



# Mercy & Patience

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate **Your mercy & Patience.***

**SCRIPTURE** **Sirach 17:29** *"How great is the mercy of the Lord, and His forgiveness for those who turn to Him."*

## BREATH-WORK & GRATITUDE

### **BODILY PRAYER VERSE "Great is Your Mercy, Oh God."**

**MEDITATION:** In talking about the Apostle Thomas and how he experienced the Mercy of God, Pope Francis said, *"Thomas does not believe it when the other Apostles tell him: "We have seen the Lord." ... And how does Jesus react? With patience: Jesus does not abandon Thomas in his stubborn unbelief ... He does not close the door, He waits. And Thomas acknowledges his own poverty, his little faith. "My Lord and my God!": with this simple yet faith-filled invocation, he responds to Jesus' patience. He lets himself be enveloped by Divine Mercy; he sees it before his eyes, in the wounds of Christ's hands and feet and in His open side, and he discovers trust."<sup>3</sup>*

Pope Francis also says, *"Let us ... remember Peter: three times he denied Jesus, precisely when he should have been closest to him; and when he hits bottom he meets the gaze of Jesus who patiently, wordlessly, says to him: "Peter, don't be afraid of your weakness, trust in Me." Peter understands, he feels the loving gaze of Jesus and he weeps. How beautiful is this gaze of Jesus — how much tenderness is there! Brothers and sisters, let us never lose trust in the patience and mercy of God!"<sup>4</sup>*

**RESOLUTION:** (Re-read Scripture.) God is All-Merciful and All-Patient without limits, but what do I need to do to receive that Mercy, that Patient Gaze? I just need to have the courage to go to Him, no matter how many mistakes I have made. He knows our mistakes and yet He waits for us, and never tires of forgiving us if we return to Him with a contrite heart. Great is God's mercy.

*As we take a few more quiet moments, let us turn to Mary, for "She is the woman who knows most deeply the mystery of God's Mercy."<sup>5</sup>*

**ENDING PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother of Mercy, **pray for us**; St. Joseph: **pray for us**; St. name of the routine (or saint of the day): **pray for us.** In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Pope Francis, *Homily on Divine Mercy Sunday, April 7, 2013*

<sup>4</sup> Pope Francis, *Homily on Divine Mercy Sunday, April 7, 2013*

<sup>5</sup> John Paul II, op cit, 9

*\*Raised Knee position is an acceptable modification.*

