

Pause for Prayer

THE DIVINE MERCY

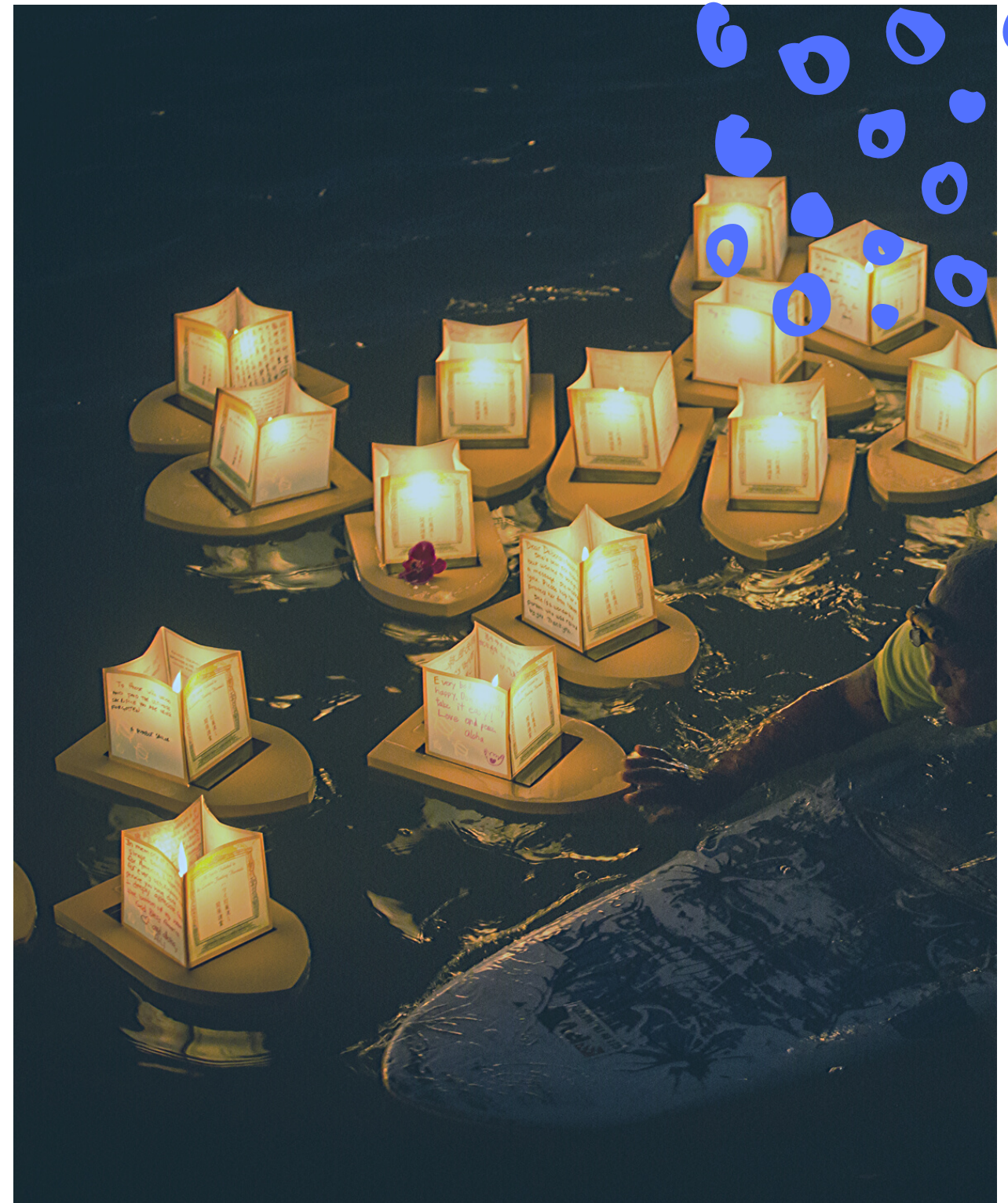
PART 6 OF A PRAYER 'HOW-TO'

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 last one, known as the **Hour of Mercy**.



THE 3 O'CLOCK HOUR

You may recall that the novena starts 9 days before Divine Mercy Sunday, which is always Good Friday.

Jesus also told Sister Faustina that the hour He died on the cross on Good Friday is the hour to especially ask for his Mercy.

At that moment his mission was finished and his blood was poured out on the cross for the sins of the whole world.

Because Jesus made the 3 o'clock hour sacred, whenever the clock strikes this hour, He wants us to recall His sacrifice of love. He wants us to think about what He did for us on the Cross. He simply wants our love!



MORE PROMISES KEPT

Jesus tell Sister Faustina,

"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."

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".

So this a great time to pray for our loved ones, for ourselves, for anything we are in need of! Jesus himself says, **'I will refuse nothing to the soul'**, so hold him to his promises!

So how do we pray? By praying the Chaplet of Divine Mercy, of course! See Part 5 of this series for how to pray the Chaplet.



"As often as you hear the clock strike the third hour immerse yourself completely in My mercy, adoring and glorifying it, invoke it's omnipotence for the whole world, and particularly for poor sinners, for at that moment mercy was opened wide for every soul".

So let's get into "the three o'clock habit" and remember Jesus' sacrifice of love for us, even if only for a moment!

