

# Pause for Prayer

## THE DIVINE MERCY

PART 2 OF A PRAYER 'HOW-TO'

### UNPACKING DIVINE MERCY

You may recall from Part 1 that Sister Faustina - a simple uneducated nun in the 1930s - received extraordinary revelations - or messages - from our Lord Jesus. Jesus appeared to her and spoke with her many times. He asked Sister Faustina to record these experiences, which she compiled into notebooks totalling about 600 pages.

These notebooks are known today as the ***Diary of Saint Maria Faustina Kowalska***, and the words contained within are God's loving message of Divine Mercy.

There are 5 points to the Divine Mercy devotion and we will look at the first one - the feast day of Divine Mercy.



### THE FEAST OF DIVINE MERCY

A feast day in the Catholic Church is a special day to remember a saint or holy event with special prayers and celebrations.

This feast is called Divine Mercy Sunday and it is always on the Sunday after Easter. On that day Jesus told Sister Faustina,

**"...the very depths of My tender mercy are opened. I pour out a whole ocean of graces upon those souls who approach the fount of My mercy. On that day, all the divine floodgates through which graces flow are opened".**

*(Diary of St. Faustina, 699)*





# WHOLE OCEAN OF GRACES

So what is grace? The Catholic Church teaches that grace is a gift given by God to humans that allows them to be forgiven of their sins and achieve eternal life.

So how does Jesus 'pour out a whole ocean of graces' to those who approach his fount of mercy?

Jesus told Sister Faustina, **"The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment"**. (Diary, 699).



## JESUS AND MERCY

So to receive it, you simply need to go to confession before or on the feast and receive Holy Communion with the intention of obtaining the promised grace. Here is how Jesus puts it:

**"On that day all the divine floodgates through which grace flow are opened. Let no soul fear to draw near to Me, even though its sins be as scarlet. My mercy is so great that no mind, be it of man or of angel, will be able to fathom it throughout all eternity."**

**Everything that exists has come forth from the very depths of My most tender mercy. The Feast of Mercy emerged from My very depths of tenderness. Mankind will not have peace until it turns to the Fount of My Mercy".** (Diary 699)

extracts from Fr. Michael Gaitley's book *Divine Mercy Explained*

[extracts from divinemercy.org](http://divinemercy.org)

