



## *Pick Up*: THE DIVINE MERCY CHAPLET

By: Michael Gormley

I will never forget the time doing prison ministry when a Protestant evangelical inmate gifted to me the true value of the Divine Mercy Chaplet. He was a former Aryan Brotherhood gang member, which is a white supremacist ultra-violent gang. He was covered in Nazi tattoos that, since his conversion to Christianity 18 months earlier, he was trying to get removed one evil symbol at a time. He stood up to thank us for serving and loving him and his brother incarcerated and shared what meant the most to him on this retreat in the Ferguson Unit.

“I’m still not too sure about you Catholics with the Rosary. I’m iffy when it comes to Mary-stuff, but this Divine Mercy Chaplet... wow! This is great! This is amazing! You know what I love the most about it? It’s ordered. It’s simple. It’s all about the cross and mercy of Jesus Christ. But it’s ordered, and when I pray it, I feel like my mind and heart are being put in order. And, let’s be honest, we are all in here because there is so much disorder in our lives. I will pray this chaplet every day. Thank you!”

The Divine Mercy Chaplet was given to the world through the writings of Saint Sister Faustina, a Polish nun who received a series of visions of our Lord that focuses on his mercy. The painting that came from her experience is famous. It depicts Jesus stepping over the threshold of a door, one hand touching his heart and the other raised in blessing. From his sacred heart comes two rays, one of white and one of red. The white symbolizes his grace and the red, his mercy bought for us with the price of his own shed blood. This is the essence of what the chaplet seeks to communicate to us.

The Divine Mercy Chaplet is prayed on normal rosary beads, but instead of ten Hail Marys we pray “For the sake of His sorrowful passion, have mercy on us and on the whole world.” Short, simple, and ordered, the chaplet allows you to return, time and again, to the central mystery of the Christian Life: the Passion of Jesus Christ. At the center of God’s union with humanity lies the cross, the terrible symbol of man’s inhumanity to man, but also, paradoxically, of God’s indomitable love for us. The cross, gory as it is, reminds us of the ugliness of sin, of my sins, and of my contribution to the rot in the world. And yet, in the chaplet I do not pray just for myself but “the whole world.” God uses these prayers to get us to see that salvation, won for us solely through the death and resurrection of Jesus Christ, is meant to be shared with others so that they too can know the mercy and grace of God.

## How to Pray the Divine Mercy Chaplet:

If you've never prayed the Divine Mercy Chaplet before, go download a guide and keep it with you. The USCCB.org website has a short and sweet version you can use. Pray the chaplet every day for greater trust in Jesus' mercy for the Church, especially for healing in this time of scandal and abuse.

[Click here for a basic guide](#)

# Give Up

## Items of Excess

As you give up your smartphone, TV, soda, candy - whatever in your life is unnecessary or an excess, ask Jesus to help you recenter your heart on Him so you can echo the words we heard in this Sunday's readings from St. Paul: "For his sake I have accepted the loss of all things and I consider them so much rubbish, that I may gain Christ and be found in him."

# Offer Up

## Church Healing

We are part of a divine, perfect Body of Christ that is made up of broken, sinful people. The Church is constantly in need of renewal and healing because you and I are in need of renewal and healing. Pray this week especially for those wounded by the scandal and abuse caused by those inside the Church.

