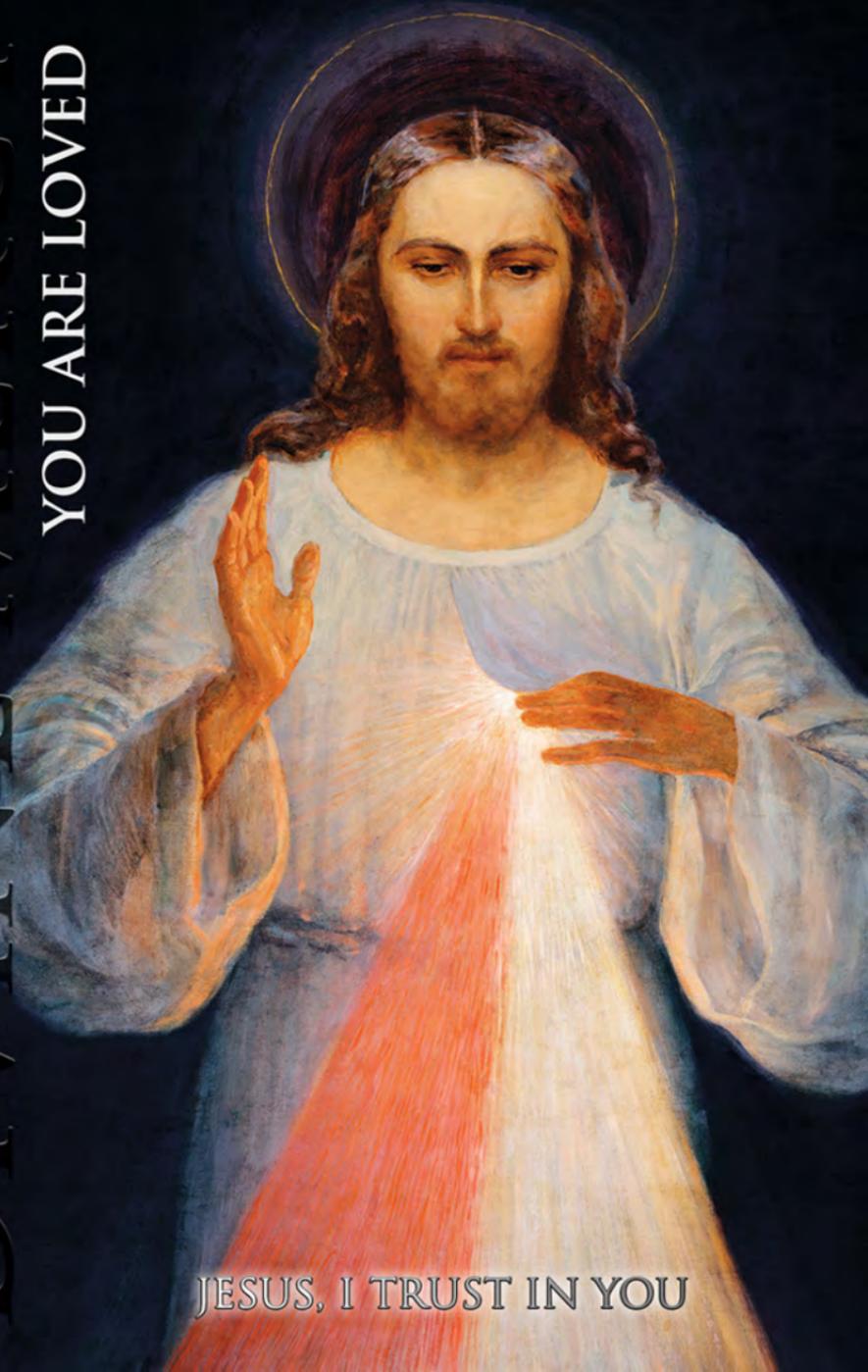


DIVINE MERCY

YOU ARE LOVED



JESUS, I TRUST IN YOU

“Divine Mercy - You are Loved”

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## *Introduction*

*My Jesus: encountering Jesus, The Divine Mercy*

*Becoming His loving presence to others. By Jerry Bauman*

*Dear friends!*

*My faith in knowing Jesus and in knowing His Divine Mercy gives me hope, trustworthy hope, and so my hope is in Jesus. Before my encounter with Christ I was without hope, because I did not truly know God and His love for me. I lived in a world of darkness, facing a dark future.*

*But now by having a loving and trusting relationship with Jesus I have come to truly know God and His saving love for me and so my heart is moved in hope. My hope is in my Jesus who knows me and who loves me, who pour out His mercy upon me. I am loved and wherever Jesus leads me I am awaited by love and so my life is good.*

*Through the knowledge of this hope, I am no longer in darkness but in the light of Christ, and so I am free, free to love.*

*To all who desire love, come to the Merciful Heart of your Jesus, follow Him, and be a light of His Divine Mercy for the world.*

*My dear friends, it is my hope to help you to truly know God personally within your hearts, to lead you into an intimate relationship with your Jesus experiencing the fire of His love which burns in His Heart for you, and to receive His mercy. I am speaking about an experience of the living Christ within your soul, an encounter with your Jesus, The Divine Mercy.*

*It is also my hope to help you follow Jesus by inviting you to make an act of total consecration, to entrust your heart and commit your life to Jesus of Mercy through the Immaculate Heart of Mary, under her title, Our Lady of Mercy. Then to help you begin living the Catholic Faith as Apostles of Divine Mercy under the protective care and loving guidance of Mary, offering merciful love, forgiveness, healing and hope to those in need, to be the loving presence of Jesus to others. **“Just as I have loved you, you also should love one another” John 13:34***

## How to use this booklet

*“Divine Mercy - You are Loved” presents an intimate look at Jesus, The Divine Mercy, a powerful message of God’s extraordinary love, tender mercy, and a trustworthy hope.*

*Dear friends, as you embrace this life changing message of mercy, your heart will be awoken to a new discovery of love that will lead your heart into truly knowing Jesus intimately and experiencing His personal love for you as a trusting friend.*

