



## Works of Mercy for Missionary Disciples

### Corporal Works of Mercy

#### Feed the Hungry:

- Avoid wasting food. Take only what you can eat.
- Give up your favorite food or dessert and put the money you would have spent on it in a home-made mission bank.

#### Give Drink to the Thirsty:

- Turn off the water while brushing your teeth to conserve water.
- Pick one day for to drink water only for your liquid. Offer the cost difference to MCA.

#### Shelter the Homeless:

- Spend one night sleeping on the floor instead of in your bed. Make a sacrifice into your mission bank for every time you wake up during the night
- Learn more about the issue of homelessness in your town. Organize a fundraiser, with parents' help, to support a local charity that benefits them.

#### Clothe the Naked:

- Sort through your drawers and donate clean, used clothes that you do not wear anymore.
- Give up buying something new to wear and give the money saved to the missions.

#### Care for the Sick:

- Make cards for your pastor to take to homebound parishioners.
- Learn more about how malaria affects children in Africa. Donate to Missionary Childhood to help the missionaries who care for sick mission children.

#### Visit the Imprisoned:

- Draw religious pictures for local prison chaplains to give out in area prisons.
- Gather religious pamphlets from parents and neighbors for prison chaplains to distribute. Explain that you are doing a Work of Mercy.

#### Bury the Dead:

- Ask your pastor if you can clean the church before a funeral.
- Make sympathy cards for parish families when someone they love dies.

### Spiritual Works of Mercy

#### Advise Others:

- Respond to negative, prejudicial, or bullying statements with positive ones.
- Ask your friends to join you in sacrificing for the missions. Tell them why it is so important.

#### Instruct the Ignorant:

- Reach out to a new person at school who may be lonely.
- Learn some phrases in a different language—one that is used in the missions and here at home.

#### Console the Doubtful:

- Invite someone to say a decade of the World Mission Rosary with you.
- Share your favorite story about Jesus with someone.

#### Comfort the Sorrowful:

- Sit with someone who is sad in their time of need. Perhaps words are not necessary, simply your loving presence is enough.
- Be a good listener.

#### Bear Wrongs Patiently:

- Pray for Christians who are persecuted for their faith. Thank God that you are free to live your Catholic faith.
- Be courageous and compassionate in calling others to understand when they are disrespectful of you or others simply because you have differences.

#### Forgive all Injuries:

- Be sure to make the Sacrament of Reconciliation a regular part of your life! As you are forgiven, so you will learn to forgive as well.
- Instead of condemning others when you hear of the bad things they have done, pray for them.

#### Pray for the Living and the Dead:

- Say a World Mission Rosary with your family for all loved ones, living and deceased.
- Say a World Mission Rosary for children in the mission who have lost their families to war or illness.