

Insecure

The Source of Security

In a time of incredible insecurity, we trust in incomprehensible mercy.

Discussion Questions

1. In today's Gospel it says, "But these [Scriptures] are written that you may come to believe ... " When you read the Scriptures, do you read them knowing they were written for you? How has reading the Scriptures helped you to know Him on a personal level?
 2. What we're learning in life right now is that certainty is an illusion. Whatever it was that we thought gave us our security, be it our health, our financial stability, our jobs, our relationships, our normal day-to-day tasks have either been or are under the threat of being taken away. What have been the challenges (and maybe also the blessings) for you in learning this?
 3. In the midst of incredible insecurity, the Apostles chose voluntary vulnerability. What kind of a heart would it take for them to have lived that out? What are some specific character traits that you could learn from them to help you be more vulnerable and dependent on Christ?
 4. Saint Peter reminds us in the Second Reading that trials are necessary in that they reveal (what we were to have learned), they purify (where we have placed our hope), and they strengthen (our roots in Christ). How do these three bullet points help change your perspective of trials you're currently experiencing? Please share.
 5. The Apostles could rejoice without any external sense of security because they had an internal sense of assurance in God's Mercy. How has Jesus assured you of His Mercy through these last several weeks? What are some practical ways that you could receive more of His Mercy?
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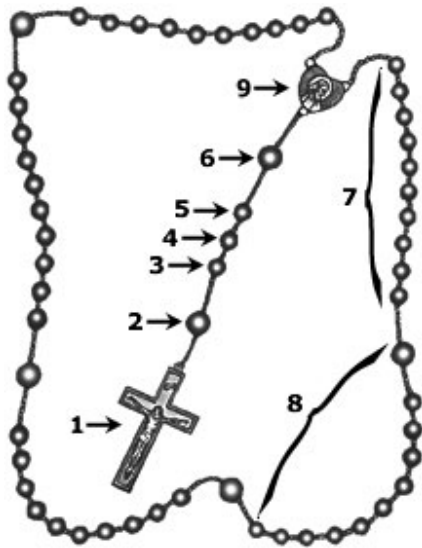
God in Real Life

This week, pray through the Chaplet of Divine Mercy (see attached handout). Make a plan to go to Confession (if it's not possible in your area, make an Act of Contrition.) Make a Spiritual Act of Communion. Let His Mercy consume your insecurity.

To the Heart

Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you."
John 20:21

The Divine Mercy Chaplet



1. Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. Optional 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.

O Blood and Water, which gushed forth from the heart of Jesus as a fountain of mercy for us, I trust in you!

Repeat three times

3. Our Father

Our Father, Who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

4. Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

5. Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from thence he shall come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

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.

7. On the Ten Small Beads of Each Decade

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

8. Repeat for the Remaining Decades

Say the "Eternal Father" on the "Our Father" bead and then ten "For the sake of his sorrowful Passion" on the following "Hail Mary" beads.

9. Holy God

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

Repeat three times

10. Optional 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.

The Divine Mercy Sunday Indulgence

What is an indulgence?

“An indulgence is a remission before God of the temporal punishment due to sins whose guilt has already been forgiven, which the faithful Christian who is duly disposed gains under certain prescribed conditions through the action of the Church which, as the minister of redemption, dispenses and applies with authority the treasury of the satisfactions of Christ and the saints.”

“An indulgence is partial or plenary according as it removes either part or all of the temporal punishment due to sin.” The faithful can gain indulgences for themselves or apply them to the dead.

Catechism of the Catholic Church 1478-1479

What are the conditions for a plenary indulgence?

- Sacramental confession (within about 20 days before or after)
- Eucharistic communion (preferably on the day, or the days before or after)
- Prayer for the pope's intentions

What are the specific conditions for the Divine Mercy Sunday indulgence?

- On Divine Mercy Sunday, in any church or chapel, in a spirit that is completely detached from the affection for a sin, even a venial sin, take part in the prayers and devotions held in honor of Divine Mercy.
- Or, in the presence of the Blessed Sacrament exposed or reserved in the tabernacle, recite the Our Father and the Creed, adding a devout prayer to the merciful Lord Jesus (e.g. “Merciful Jesus, I trust in you.”).
- A partial indulgence is granted to the faithful who, at least with a contrite heart, pray to the merciful Lord Jesus.



The message of the Divine Mercy is simple. It is that God loves us – all of us. And, he wants us to recognize that his mercy is greater than our sins, so that we will call upon him with trust, receive his mercy, and let it flow through us to others. Thus, all will come to share his joy.

The Divine Mercy message is one we can call to mind simply by remembering ABC:

A: Ask for his mercy. God wants us to approach him in prayer constantly, repenting of our sins and asking him to pour his mercy out upon us and upon the whole world.

B: Be merciful. God wants us to receive his mercy and let it flow through us to others. He wants us to extend love

and forgiveness to others just as he does to us.

C: Completely trust in Jesus. God wants us to know that the graces of his mercy are dependent upon our trust. The more we trust in Jesus, the more we will receive.

This message and devotion to Jesus as the Divine Mercy is based on the writings of St. Faustina Kowalska, an uneducated Polish nun who, in obedience to her spiritual director, wrote a diary of about 600 pages recording the revelations she received about God's mercy. Even before her death in 1938, the devotion to the Divine Mercy had begun to spread. Learn more at thedivinemercy.org.