*Through prayer you will learn to develop your interior life with Jesus, the ability through grace to speak to Jesus, to listen, to recognize Our Lord’s voice from within, and to recognize His loving presence in your life.*

*With the help of Mary, the Mother of Jesus, you will find your love for Jesus will become more perfect and holy, bringing joy and hope in to your life with a greater freedom to love yourself and others as you were created to.*

*There is also a Message, Devotions, and Promises from Jesus, The Divine Mercy, contained as red type in this booklet which were revealed to us through the writings of Saint Faustina Kowalska in her Diary, “Divine Mercy in My Soul.” They should be read slowly, pondered upon, absorbed into your heart, and then put into action. I pray each day for all of you my dear friends,*

*Jerry Bauman*

*Jerry Bauman, Founder of Divine Mercy for Youth - Operation Mercy Relief.*



**Everyone feels the longing to love and to be loved:** God our heavenly Father, who is all loving, is deeply involved in your daily life. Our Father created us out of love, to share in His divine life, and to have complete access to Him, Our Father, through Jesus Christ, the Word made flesh by the Holy Spirit.

**“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life” John 3: 16.** Jesus came into the world so that we may know God and His love for us. Jesus came to save us, to forgive our sins and to heal the wounds of our heart. Jesus came to give us life.

Jesus opens His arms wide on the cross and pours out His mercy for us as He gives His very life for our salvation. Jesus said: **“On the cross, the fountain of My mercy was opened wide by the lance for all souls - no one have I excluded!”** (Diary, 1182). There is no mystery about how much Jesus loves you. This loving and healing presence is not just an image from the past, it’s not just something to think about and hope for. It is Jesus, The Divine Mercy who is present to you now, in Love.

### [The Message of Divine Mercy](#)

**The writer speaks:** the message is simple. Jesus loves us -all of us. And He wants us to know that He has opened His Heart to us as a living fountain of mercy. Jesus wants us to recognize that His Mercy is greater than our sins, our weakness, than any darkness we may encounter, so that we will call upon Him with trust, receive His mercy, and let it flow through our heart to others. Thus, all will come to share in the joy of His love, here on earth, and in heaven.



## The Story of Divine Mercy

The writer speaks: In the 1930s, Jesus revealed Himself to a simple and holy nun, Sister Faustina of the Congregation of the Sisters of Our Lady of Mercy in Poland. Jesus appeared to Sister Faustina in a vision with rays of mercy streaming from His Heart. Jesus called her to be the secretary and apostle of His mercy. Jesus said to her **“Speak to the world about my mercy”** (Diary, 229). Jesus told her to record His message of mercy in a Diary, her mission, to share that mercy with the whole world.

Jesus instructed Sister Faustina to remind the world about God's unfathomable mercy. She was to accomplish this by introducing new devotions and practices He had given to her to honor His mercy, thereby establishing a worldwide movement of refreshed souls dedicated to living and spreading Divine Mercy.



Through Sister Faustina, Our Lord gave us special means of drawing on His mercy: The Image of Mercy, The Feast of Mercy, The Chaplet of Mercy, The Novena of Mercy, The Hour of Mercy. To each of them the Lord attached promises of special graces. It is Divine Mercy Jesus said that will determine the future destiny of the world.

Jesus speaks to Sister Faustina: **“Speak to the world about my mercy; let all mankind recognize My unfathomable mercy. It is a sign for the end times; after it will come the day of justice. While there is still time, let them have recourse to the fount of My mercy”** (Diary, 848).

On April 30, 2000, the Great Pope John Paul II canonized Sister Faustina as a Saint of the Church. She is now known to us as Saint Maria Faustina of Divine Mercy. The Holy Father also announced during his homily that the Second Sunday of Easter would now be celebrated as Divine Mercy Sunday throughout the universal Church. Note: Pope John Paul II was canonized as a Saint of the Church on 27 April 2014 Divine Mercy Sunday.



## The New Devotions and Extraordinary Promises of Divine Mercy

**The Image of the Divine Mercy:** The writer speaks: In 1931, Our Lord appeared to Saint Faustina in a vision. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red and the other pale. She gazed intently at the Lord in silence, her soul filled with awe, but also with great joy.

Jesus speaks to Sister Faustina: Paint an image according to the pattern you see with the signature: Jesus, I trust in You. I promise that the soul that will venerate this image will not perish. I also promise victory over [its] enemies already here on earth, especially at the hour of death. I Myself will defend it as My own glory (Diary, 47, 48).



The writer speaks: Jesus taught Saint Faustina that His mercy is unlimited and even the worst and most hopeless sinner was deserving of God's infinite mercy.

Jesus speaks to Sister Faustina: "I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: "Jesus I trust in You" (Diary, 327). I desire that this image be venerated, first in your chapel, and [then] throughout the world (47).

Jesus speaks to Sister Faustina: "The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls... These two rays issued forth from the very depths of My tender mercy when My agonized Heart was opened by a lance on the Cross" (Diary, 299). Jesus said: Proclaim that mercy is the greatest attribute of God. All the works of My hands are crowned with mercy. (Diary, 301).



**The Feast of Mercy:** The writer speaks: Our Lord asked Saint Faustina to pray and work towards establishing a Feast of the Divine Mercy on the Sunday after Easter.

Jesus speaks to Sister Faustina: “tell the whole world about My inconceivable mercy. I desire that the Feast of Mercy be a refuge and shelter for all souls, and especially for poor sinners. On that day the very depths of My tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the Fount of My Mercy. The soul that will go to Confession and receive Holy Communion will obtain complete forgiveness of sins and punishment” (Diary, 699)

**The Chaplet of Divine Mercy:** The writer speaks: Our Lord taught Saint Faustina a prayer for mercy that she was to pray unceasingly. He told her that, if she prayed in this way, her prayers would have great power for the conversion of sinners. Jesus speaks to Sister Faustina: “Say unceasingly the chaplet that I have taught you” (Diary, 687).



The writer speaks: In subsequent revelations, the Lord made it clear that the chaplet was not just for her, but for the whole world. He also attached extraordinary promises to its recitation.

