You, O glorious Godhead who has deigned to stoop to me, and out of love for me have so emptied yourself as to assume the insignificant form of bread. I salute You, Jesus, a never-fading flower of humanity. You are all there is for my soul." (Diary 1575)

**"To fail in obtaining the desires of our heart,
when God so wills it, is not worse than to
receive it; for we know not as He does,
what is profitable to us."**

ST. JOHN CHRYSOSTOM



CHAPTER FIVE

The Power Hour

CHAPTER FIVE

Appearances are deceiving when one is hanging from a cross condemned as a criminal.

Those who attacked Christ with spit, stones, and whips assumed “He could save others, but he couldn’t save himself.” (Matthew 27:42) Appearances mean nothing with God directing death’s sting into triumph on a Friday at three o’clock.

**At the three o’clock hour,
Christ unleashes His greatest power reminding
us “apart from Me, you can do nothing.”**

The message is clear, Christ unleashes His greatest power nailed to the cross reminding us “apart from Me you can do nothing.”

“As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me, and I in him, bears fruit in plenty, for apart from me you can do nothing.” (John 15:5)

Abundance is part of the Divine Mercy Message, pruning us of bad habits, instilling trust in God’s love, and producing greater spiritual depth. Christ’s seeming defeat on the Cross teaches us that just because we can’t see what God is doing doesn’t mean He’s inactive.

Attach yourselves to the Power Hour

The power hour of the Divine Mercy Message bestows abundant blessings from Jesus by uniting our prayers with His Passion of the Cross.

"In this hour you can obtain everything for yourself and for others for the asking; it was the hour of grace for the whole world—mercy triumphed over justice." (Diary 1572)

Christ provides easy and tangible actions to help us harness the power of the Three O'clock Hour:

- Pause, even if just in your mind, and thank Jesus for dying for you on the cross at three o'clock. Kneel at the Three O'clock Hour to give thanks and meditate on Christ's Passion.
- Ask Jesus for something you need. Christ said he would deny nothing asked of Him to those who keep the Three O'clock Hour.
- Pray the Stations of the Cross at the Three O'clock Hour. Even just one station each day. In two weeks, you will have prayed all 14 Stations of the Cross at the three o'clock Hour of Mercy.
- Recite the Divine Mercy Chaplet.
- Visit Jesus in Adoration, or at the Tabernacle at church even if it's just for a moment.
- Set the hour on your phone alarm and say a silent prayer, such as the one Jesus taught St. Faustina. "Jesus, I trust in You," or "For the sake of His sorrowful Passion, Have mercy on us and on the entire world." This can be done at your desk, washing dishes, or

in the middle of any activity without anyone knowing you are doing it.

- Petition Jesus to release all the Poor Souls in Purgatory.
- Pray for Jesus to help a loved one who is suffering from an illness or other need.
- Ask Jesus to bring back your son, daughter, relative, or friend to the Catholic Church.

Bonus: Ask Jesus to instill a deep trust in Him for every circumstance of your life, repeating, "Jesus, I Trust in You."

It's called the "power hour" because prayers in union with Christ's passion carry intense graces. It can also save those near death.

"At three o'clock, implore My mercy, especially for sinners, and if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion." (Diary 1320)

Christ understands time constraints, duties, and our state in life, by giving us a devotion tailored to our needs and asking us to increase our prayers when possible: *"Try your best to make the Stations of the Cross in this hour, provided that your duties permit it; and if you are not able to make the Stations of the Cross, then at least step into the chapel for a moment and adore, in the Most Blessed Sacrament, My Heart, which is full of mercy – should you be unable to step into the chapel, immerse yourself in prayer where you happen to be, if only for a very brief instant."* (Diary 1572)

GOING TO MERCY

Trust

- The Three O'clock Hour is very powerful because it is when Jesus died on the cross to save the world.
- There are ten easy ways to keep the Hour of Mercy at three o'clock regardless of your duties.
- Appearances can be deceiving. Just because something looks dead without hope or ability doesn't mean that's true.
- Christ is the true vine and we can do nothing apart from Him.

