



# St Faustina and Divine Mercy

JESUS REVEALED HIS DIVINE MERCY IN THE 1930S -  
WHY DID THE WORLD NEED SUCH A STRONG  
REMINDER OF GOD'S LOVE AND MERCY AT THAT TIME?

## WHO WAS ST FAUSTINA?

Saint Maria Faustina was born in a village in Poland in 1905. Her birth name was Helena Kowalska. Her family was poor but prayerful and she only had a basic education. As a child Helena was very devoted to Jesus and felt a call to be a nun, but in her teenage years she became distracted with friends and social life. One night things changed forever for her when Jesus appeared to her, covered in wounds, while she was at a dance with her friends and asked, "How long will you put me off?" She left immediately and after some difficulty finally was accepted by the Congregation of Sisters of Our Lady of Mercy in Warsaw, Poland. Her health was never strong and she performed the humblest tasks in the convent, usually in the kitchen or garden. However, she received extraordinary messages from Jesus. Jesus asked Sr. Faustina to record these experiences, which she compiled into notebooks. These notebooks are known today as the Diary of Saint Maria Faustina Kowalska (Divine Mercy in my Soul).

## WHAT IS THE MESSAGE OF DIVINE MERCY?

The message of The Divine Mercy is simple: God loves us and He wants us to truly know 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. "The greater the sinner, the greater the right he has to My mercy." (723) Use ABC to help you remember the message!

**A**sk for His Mercy. God wants us to be sorry for our sins and ask Him to pour His mercy out on us and upon the whole world.

**B**e merciful. God wants us to receive His mercy and in turn be merciful to other.

**C**ompletely trust in Jesus. "The more a soul trusts, the more it will receive." (1578)

## WHAT DOES THE IMAGE MEAN?

In 1931, our Lord appeared to St. 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. He asked that an image would be painted of this, with the signature: "Jesus I trust in You" at the bottom, calling it a vessel He was offering people with which they are to keep coming for graces to the fountain of mercy. He said: "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." We can think of the blue ray as representing baptism and reconciliation, washing our souls clean and the red ray as the Eucharist which is our spiritual nourishment.

## WHEN IS DIVINE MERCY SUNDAY?

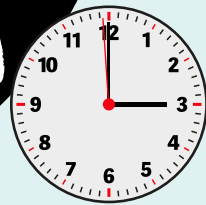
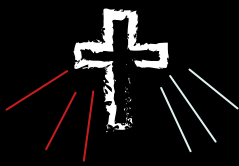
Divine Mercy Sunday is celebrated on the Second Sunday of Easter. This day was instituted and promoted by Saint Pope John Paul II beginning on April 30, 2000. St. Faustina was also canonised on April 30, 2000.



**JESUS, I TRUST IN YOU!**

YOU CAN PRAY IT EVERY DAY, OR EVEN JUST ONE DECADE OF IT!

# The Chaplet of Divine Mercy



THE DIVINE MERCY CHAPLET IS OFTEN  
PRAYED AT 3PM: WHY IS THAT?  
FIND OUT IF YOU DON'T KNOW!

## HOW DO I PRAY THE DIVINE MERCY CHAPLET?

**Make the Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*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! (x3)*



**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.

**Hail Mary,** full of grace. The Lord is with thee. Blessed art thou amongst 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.

**The Apostle's 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 there He will 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 life everlasting. Amen.

- On each of the Our Father beads:

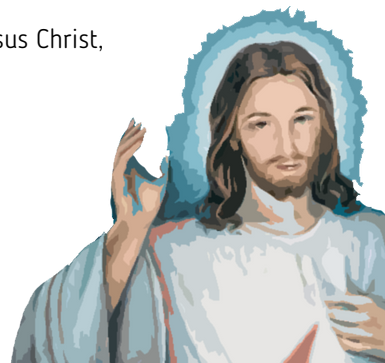
**Eternal Father,** I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

- On the Ten Small Beads:


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


**Holy God,** Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (x3)

**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.





## CHECK OUT THE FOLLOWING RESOURCES ON THE DIVINE MERCY:

 [Pray the Divine Mercy Chaplet with the young people at Holy Family Mission](#)

 [What is Mercy?  
Fr Chris Alar](#)

 [Divine Mercy Sunday 2020 Reflection by  
Bishop Phonsie Cullinan](#)

 [Divine Mercy Sunday: Prove It  
\(Mark Hart\)](#)

 [Witness of Mercy:  
The Story of Jennifer Trapuzzano](#)

### SOME SONGS TO HELP US UNDERSTAND GOD'S MERCY:

[Chris Tomlin: At the Cross Love Ran Red](#)

[Jesus Army: Thank You](#)

[Hillsong United: None But Jesus](#)

RESEARCH



WHY WAS THE DIVINE MERCY DEVOTION SO PARTICULARLY SPECIAL TO ST JOHN PAUL II?

HINTS: HOMELAND, ERA, MESSAGE OF MERCY, 1980 ENCYCLICAL, FIRST SAINT OF NEW MILLENNIUM, DATE OF HIS DEATH



IF YOU COULD ASK ST FAUSTINA ONE QUESTION -  
WHAT WOULD YOU ASK HER?

COPY THE SHORT PRAYER: "JESUS I TRUST IN YOU!" AND PUT  
IT SOMEWHERE IN YOUR ROOM YOU WILL SEE IT EVERY DAY.



LOOK UP SOME OF THE MESSAGES JESUS  
SHARED WITH ST FAUSTINA

YOU CAN PRAY IT EVERY DAY, OR EVEN JUST ONE DECADE OF IT!

# Divine Mercy Crossword



HOW DO I PRAY THE DIVINE MERCY CHAPLET?

USE THE CLUES BELOW  
TO FILL IN  
THE CROSSWORD PUZZLE



## ACROSS

2. What three letters can help us remember the main message of Divine Mercy? (3)
3. St Faustina's name at birth (6)
8. what country was St Faustina born in? (6)
10. Helena Kowalska's religious name (8)
11. What is St Faustina's diary also known as? (6,5,2,2,4)
13. Divine Mercy Sunday is celebrated on the Second Sunday of (6)
15. The colour of the garment Faustina saw Jesus appear in (5)
16. Which Pope canonised St Faustina? (4,4,2)

## DOWN

1. City where St Faustina entered as a sister (6)
4. A sacrament that the red ray can represent (9)
5. A sacrament that the blue ray can represent (7)
6. What does the inscription at the bottom of the Divine Mercy Image say? (5,1,5,2,3)
7. The red ray from the heart of Jesus symbolises this (5)
9. The pale blue ray from the heart of Jesus symbolises this (5)
12. Who did Faustina receive messages from? (5)
14. The Divine Mercy Prayer is known as this (7)