Jesus speaks to Sister Faustina: “Encourage souls to say the Chaplet which I have given you” (Diary, 1541). “The souls that say this chaplet will be embraced by My mercy during their lifetime and especially at the hour of their death” (Diary, 754). “Whoever will recite it will receive great mercy at the hour of death” (Diary, 687). “When they say this chaplet in the presence of the dying, I will stand between My Father and the dying person, not as the just Judge but as the Merciful Savior” (1541). Priests will recommend it to sinners as their last hope of salvation. Even if there were a sinner most hardened, if he were to recite this chaplet only once, he would receive grace from My infinite mercy (687). “I desire to grant unimaginable graces to those souls who trust in My mercy” (687). “Through the Chaplet you will obtain everything, if what you ask for is compatible with My will” (Diary, 1731). “Oh, what great graces I will grant to souls who say this chaplet; the very depths of My tender mercy are stirred for the sake of those who say the chaplet” (Diary, 848).



### **The Novena to The Divine Mercy:**

**The writer speaks:** In preparation for the Feast of the Divine Mercy, the Lord asked Saint Faustina to make a novena (nine days) of prayer from Good Friday to the following Saturday.

**Jesus speaks to Sister Faustina:** “By this novena, I will grant every possible grace to souls” (Diary, 796).

**The writer speaks:** Jesus instructed Saint Faustina on how to make this novena. The novena starting on Good Friday consisted of praying the Chaplet of Divine Mercy for nine days before the Feast of Mercy. Jesus instructed Saint Faustina to bring to His Heart a different group of souls each day. Jesus, Himself, dictated the intentions for each day.

**Jesus speaks to Sister Faustina:** “I desire that during these nine days you bring souls to the fountain of My mercy, that they may draw therefrom strength and refreshment and whatever grace they need in the hardships of life, and especially at the hour of death. On each day you will bring to My Heart a different group of souls, and you will immerse them in this ocean of My mercy” (Diary, 1209).

### **The Hour of Great Mercy:**



**The writer speaks:** in His revelations to Saint Faustina, Jesus asked for special, daily remembrance at three o'clock, the very hour He died for us on the cross.

**Jesus speaks to Sister Faustina:** “At three o'clock, implore My mercy, especially for sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. I will allow you to enter into My mortal sorrow. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion....” (Diary, 1320)  
Our Lord promised.

## Additional Instruction and Information on Divine Mercy

**Three ways of exercising mercy:** The writer speaks: Jesus speaks to us all through the example of Saint Faustina.

Jesus speaks to Sister Faustina: “I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere. ... I am giving you three ways of exercising mercy toward your neighbor: the first – by deed, the second – by word, the third – by prayer: In these three degrees is contained the fullness of mercy, and it is an unquestionable proof of love for Me” (Diary, 742). “Be always merciful as I am merciful. Love everyone out of love for Me, even your greatest enemies, so that My mercy may be fully reflected in your heart” (Diary, 1695).

**Prayer for conversion:** Jesus speaks to Sister Faustina: “the prayer most pleasing to Me is prayer for the conversion of sinners. Know, My daughter, that this prayer is always heard and answered” (Diary, 1397).

I desire that you know more profoundly the love that burns in My Heart for souls, and you will understand this when you meditate upon My Passion. Jesus said: “Call upon My mercy on behalf of sinners; I desire their salvation. When you say this prayer, with a contrite heart and with faith on behalf of some sinner, I will give him the grace of conversion. This is the prayer:

O Blood and Water, which gushed fourth from the Heart of Jesus as a fount of Mercy for us, I trust in you” (Diary, 186-187).

**People who spread devotion to Divine Mercy:** Jesus speaks to Sister Faustina: “Souls who spread the honor of My mercy I shield through their entire lives ... and at the hour of death I will not be a Judge for them, but the Merciful Savior.” (Diary, 1075)

**The Mission of Saint Faustina is ours:** Jesus speaks to Sister Faustina: “Speak to the world about my mercy” (Diary, 229). “My daughter give Me souls. Know that it is your mission to win souls for Me by prayer and sacrifice, and by encouraging them to trust in My mercy” (Diary, 1690).





You are loved - an intimate friendship with Jesus, through prayer.

“You shall love the lord your God with all of your heart, with all your soul, with all your mind, and with all your strength, “you shall love your neighbor as yourself” Mark 12:30-31.

**You are loved!** Dear friends, it is important for you to know that you are loved by Jesus and that you can trust in His mercy. This is the greatest truth for your heart to know, for it is this truth that moves a heart

to follow Jesus, and begin living a holy life.

**The writer speaks:** You are loved! Developing an intimate friendship with your Jesus begins with His love for you, and continues with your response to His love with trust.

**Jesus speaks to your heart:** “For you I descended from heaven to earth; for you I allowed myself to be nailed to the cross; for you I let my Sacred Heart be pierced with a lance, thus opening wide the source of mercy for you. Come, then, with trust to draw graces from this fountain” (Diary, 1485).

**The writer speaks:** I invite you to begin with personal prayer. I invite you to open your heart to your Merciful Jesus, place yourself into His loving presence, and Invite Jesus into your heart. Speak to Jesus from your heart as a friend, and share you’re most intimate thoughts, your hopes, your joys, your sorrows, your fears. Tell Jesus that you desire His friendship, His love, that you want Him to be the center of your life, to be your God.

Jesus said: “Talk to Me simply, as a friend to a friend” (Diary, 1487). Jesus said: “Tell Me all, My child, hide nothing from Me, because My loving Heart, the Heart of your Best Friend, is listening to you” (Diary, 1486).



The writer speaks: Then listen to your Jesus in the quietness of your heart and come follow Him. It is through prayer that you will truly know Jesus personally and through His grace you will learn to listen and recognize His voice from within, along with recognizing His presence in your life. In prayer, Jesus becomes your constant companion and friend who speaks with you.

Continue to develop your personal prayer life with Jesus each day. Through prayer, you will continue to truly know Jesus intimately and experience His personal love for you as a trusting friend. Prayer enables you to meet God at the most profound level of your being. It connects you directly to God the Father, Son and Holy Spirit, in a constant exchange of love.