Believe

- *"At three o'clock, implore My mercy, especially for sinners, and if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion."* (Diary 1320)
- *"In this hour you can obtain everything for yourself and for others for the asking; it was the hour of grace for the whole world—mercy triumphed over justice."* (Diary 1572)
- *"Try your best to make the Stations of the Cross in this hour, provided that your duties permit it; and if you are not able to make the Stations of the Cross,*

then at least step into the chapel for a moment and adore, in the Most Blessed Sacrament, My Heart, which is full of mercy; and should you be unable to step into the chapel, immerse yourself in prayer there will you happen to be, if only for a very brief instant." (Diary 1572)

Receive

- Praying the Stations of the Cross is a wonderful Lenten practice, but it can be part of our daily prayer life in any season. How can we use these prayers at the Three O'clock Hour?
- Which of the ten ways to keep the Three O'clock Hour on pages 56-57 fits best into your daily schedule?
- What need can you bring to Jesus at the Three O'clock Hour?
- Do you need deeper trust in Jesus? How can the Three O'clock Hour build that trust?

Prayer

"I want to love You as no human soul has ever loved you before...I cast the anchor of my trust deep down into the abyss of Your mercy, O my God and Creator! I hope to sing You a hymn of glory forever. Let no soul...fall prey to doubt; for as long as one is alive, each one can become a great saint." (Diary 283)

“I feel a great desire to abandon myself with greater trust to the Divine Mercy and to place my hope in God alone.”

ST. PADRE PIO

CHAPTER SIX

The God-Offering: How the Divine Mercy Chaplet Creates Trust





CHAPTER SIX

Throwing a rock into a pond and watching the circles ripple to shore remind me of my Divine Mercy Chaplet beads. Like a rock stirring the water, my chaplet stirs the Holy Spirit to inspire truth, goodness, beauty, and mercy in my life.

“And like living stones, let yourselves be built into a spiritual house to be a holy priesthood to offer spiritual sacrifices acceptable to God through Jesus Christ.” (1 Peter 2:5)

Each bead of the Divine Mercy chaplet tells my story or asks for intercession in someone else’s story.

The Divine Mercy Chaplet is like a living stone, each bead telling a story of trust in God for every circumstance of my life. Praying my chaplet boosts my trust in Christ bead upon bead, bringing me comfort and peace. Each bead tells my story or asks for intercession in someone else’s story.

Praying the Divine Mercy Chaplet is also a spiritual act of mercy intensifying our hope for ourselves, our neighbor, and our world. That little chaplet seems like it was given as a way to build up the Body of Christ (Ephesians 4:12) by attracting us to God’s goodness, mercy, and love.

Building the trust “muscle”

Trust is built in a relationship with another. The more we trust someone, the less we doubt their words, convictions, or advice. The Divine Mercy Chaplet builds the kind of trust we can lean on in our sorrows, doubts, or needs. It brings peace beyond understanding of God’s love and mercy, giving us confidence that God never forsakes us. “And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.” (Psalm 9:10)

Trusting someone requires knowing we are loved. The chaplet is an example of Christ’s enduring love for us, helping us persevere in good times and bad. Praying the chaplet builds spiritual muscle, just like a gym builds physical muscle and endurance. Reaching for our Divine Mercy Chaplet trains us to trust and to cast out fear in any circumstance. Uniting our prayers with God the Father secures blessings of trust and mercy.

Each decade of the chaplet begins with, “Eternal Father, we offer You, the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ.” It is a powerful offering God cannot refuse.

“My daughter, encourage souls to say the chaplet which I have given to you. It pleases Me to grant everything they ask of Me by saying the chaplet. When hardened sinners say it, I will fill their souls with peace, and the hour of their death will be a happy one.” (Diary 1541)

St. Faustina’s diary records the fruits gained from praying the Divine Mercy Chaplet:

- The Lord sent a much-needed rain after St. Faustina prayed the chaplet for three hours.

- St. Faustina was given the grace to know what souls to pray for at the hour of their death.
- Great graces are given to the person who prays the chaplet.
- Humankind is brought closer to God.
- It appeases God’s wrath as a sign for the end times, giving mercy instead of justice.
- Jesus fights for the soul of a dying person when the chaplet is recited for them, just as if that person had prayed the chaplet themselves.

