

Practical Suggestions for Practicing the Works of Mercy

The Corporal Works of Mercy – The Corporal works of mercy are kind acts by which we help our family, friends, and *neighbors* with their everyday material and physical needs.

1. Feed the Hungry

2. Give Drink to the Thirsty

- Go through cabinets and find extra food to donate. Donate all these items to the Catholic Charities Food Pantry or another agency that feeds the hungry.
- Decide not to eat out for a meal and donate that money to St. Vincent de Paul Ministry, Catholic Charities or another agency that feeds the hungry.
- Educate Yourself about World Hunger.
- Don't waste food.
- Buy locally. Don't throw away any food. Only eat and buy what you will eat before it expires.
- Share meals with others.

3. Shelter the Homeless

- Set up a time to visit a homeless shelter with your parent.
- Look for opportunities to help parishioners and neighbors care for their home (especially shut-ins and the elderly).
- Support and volunteer for charitable organizations who care for the homeless.

4. Clothe the Naked

- Go through drawers and closets and find good-condition clothes and shoes to donate to a charitable organization.
- Volunteer to work at a clothing drive or at a shelter where clothing is distributed to those in need.

5. Visit the Sick

- Dedicate yourself to praying for the sick in our community.
- Volunteer at the local nursing homes or hospitals.
- Send cards to people you know who are sick or send cards to those who don't have any visitors.
- Pay attention to those who have mental illnesses and pray for them and offer support.

6. Visit the Imprisoned

- Learn about Prison Ministry that is offered through the Diocese of Charlotte to find ways youth can help those imprisoned.
- Support efforts that seek the abolition of the death penalty.

7. Bury the Dead

- Be faithful to attending funerals to pray for the dead.
- Send a card to the families of those who are recently died.
- Spend time with widows and widowers.

Spiritual Works of Mercy: The Spiritual Works of Mercy are kind acts by which we help our family, friends and *neighbors* with their everyday spiritual and emotional needs.

1. Counsel the Doubtful

- Dedicate yourself to prayer and falling in love with God so that you might be a faithful witness.
- Respond to cynicism, skepticism, and doubt with patience, hope, and love.
- Be articulate about your own hopes and be articulate about your reason for hope.
- Ask people about their hopes and support them in attaining them.

2. Instruct the Ignorant

- Commit yourself to learning about the Catholic faith and share your understanding of the faith with others and with those who welcome it.
- Be unapologetic about your faith. Share your Catholic faith with friends and others.
- Take time to tutor and be a mentor for younger children through the Youth Ministry/Faith Formation.
- Help your peers who need help with school work that you are advanced in.

3. Admonish Sinners

- Be courageous yet compassionate in calling people and institutions to be faithful to Gospel values.
- Intervene in situations in which people are clearly doing harm to themselves or others.
- Respond to negative and prejudicial comments with positive statements.
- Put an end to gossip by walking away or saying something redeemable about the person.
- Set a good example for others.

4. Comfort the Afflicted

- Be present and walk with others through their pain.
- Offer words of encouragement to those who seem discouraged.
- Offer positive words to fellow students or coworkers who are having a difficult time.
- Compliment someone you don't know.
- Offer sympathy to those who are grieving.

5. Forgive Offenses

- Experience the mercy of God in the Sacrament of Confession at least once a month.
- Pray for those who have wronged you and pray for the courage to forgive.
- Ask forgiveness from others. Examine your past and forgive yourself for your offenses.
- Let go of grudges.
- Go out of the way to be positive with someone you are having a difficult time with.

6. Bear Wrongs Patiently

- Work at being less critical of others.
- Overlook minor flaws and mistakes in yourself and others.
- Give people the benefit of the doubt.

7. Pray for the Living and the Dead

- Pray a rosary outside of the church at the columbarium or at a cemetery.
- Offer prayer intention at mass for diseased relatives and friends.
- Call or text a family member or friend on the anniversary of someone who has passed away.
- Go with your parent to a local abortion facility to pray for the unborn, mothers and fathers considering abortion and for the conversion of those individuals who participate in the evil of abortion.