Through prayer you will discover that Jesus is the only one who can answer all of your questions, even those most difficult questions that cannot be put into words. Through prayer you will learn to become God's instruments of Divine Mercy for the world, because in prayer you will become one with Jesus, The Divine Mercy Himself.

Everyone feels the longing to love and be loved, and it is by developing an intimate friendship with your Jesus through prayer that you will learn how to love. Through this intimate prayer life with Jesus you will discover how to begin new friendships, healthy relationships that are centered on Christ, and His love for us. Each time you meet Jesus in prayer, your heart reawakes in a discovery of love that brings new joy and hope into your life.

Rest assured my friends that Jesus has a plan for each of you. Jesus desires only to love you, to give you the joy and companionship you desire, and to teach you how to love.



**Trust in your friendship with Jesus, and draw life from the living fountain of mercy.** Jesus tells us: **“I have opened My Heart as a living fountain of mercy. Let all souls draw life from it. Let them approach this sea of mercy with great trust”** (Diary, 1520).

My dear friends, Jesus is calling you to put your trust in Him, to come to His Merciful Heart and draw life from it. Jesus knows for some of you an act of trust is very difficult because you have

been very hurt. Some of you have experienced much pain and suffering in your life.

Some of you may feel that God hasn't loved you because the people that have surrounded you in your life have not shown you God's love. Jesus knows that is why it is very hard for some of you to trust.

Jesus tells us: **“I am Love and Mercy itself”** (Diary, 1074). Jesus tells us: **“I make the first move to come to you, for I know that by yourself you are unable to lift yourself to Me”** (Diary, 1485).

Jesus alone is able to show you His love and lead you to His Merciful Heart. Jesus is always with you, so fear nothing. Let your heart be still and look deep within your soul, through His grace, you will be able to see Jesus revealing His heart to you, His love.

In turn you will be able to recognize His presence in your life. I encourage you to continue coming to your Jesus with an open heart and trust in His love for you.



Jesus, who is merciful, gives you the graces you need to come to His Merciful Heart so that you may receive His love and tender mercy. Jesus also gives you the freedom to choose to accept His grace. We are all created in the image of God, and each person has been created with the freedom to accept or reject the invitation of life with God. From the very beginning, God has always given us a choice. The

perfect love of God requires free will and therefore, always and everywhere the ability to choose, to choose life or reject it.

Jesus tells us: **How very much I desire the salvation of souls ... I want to pour out My divine life into human souls and to sanctify them, if only they were willing to accept My grace** (Diary, 1784). Jesus tells us: **“My Heart is the fountain of unfathomable mercy. From this fountain spring all graces for souls”** (Diary, 1190). Jesus said: **“The graces of My mercy are drawn by means of one vessel only, and that is- trust. The more a soul trusts, the more it will receive”** (Diary, 1578).

### **Jesus is all loving, and wants to heal all the wounds of your heart**



Jesus is all loving; He knows your heart and sees your life. He knows the times in which you have experienced much pain and suffering. He knows the times you have been afraid and all that you fear right now. Jesus knows the times in which your heart has been broken and you have felt unloved or forgotten. Jesus wants you to know that

you are loved by Him and that He is with you, He is always with you even if you feel alone, Jesus is with you. Jesus said: **“I am with you always and everywhere. ... Fear nothing”** (Diary, 797). Jesus loves you; He desires to heal the wounds of your heart, to pour out His merciful and healing love within your heart and upon your life. Jesus said: **“Tell Me, My child, who has dared to wound your heart? Tell Me about everything, be sincere in dealing with Me, reveal all the wounds of your heart. I will heal them, and your suffering will become a source of your sanctification”** (Diary, 1487). I invite you to speak to Jesus, be sincere and share with Him all the wounds of your heart.

## Jesus's tender mercy



In your friendship with Jesus, you will discover that the greater you are in need of His love the greater is His mercy for you. Jesus knows the ways of today's world that is leading His people to evil, the ways of leading His people into sin. He knows the darkness in which many of His people are experiencing and how they feel lost as they search to be loved. No matter where your heart has been in the past, or what life you have lived, no matter what wrong choices you have made in your life, no matter what sins you have committed, know that Jesus loves you and that He is merciful. Jesus wants to forgive you of all your sins, He wants to pour out His tender mercy upon you, to bring you into His light, and give you the graces you need to live a holy and joyful life, to be at peace.

Jesus tells us: **Let the weak, sinful soul have no fear to approach Me** (Diary, 1059). Again Jesus tells us: **Let no soul fear to draw near to Me, even though its sins be as scarlet** (Diary, 699). **My mercy is greater than your sins, and those of the entire world** (Diary, 1485). Jesus reminds us that through His passion, His death on the cross, and His resurrection, He has destroyed sin and the hold that sin would have upon us. Jesus has conquered death for us, so that we may have life. Jesus tells us: **My Heart overflows with great mercy for souls, and especially for poor sinners** (Diary, 367). Call upon your Jesus and His mercy; tell Jesus that you are coming to Him with a loving and trusting heart. Tell Jesus, that you are truly sorry for all your sins and humbly ask for His forgiveness.

Jesus said: **"The graces of My mercy are drawn by means of one vessel only, and that is- trust. The more a soul trusts, the more it will receive"** (Diary, 1578).

Remember, Jesus loves us, all of us; He wants us to recognize that His Mercy is greater than our sins, our weakness, and any kind of darkness we may encounter. Jesus wants us to call upon Him with trust, receive His mercy, and let it flow through our heart to others, so that all will come to share in the joy of God's love here on earth and in heaven.

## Call upon your Jesus and His Divine Mercy in the difficult times of your life:



Dear Friends, Jesus also wants you to know that when you call upon Him and His Divine Mercy with trust, His Divine Mercy helps you through the difficult times that you face each day, in the storms, in the trials of your life, in times of suffering, and hardships. His Divine Mercy saves you in times of danger and especially at the hour of death. Jesus

said to Saint Faustina: **“bring souls to the fountain of My mercy, that they may draw therefrom strength and refreshment and whatever grace they need in the hardships of life, and especially at the hour of death”** (Diary, 1209). Come to your Jesus, to the fountain of mercy

I invite you to continue with your personal prayer life with Jesus each day, and come follow Him with a childlike trust. Jesus tells us: **“I give you a new commandment: Love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another”** John-13: 34-35. Jesus is calling you to be His disciples, to love one another as He loves us.