This little chaplet carries immense promises and possibilities. Why else would Christ urge us to “*Say unceasingly the chaplet that I have taught you*”? (Diary 687)

Christ yearns for us in the Divine Mercy Message, “*not to punish aching mankind, but I desire to heal it, pressing it to My Merciful Heart...before the Day of Justice, I am sending the Day of Mercy.*” (Diary 1588)

Running the rosary beads through our fingers while praying the chaplet prayers establishes trust in our hearts. Invoking a short prayer at the Three O’clock Hour and looking at the Image of Divine Mercy can be a meaningful addition to your daily prayer life, developing a deeper relationship with Jesus. It seems the Divine Mercy Message is for modern times. Despite modern conveniences, we always seem to be short of time. As schedules overflow, social media pings, and constant distractions intrude on our prayer time we can be sure of one thing: It is always three o’clock somewhere.

GOING TO MERCY



Trust

- Christ gave us the Divine Mercy Chaplet as a way to build a relationship of trust with Him.
- The chaplet moves God's heart to grant salvation to souls and provide for our temporal needs on earth.
- The chaplet takes only ten to fifteen minutes to pray.
- God sent us the Divine Mercy Chaplet as a way to heal and comfort us.



Believe

- "And like living stones, let yourselves be built into a spiritual house to be a holy priesthood to offer spiritual sacrifices acceptable to God through Jesus Christ." (1 Peter 2:5)
- "My daughter, encourage souls to say the chaplet which I have given to you. It pleases Me to grant everything they ask of Me by saying the chaplet. When hardened sinners say it, I will fill their souls with peace, and the hour of their death will be a happy one." (Diary 1541)
- Christ asked us to "Say unceasingly the chaplet that I have taught you." (Diary 687)



Receive

- How can I allow myself to be used as a living stone of mercy by God?
- What situation in your life is causing fear? What time of day can you pray the Divine Mercy Chaplet to help you deepen your trust in God and overcome that fear?
- Think back on a time when God helped restore your life either spiritually or physically? How did that influence your relationship with Him? How did it build trust with Him?



Prayer

"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.

For the sake of His Sorrowful Passion, have mercy on us and on the whole world.

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."

- Chaplet of Divine Mercy

HOW TO PRAY THE DIVINE MERCY CHAPLET

1. *The Sign of the Cross*

In the name of the Father...

2. *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 3 times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

3. *Our Father*

Our Father, Who art in heaven...

4. *Hail Mary*

Hail Mary, full of grace...

5. *The Apostles' Creed*

I believe in God, the Father almighty...

6. *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.

(repeat for each large bead of every decade)



7. *The 10 small beads of each decade*

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

(repeat for each decade)

8. *Conclusion*

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

(repeat 3 times)

9. *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. Amen.

THE DIVINE MERCY IMAGE EXPLAINED

1. *Christ Resurrected*

Depicted in the image is the newly resurrected Christ with 4 of His 5 wounds visible (2 in the hands and 2 in the feet), an image of His vast love for us.

2. *Sign of Greeting*

Jesus' right hand is raised in a gesture of blessing, and His left hand is touching His left breast where His heart would be.

3. *Red Ray*

Emanating from place of Jesus' heart is a red ray, signifying His blood - which was shed and given to us in the Eucharist and is the life of souls.

4. *Pale Ray*

Beside the red ray is a pale ray, symbolizing water - poured over us in Baptism and renewed in us through reconciliation, the sacraments in which we receive Christ's mercy.

5. *Jesus, I trust in You*

In one of the visions to Faustina, Jesus said, *"I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: 'Jesus, I trust in you.'"*



JESUS, I trust in YOU



RESOURCES AND BIBLIOGRAPHY

The National Shrine of Divine Mercy, Stockbridge, Massachusetts

Complete list of prayers, devotions, novena prayers, and how to keep the Divine Mercy Feast Day, prayer books, and more: ShrineofDivineMercy.org/Marian

All words of Christ and Faustina: *The Diary of St. Maria Faustina Kowalska*, Marian Press, Stockbridge, Massachusetts.

All Biblical citations are taken from the Catholic Revised Standard Version of the Holy Bible, Ignatius Press

The Catechism of the Catholic Church, no. 2447

History of Lithuania and Ostra Brama from tour guides at pilgrimage destinations

All reflections are those of the author, who has studied the Divine Mercy Messages for years, being inspired and taught by the example of the late Sister Mary Ann Shumann, a true apostle of Divine Mercy whose love of St. Faustina and Divine Mercy lives on.

For more information about Divine Mercy
and pilgrimage opportunities, visit us at

TektonMinistries.org

