

# The Chaplet of The Divine Mercy



1. Begin with the Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.

2. Then on the Our Father Beads say the following: *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.*

3. On the 10 Hail Mary Beads say the following: *For the sake of His sorrowful Passion, have mercy on us and on the whole world.*

*(Repeat step 2 and 3 for all five decades).*

4. Conclude with *(three times): Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

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Jesus said to Saint Faustina:

"Say unceasingly this chaplet that I have taught you. Anyone who says it will receive great Mercy at the hour of death. Priests will recommend it to sinners as the last hope. Even the most hardened sinner, if he recites this Chaplet even once, will receive grace from My Infinite Mercy. I want the whole world to know My Infinite Mercy. I want to give unimaginable graces to those who trust in My Mercy...."

"....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".

## An Experience of Lectio Divina

1. Close your eyes and recall God's presence in you: Let everything go from your day, your worries, tasks, and timelines. Let your spirit rest in God's.
2. Invite the Holy Spirit to be with you and guide you. Say a prayer to the Holy Spirit in your own words.
3. Read the paragraph. If you are focusing on a single verse, read the surrounding paragraph with it the first time.

Think about the text. Close your eyes and think about what you read. You can do this in different ways. Experiment with the different methods below and find which works best for you and the passage. Be attentive while thinking to hear what God might be "speaking" to you. His "words" usually come in the form of ideas or understandings that come to mind while you are searching for meaning in what you are reading.

- Imagine that you are there. This works great especially when you are reading the Gospels or Old Testament stories. You could imagine that you are Jesus, or one of the disciples, or other characters in the story that are being healed, rebuked, forgiven, or welcomed.
- Think about the meaning. If you didn't already, read the paragraph containing your verses and any footnotes you have in your Bible about the passage. Break the passage down into phrases and actively use your mind to discover their meaning.
- Think about how it applies to your life. Is it talking about forgiveness? Sin? Life? Loving your neighbor? Think about what it means for you in your everyday life.

As you are thinking about what you read, you may feel something. Talk to God about what you are feeling. If you don't feel anything, talk to God about whatever stood out most to you when you were thinking. Try to focus your prayer around the passage you read. Be attentive while talking to God to hear what he might be "speaking" in your heart. Sometimes it will be as simple as His peaceful presence.

Ask yourself what you can do so that you are changed by your experience and new knowledge of God? Make a precise, and practical resolution in response to your experience in prayer. Were you convicted of sin in your life? Think of how you are tempted and resolve not to put yourself in that particular situation any more. Do you need to offer forgiveness to someone? Do you need to refrain from looking in judgment on others?

After you have made a resolution, in a way that comes naturally to you, do the following:

- Thank God
- Entrust your resolution to God and/or a particular saint to whom you have a devotion
- Take with you a *Word for the Day*—some word or phrase that summarizes the substance of your prayer

## A Few Tips

- Make an appointment. Same time every day is helpful. In a quiet place alone. Resolve to pray every day.
- If you are distracted—*persevere*. Give it over to God. Ask your Guardian Angel to take care of it. Write it on a piece of paper. Whatever helps you return focus to God. God does not mind distractions. It is the love with which we return our focus to him that he desires.
- Prayer can be boring sometimes or seemingly "unproductive." Maybe you don't "feel" God. Sometimes improving the quality of your experience is something you have control over and sometimes it just is what it is. Some things over which you *do* have control, include things as basic as praying at a time of day when you are most alert. Going a little deeper, there could also be some unresolved sin hanging over your head, which you haven't acknowledged. This doesn't mean God doesn't love you and doesn't want to be with you! Nothing could be further from the truth! It's just that, if you let a lot of "baggage" sit around in your heart for a long time, it can be harder to pray. Examine your conscience and ask for forgiveness regularly. Go to confession.
- If you are easily distracted, foster a habit of quiet in your life by regularly shutting off your TV and radio. Learn to be comfortable with silence. Practice awareness of the presence of God within you.
- Often, when a person first begins to pray, God lavishes gifts and consolations upon them in prayer for encouragement. In time, these often dissipate and it can begin to feel more like work as you grow, not only in your prayer life, but in the life of discipleship into which God is drawing you. Be encouraged! In general, it gets better and easier over time. This doesn't mean that it will never be difficult; it will. Persevere.