I invite you to follow Jesus by giving Him your heart in total trust through the Immaculate Heart of Mary.

## Chapter 5

### Trust - Making an Act of Total Consecration to Jesus through Mary



I invite you to make an act of total consecration, to entrust your heart and life totally to the Merciful Jesus through the Immaculate Heart of Mary, Our Lady of Mercy and to renew your consecration often.

**Why Mary?** As Catholics, we honor Mary with a great love and devotion because she is the Blessed

Virgin, the Mother of God. We honor and love Mary because Jesus gave us His mother to be our mother, we are her spiritual children. By consecrating your heart and life to Jesus through Mary, His holy mother, you will find your love for Jesus will be transformed by grace into a more perfect and holy love.

Saint Maximilian Kolbe puts it this way, “Mary, the mother of God, is the most God like of creatures. The first grace she received from God was her Immaculate Conception, freedom from every stain, even of original sin from the first moment of her existence.” “The love of Mary is the most perfect love with which a creature can love God. With her heart then let us strive to love the heart of Jesus more and more.”

**Mary is our mother, we are her spiritual children:** Our consecration to Jesus through Mary is shown in the figure of Mary standing at the foot of the cross when Jesus gives us His mother to be our mother. When Jesus saw His mother and the disciple there whom He loved, He said to His mother, “**Woman, behold, your son.**” Then He said to the disciple, “**Behold, your mother**” **John 19:26-27.** The apostle John represents all of us. On Good Friday, Christ made His mother, the Mother of the human race, and made us her spiritual children.

**What does it mean to make an act of total consecration to Jesus through Mary?** Making an act of total consecration to Jesus through Mary means to give one's self entirely, heart and soul, mind and body, and life in total trust to Jesus Christ through the Immaculate Heart of Mary. Mary the perfect means which Jesus chose to unite Himself to us and us to Him. The Church has always advocated consecrating yourself to Jesus Christ through the Blessed Virgin Mary, the perfect model of discipleship.

### **From the Diary of Saint Faustina - Divine Mercy in My Soul**

In Saint Faustina's Diary she writes about a vision where Mary addresses her confessor (the priest). Saint Faustina recorded in her Diary the words she heard the Mother of God spoke to him; **"I am not only the Queen of Heaven, but also the Mother of Mercy and your Mother"** (Diary, 330).

At one point in Saint Faustina's early religious life, Jesus gave Saint Faustina the following instructions when He wanted her to make a novena of holy hours. Jesus said: **"During this adoration try to unite yourself in prayer with My Mother. Pray with all your heart in union with Mary"** (Diary, 32).

Saint Faustina had a deep understanding of Mary's role as intercessor of the mercy of God. She recorded Mary as telling her that her role as Mother is due to God's mercy: **"I am Mother to you all, thanks to the unfathomable mercy of God"** (Diary, 449).

**"Totus Tuus"** I am all yours, and all that I have is yours. **"Totus Tuus"** I am totally yours, the Latin motto of the Saint John Paul II summarizes his total consecration to Mary. Moved by the love of God the heart reaches out to other: Saint John Paul II was such a man traveling all over the world bringing the Gospel of Jesus Christ and His love to the young people. In doing so he always looked to Mary for courage. Herein lies the reason for Saint John Paul II's strength of courage and he said so, with a loud and clear voice **"Totus Tuus"** I am totally yours Mary. Saint John Paul II inspired many young people to approach the Merciful Heart of Jesus with trust, he desired to lead all to Jesus through Mother Mary.

### **Mary's interior life of trust.**

**The writer speaks:** In the Gospel of Luke we begin to see Mary's interior life of trust in God.

**The Annunciation.** In the sixth month, the angel Gabriel was sent from God to a city of Galilee named Nazareth, to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. And he came to her and he said, "Hail, full of grace, the Lord is with you!" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God.

And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great, and will be called the Son of the Most High; and the Lord God will give Him the throne of his father David, and he will reign over the house of Jacob for ever; and of his kingdom there will be no end."

And Mary said to the angel, "How can this be, since I have no husband?" And the angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the Child to be born will be called holy, the Son of God.

And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. For with God nothing will be impossible." And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." And the angel departed from her (Luke 1:26-38).

**The writer speaks:** How great is Mary's trust, she is the greatest example of trusting in God. Mary is the one who best shows us how to trust. Mary completely abandons herself to God. She gave her heart and life in total trust to God without reserve.

In the Gospel of Luke, The Visitation, once again Mary's interior life of trust is revealed to us. After the Angel departs, Mary goes in haste to visit her cousin, Elizabeth.

**The Visitation:** During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zacharias and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb; and Elizabeth filled with the Holy Spirit, cried out in a loud voice and said. "Most blessed are you among women, and blessed is the fruit of your womb". "And how does this happened to me that the mother of my Lord should come to me? "For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. "Blessed are you who believed that what was spoken to you by the Lord would be fulfilled" (Luke 1:39-45).

In the Gospel of Luke we see Mary's immediate response, she sang a song of praise. And Mary said: "My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age". The Gospel of Luke 1:46-50

**The writer speaks:** the Gospel of Luke gives us insight to Mary's deep interior life of trust in God, "Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." During the years of Jesus' hidden life with Mary and Joseph, the Holy Family, Mary continues her interior life of trust. And during Jesus' public ministry Mary continues trusting as she held on to the words spoken to her by the Lord and pondered them in her heart.

On Calvary, at the foot of the Cross, it is there that we see the light of Mary's interior life of trust shine bright. It is there at the foot of the Cross, in the midst of darkness, with a broken heart, Mary's trust is revealed to us with a greater glory.

**Lessons on Mary:** We look to Mary, full of grace, she is the one who best shows us how to completely abandon our self to God and His will for us in total trust, without reserve.



