

# Spiritual Reflections for the month of May 2024

Please choose a prayer, reading and questions for reflection.

## The “A-B-C” of Divine Mercy for Vincentians

### Gospel: (Luke 6:36-38)

Be merciful, just as your Father is merciful.  
Do not judge, and you will not be judged; do not condemn, and you will not be condemned.  
Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.

### Reflection:

On the 2<sup>nd</sup> Sunday of Easter, we celebrated the Divine Mercy Sunday. In the year 2000, Pope John Paul II dedicated the Second Sunday of Easter, as the Divine Mercy Sunday. In the Divine Mercy image, painted under the direction of St. Faustina, our Risen Savior appears to us, unveiling His Sacred Heart where the rays of Mercy flow out to us, the red ray symbolizing the blood and the white ray symbolizing the water.

What is the message of the Divine Mercy? 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. We can easily remember the Divine Mercy message by simply 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 His mercy.

### Vincentian Meditation:

In the Gospel passage that we read, Christ is saying that we must refrain from judging and condemning others. Sometimes, when we are visiting our Neighbors in Need, and without thinking, in our mind, we render some kind of judgment to their situation. This is a warning to us, to avoid jumping into conclusion and making any kind of judgment. Here we are reminded that in our judging, if we have to, we must be generous. We must be over-merciful, over-forgiving, forbearing, longsuffering, and patient. Jesus said, **be merciful just as your Father is merciful.** Mercy is defined as compassion and includes feelings and acts of sympathy, kindness, forgiveness, and love. Verse 38 teaches that in the way we love others, we will receive the same love, and even more.

**Discussion:** (*Share your thoughts after a moment of silence*) **Do you hold unjust prejudices and judgments of persons in need?**

### Closing Prayer:

Jesus, model of compassion and kindness, **free our hearts from unkind judgment of others.**  
Jesus, model of meekness and mildness, **make us meek and humble of heart.**  
Jesus, model of forgiveness and mercy, **open our hearts to all people. Amen**

## We Create the Attitude

### Reflection:

On some level we are all creators whether we want to be or not. As we live our lives, there are always people watching us, listening for clues, looking for differences, assessing our actions, our words. We constantly create environments which others enter into and feel either nourished or negated. We create waves of energy that wash over other people in our presence- waves that can lull and comfort or lash and damage. We create what our days and nights look like, what work we do, what beauty surrounds us. And, on a daily basis, **we create the attitude** we bring to life and choose whether the door to our heart is open or closed. *(Jan Philips)*

### Questions for Reflection:

Examine the atmosphere you create in your family, your Conference, your parish. Are you a person who lightens the lives of others? Do you project peace or disquiet? How do we change to be the source of peace and light?

### Prayer:

#### In the footsteps of Jesus

Lord help me to imitate your way of loving and acting: you said that you had come upon earth to serve not to be served.  
Teach me to show great gentleness towards all,  
To imitate your goodness in welcoming them.  
Like you, I want to love tenderly to be respectful to all those I meet,  
To be affable and gentle to those in the greatest need.  
Lord, teach me to maintain always great esteem for my neighbour,  
your life on earth, your death and resurrection bear witness to  
your love for all. *(Prayer of St. Louise de Marillac)*

- Submitted by a Vincentian in GTCC