As children entrust their heart and life to Mary, their Heavenly Mother, she then helps her children to grow in holiness in their love for Jesus through trust. Mary will always leads her children into a loving intimate, and trusting relationship with her son Jesus, and His Church. A true friendship of trust.

Mary comes to her children with the presence of Jesus, revealing His love for them in the richness of His mercy. Mary, full of grace, whose heart is felled with the Holy Spirit comes to her children revealing the truth: **You are Loved, Trust in Your Jesus.**

Mary help her children to truly know Jesus intimately, to experience His personal love for them as a trusting friend. She always leads her children into a life of prayer with Jesus, to speak to Him from their heart, to listen, to recognize Our Lord's voice from within, and to recognize His loving presence in their life.

As children continue to entrust their heart and life to Mary, she helps them to develop their interior life of trust with Jesus, so that they may live more in His presence. Thus, growing in holiness in their love for Jesus.

Mary always leads her children safely to Jesus, and to the richness of His Divine Mercy.

Mary was given to us to help us enter into a more personal relationship with Jesus and grow in holiness. When we consecrate our self to Mary, which is to say, when we entrust our heart and life in total trust to Mary, it means that we are entrusting the conversion of our heart and the sanctification of our soul to Jesus through Mary full of grace. Mary then leads her spiritual children to her Son Jesus, she interests and prays for them.

Mary help her children to grow in a more pure and holy relationship with Jesus. Mary the Immaculate Virgin takes her children under her special protection and guards the purity of their soul. She guides her children in life and comforts them in times of suffering. She's the guardian of her children life, especially at the hour of death.



Mary, the Immaculate Conception, remains before God, and also before the whole of humanity as the sign of sure hope.

In times of temptation in the struggle against evil and the effort to do good, to do what is right, Mary continues to interest and prays for her children.

Mary will always lead her spiritual children safely towards the mercy of her son Jesus.

As we entrust our hearts and life to Mother Mary we enter into a more loving communion with Jesus.

Mary always unites our hearts to Jesus, helping us to live a life of holiness, offering, love, mercy, healing, and hope to a hurting world.

This Marian spirituality, and way of life for children, is a call to be apostles of The Divine Mercy under the maternal and loving protection of Mary, Our Lady of Mercy.

My young friends, I invite you now to make an act of total consecration to Jesus through Mary.

## Chapter 6

### Uniting Your Heart to the Merciful Heart of Your Jesus



Dear friends, Saint Faustina had one great desire, that her heart be united to the Merciful Heart of her Jesus, (See Diary, 1700).

Saint Faustina speaks of this union of hearts in her diary. Her heart experienced being pierced with a flame of Jesus love, (see Diary, 1140). Because she was given a profound knowledge of the Heart of Jesus, His burning love for us, and of how His Heart is a living fountain of mercy, Saint Faustina was able to express this union of hearts in her writing, and in living the message of Divine Mercy.

Jesus said to Saint Faustina: **“Apostle of My mercy, proclaim to the whole world My unfathomable mercy”** (Diary, 1142). My friends, I invite you to unite your heart to the Merciful Heart of your Jesus, pray slow and from the heart.

Begin by making the sign of the cross: In the name of the Father and of the Son and of the Holy Spirit. Amen.



## **PRAYER TO JESUS OF MERCY**

Dear Jesus, I praise and thank you for your love, and for pouring out your mercy upon me. I place myself into your loving presence, Jesus. I ask you to come into my heart - to be the center of my life.

Jesus, I am truly sorry for all my sins and humbly ask for your forgiveness - for you are all loving, merciful and deserving of my whole heart and all of my love.

O' Merciful Jesus, come with the riches of your Divine Mercy. Send your spirit of healing into the brokenness of my heart. Lead me out of the darkness and into your light - for I desire to follow you.

Lord Jesus, you know who I am. Please take my heart. I surrender my life to you. My heart longs for your love. I wish to be loved by you and to share your love with others.

Open my heart, Lord. Please give me the graces I need to truly trust in you. Merciful, Jesus, I do believe in your love for me. Help me in times of my unbelief and draw my heart to yours. Help me in the storms of my life. Protect me in the midst of danger and comfort me.

Come into my heart, Lord. Give me the grace to trust in your love for me - beyond my fears, beyond my doubts - so that I may follow you wherever you may lead me to go.

Jesus, I trust in you... Jesus, I trust in you... Jesus, I trust in you. My hope is in you Lord - no greater love have I ever known than your love for me.

## **PRAYER OF CONSECRATION - TO JESUS THROUGH MARY, OUR LADY OF MERCY**



Dear Lord Jesus, you know our hearts. You know how much we love you and want to follow you. In your love for us at the foot of the cross, you gave Mary, your holy mother to us to be our mother and for us to be her spiritual children. Thank you, Lord, for this beautiful gift of love - the gift of Mother Mary.

Dear Mother, I you're loving and trusting child, come to you now to consecrate my heart, and entrust my life to you. Dear Mother, please continue to lead me to Jesus and to the riches of His Divine Mercy.

Help me continue to have a loving and trusting friendship with Jesus.

Obtain for me the graces I need to follow Jesus and to remain constantly faithful to His infinite love. Draw my heart ever nearer to your son, Jesus. Continue to intercede for me - for the grace to truly love God with a pure heart. Help me, dear Mother, to love myself and others the way God loves us.

Holy Mary, Mother of Jesus and our Mother, help me with the conversion of my heart, and with the sanctification of my soul. For wherever you enter Merciful Mother, you obtain the grace of conversion and growth in holiness, since it is through your hands that all graces come to us from the Merciful Heart of your Son, Jesus, Our Lord.

O Immaculate ever-virgin, Mother of Mercy, I place myself into your loving hands under your special protection of your Immaculate Heart. I consecrate my heart and entrust my life to you and all that I have under your title, Our Lady of Mercy.

## PRAYER TO BE AN INSTRUMENT OF DIVINE MERCY



O' Merciful Jesus, make me an instrument of your Divine Mercy. Teach me to love and show mercy to others out of my love for you. Help me sweet, Jesus, to grow in your love and to love others as you love.

Teach me to minister to the poor and to people in need. Help me to feed the hungry; Give drink to the thirsty; Clothe the naked; Minister to the sick and assist those who are lonely. O Merciful Jesus, I pray for those in need, especially for those who are alone and feel unloved, lost, and forgotten. Jesus, if you wish to use me as your instrument of Divine Mercy for those in need, I say, "yes".

## Chapter 7

### Building up the kingdom of God and Renewing His Church



God loves us, He loves us so much that He sent His only begotten Son, Jesus Christ, to die on the cross and rise again from the dead to redeem and save us from sin and death. And, as Christ Himself promised, I will not leave you orphans (John 14:18). He established His Church, the Catholic Church.

In the Gospel of Matthew we read that Jesus Himself established His Church and laid the foundation of our faith when He said to Peter the first Pope **"you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it"** (Matthew 16:18).

Think of these words of Christ Our Lord spoken to His Father and about His disciples: **"As you have sent me into the world, so I have sent them into the world..."** (John 17:18). Listen also to His command to those same disciples **"Go into the whole world and proclaim the good news to all creation"** (Mark 16:15).

When Christ had finished his earthly ministry, he did not leave us orphans (John 14:18). He sent the Holy Spirit to guide His Church into all truth (John 16:13). This mission of receiving the truth and then faithfully handing it on to future generations was entrusted to the Church by Jesus Christ.

Jesus said to His disciples. **“All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”** Matthew 28:18-20

My friends, if you have not yet joined the Catholic Church, then I invite to do so. Seek out God's divine will for you through prayer. Ask Jesus to lead you to your new parish community of faith. Jesus tells us in the Gospel of Luke, **“Ask and you will receive; seek and you will find; knock and the door will be opened to you”** Luke 11:9.

I invite you to go to the Catholic Church, talk to a priest. He will help you in joining the parish. Tell him you want to become a member of the Catholic faith and you want to live the Gospel life of Jesus - as Apostle of Divine Mercy under the protective care and loving guidance of Mary.

### **The Mass: An Encounter with Jesus, the Living Christ**



My friends, I invite you to start each week with your faith in God by coming together at your parish Church for Sunday Mass. The Holy Mass exposes us to the truth of the Gospel, and of Jesus “truly present” in the Holy

Eucharist. It is through communion with Jesus that we are given strength to carry out His commandment to love one another.

You who long to be loved by Jesus, come and experience the presence of Jesus and His burning love for you in the Mass. I invite you to start each week with your faith in God by coming together for Sunday Mass, pray with your parish community and receive the love and support in which you desire.

Let your faith be awakened by hearing God's word and let your heart be nourished as you receive Holy Communion.

Listen to what Jesus tells us about uniting ourselves to Him in Holy

Communion: "Oh, how painful it is to Me that souls so seldom unite themselves to Me in Holy Communion. I wait for souls, and they are indifferent toward Me. I love them tenderly and sincerely, and they distrust Me. I want to lavish My graces on them, and they do not want to accept them. They treat Me as a dead object, whereas My Heart is full of love and mercy" (Diary, 1447).



**The Teachings of the Catholic Church:** Show me your ways, O Lord, teach me



your paths; guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:4-5. We the Catholic faithful, offer the fullness of faith to all through the catechesis of the Catholic Church, which

is to say to educate and instruct people into the faith through the teachings of the Catholic Church. "The source of catechesis is found in the word of God revealed by Jesus Christ. Catechesis will always draw its content from the living source of the word of God transmitted in Tradition and the Scriptures, for 'sacred Tradition and sacred Scripture make up the single sacred deposit of the word of God, which is entrusted to the Church.'" (National Directory for Catechesis)

I invite you to learn as much as you can about God and His saving love for us through the teaching of the Church. In the Gospel of John, Thomas, one of the apostles said to Jesus "How can we know the way?" Jesus said to him, "I am the way and the truth and the life" John 14: 6. If you are a new member of the Catholic Faith your parish priests will help you and guide you in a program of the catechesis, which is to say the teachings of the Catholic Church.

**The Sacraments:** The Church celebrates seven sacraments: Baptism, Confirmation, Penance, Holy Eucharist, Anointing of the Sick, Holy Orders, and Holy Matrimony.



The Church teaches us that the sacraments are holy signs of grace instituted by Christ and entrusted to the Church, by which divine life is given to us and celebrated.



In celebrating and receiving the sacraments you encounter Christ and receive His saving love and mercy. Through the sacraments, you are able to receive God's grace and are made strong in your faith.

As members of the Church, I encourage you to receive and celebrate the sacraments of God's saving love.



**Sacrament Preparation:** The Catholic Church takes very seriously the responsibility to help children and our youth to prepare and receive the sacraments - the sacrament of Baptism, first Penance, first Eucharist, and Confirmation - so that each child can build a loving and trustworthy relationship with God that will last.



If you are beginning your faith formation at a later age and in need of any of the Initiation Sacraments, Baptism, Eucharist, and Confirmation, your parish priest will help you in preparation to receive the sacraments.





**Eucharistic Adoration:** I invite you to pray, reflect, and spend quiet time in Adoration of the Blessed Sacrament, where Jesus is truly present. My dear friends, it is important to our soul, to our spiritual life with God that we spend time with Jesus in Eucharistic Adoration where we can receive God's graces to grow in holiness.

When you spend quiet time with Jesus in Eucharistic Adoration, Jesus can reveal His heart to you in a special way where you can recognize His presence and experience the wonders of His love for you.

It is a special time for you to listen in the quietness of your heart to Jesus and then respond with love. It is a time for you to simply be with Jesus and know that He is God, **“Be still and know that I am God” Psalm 46:11.**

Jesus tells us: **“Behold, for you I have established a throne of mercy on earth- the tabernacle- and from this throne I desire to enter into your heart. You can come to me at any moment, at any time; I want to speak to you and desire to grant you grace”** (Diary, 1485).

I encourage you to spend quiet time in Adoration of the Blessed Sacrament, where Jesus is truly present.



**Pray the Holy Rosary:** We pray the Holy Rosary because of our love for Jesus and Mary. When we pray the Rosary our mind and heart are raised up to God as we meditate on the important events in the lives of Christ and His Blessed Mother indicated by the Rosary Mystery.



When we pray the Rosary we are asking Mary to pray for us, to intercede in our life and to help us to follow Jesus and to stay faithful to Him.

We also pray for people to come closer to God or to return back to God; we pray for the conversion of hearts and the salvation of souls.

In our Catholic faith many of our Popes including the Saint John Paul II and Pope Benedict XVI have taught us about the power and the importance of the Holy Rosary.

On many occasions the Popes have urged the faithful to pray the Rosary in their daily life. In modern times, Mary herself calls us and invites us to pray the Holy Rosary for people to return back to her Son Jesus, to pray for the conversion of hearts and the salvation of souls. Such events of Mary approved by the Catholic Church for example have been in Fatima Portugal where the Blessed Virgin appeared to three shepherd children and instructed them repeatedly on several occasions ‘To say



the Rosary every day” in order to obtain peace for the world and to save souls that would otherwise be lost.

My faithful friends, I invite you to pray the Holy Rosary each day for the conversion of hearts and the salvation of souls.

**A message about the power of prayer:** “Christ lives in me” says St. Paul (Galatians 3:20). Christ lives in me therefore when I pray I am filled with the spirit of God and so it is Jesus who prays within my soul lifting up my prayers to the Father bearing divine fruit within that moment of prayer for me and for the person I am praying for.



My friends learn to meditate on these words “Christ lives in me”. Ask Jesus for the gift of prayer, the grace to pray from your heart. Through prayer you are able to experience Jesus working within your heart. Through prayer you can experience Jesus’ love for you and for the person you are praying for. Trust in Jesus and know the power of prayer, the power of God’s divine love working within your heart. Dear friends, prayer is the vessel through which love is purified and perfected into mercy, therefore I also encourage you to pray each day. I encourage you to pray the Chaplet of Divine Mercy and the Holy Rosary daily.

## Chapter 8

**Come, follow your Jesus, be a light of His mercy to a hurting world.**

**To Love the way Jesus Loves through Works of Mercy** Jesus tells us: “ For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me,” Matthew 25:35-36. “Whatever you did for one of these least brother of mine, you did for me,” Matthew 25:40.



Jesus identifies himself with those in need, with the hungry, the thirsty, the stranger, the naked, the sick, and those in prison. “As you did it to one of the least of these my brethren, you did it to me” (Mt 25:40). In the Gospel of Matthew, we see Jesus teaching us to reach out to the poor and to people in need, to minister to them with love, to show mercy.



In Saint Faustina Diary, Jesus tells us: “I am giving you three ways of exercising mercy toward your neighbor: the first - by deed, the second - by word, the third - by prayer. In these three degrees is contained the fullness of mercy, and it is an unquestionable proof of love for Me. (Diary, 742).

By deed, by word, by prayer, through spiritual and corporal works of mercy, we are able to meet Jesus in the poor, the suffering, in those in need. As you minister with merciful love to those in need, you will encounter Christ. You will be able to see Our Lord face in the people you help. You will be able to experience the living Christ and His Divine Mercy within your soul.





As you continue to show love and mercy to people in need, you are able to experience the exchange of Jesus' merciful love between your heart and the person you serve. This exchange of God's merciful love between your heart and the person you help brings about a transformation in both your heart and the heart of the person you minister to; which is to say, a deep conversion of heart in your total love for God.

Jesus tells us: **"Be always merciful as I am merciful. Love everyone out of love for Me, even your greatest enemies, so that My mercy may be fully reflected in your heart"** (Diary, 1695). Remember my friends that Jesus appeared to Saint Faustina with rays of mercy streaming from His Heart and called her to be His Apostle of Mercy to share His Mercy with the whole world.

I urge you to go out into the world to be His Apostle of Divine Mercy under the protective care and the loving guidance of Mary – to be a light of God's mercy to a hurting world.



As Saint John Paul II often told us, "Be not afraid." He inspired us to approach the Merciful Heart of Jesus with trust, learn about His love for us and be people who bring mercy to others through the Spiritual and Corporal works of mercy.

#### **The 7 Spiritual Works of Mercy:**

1. Admonish sinners.
2. Instruct the uninformed.
3. Counsel the doubtful.
4. Comfort the sorrowful.
5. Be patient with those in error.
6. Forgive offenses.
7. Pray for the living and the dead

#### **The 7 Corporal Works of Mercy:**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Comfort the imprisoned.
6. Visit the sick.
7. Bury the dead

**"Be merciful even as your Father is merciful"** (LK 6:36). Jesus taught that man not only receives and experiences the mercy of God, but that he is also called to practice mercy' towards others.

**"Blessed are the merciful, for they shall obtain mercy"** (Matthew 5:7). The Church sees in these words a call to live our very best, a call to action.

*“No matter what problems or handicaps one may have, Christ is the only one who can answer all our questions, even those most difficult questions that cannot be put into words. So ask Him, and listen for His answer.*



*He will tell you the meaning of life is to love. Only the one who can love unconditionally can learn that giving of themselves to others is the only true way to fulfill our lives. We must strive to bring love out of each moment that we live on earth.” Message from Saint John Paul II, World Youth Day, Santiago Spain 1989*



**You are loved!** Dear friends, it is important for you to know that you are loved by Jesus and that you can trust in His mercy. This is the greatest truth for your heart to know, for it is this truth that moves a heart to follow Jesus, and begin living a holy life.

Come, follow your Jesus, live the Catholic Faith as Apostles of Divine Mercy under the protective care and loving guidance of Mary. Offer merciful love, forgiveness, healing, and hope to those in need, be the loving presence of Jesus to others.

My dear friends, if you have decided to embrace an intimate relationship with your Jesus, The Divine Mercy and His Church. If you are becoming Catholic, or been away from the Catholic Church and have decided to come back to your faith, welcome home.



**Divine Mercy for Youth - Operation Mercy Relief:**

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