



Suggested Works of Mercy for Children & Teens

Christ has no body now on earth but yours; no hands but yours; no feet but yours. Yours are the eyes through which the compassion of Christ must look out on the world. Yours are the feet with which He is to go about doing good. Yours are the hands with which He is to bless His people.

– St. Teresa of Avila

The **Corporal Works of Mercy** are Christ-like acts of service that help our neighbors with their everyday *material and physical needs*.

1. Feed the Hungry

- Support and volunteer at local food pantries and/or soup kitchens.
- Make sandwiches to hand out to the homeless in your city/town or a nearby city/town.
- Educate yourself and others about world hunger.
- Host a canned food drive at your school/parish.
- Avoid wasting food.
- Organize a “Food Fast” at your parish/school to raise awareness and financial support for a local soup kitchen or food pantry.
- Prepare and deliver a meal to someone in your community who may be a caretaker for a sick/elderly relative. Having a hot meal that the caretaker doesn’t have to prepare is a great help and a sign of love and support.
- Start a community garden and donate homegrown food to local food pantries.
- Pray for those less fortunate.
- Color/decorate “placemats” for clients at your local soup kitchen.

2. Give Drink to the Thirsty

- Deliver water bottles to the homeless
- Offer cold water to someone working outside in the heat (ie: police officer, landscaper, roofer, etc.)
- Volunteer at a water stop at a charity walk/race.
- Pray for those less fortunate.
- Pay it Forward by buying a drink for the person behind you in line.

3. Shelter the Homeless

- Support and volunteer at a homeless shelter and/or organizations that care for the homeless.
- Volunteer with groups to help build and/or repair homes for those in low income areas or who have experienced damage due to natural disasters
- Help your elderly/disabled neighbors with home repairs/care for their property.
- Pray for the homeless.
- Support a family who is fostering and/or adopting a child-offer to babysit or tutor the child for free.



4. Clothe the Naked

- Donate your slightly worn clothes and shoes, especially winter outerwear.
- Host or volunteer to help with a clothing drive.
- Host a parish/school baby shower for pregnant Mothers in need
- Support your parish's St. Vincent de Paul Society that offers assistance to those in need.
- Collect new/cotton/warm socks for the homeless.
- Knit, sew or crochet baby blankets or hats/scarves/gloves for those in need.
- Host a dress down/up day in your school for \$1./person and use the money to buy much needed clothing for those in need.
- Pray for those in need.

5. Visit the Sick

- Spend quality time with those who are sick/disabled/homebound.
- Call and/or write a letter or card to the sick or homebound.
- Send or bring flowers to a sick/homebound person to brighten their day.
- Volunteer to drive or sit with patients at medical appointments or treatments
- Volunteer at a hospital, nursing home, or hospice.
- Assist the caregivers of those who are sick (egs. cook a meal, visit, offer to run errands or to visit with the sick person to give the caregiver some free time)
- Be trained as a Eucharistic Minister who brings the Eucharist to the homebound who aren't able to attend Mass.
- Pray for the sick.
- Share your talents with the homebound/sick (ie: play a musical instrument, sing, offer to decorate their room with your artwork, read to them, tell them jokes, knit/crochet with or for them, etc.)

6. Visit the Imprisoned

- Offer to assist with Mass or a Bible Study at a local prison.
- Donate Bibles or spiritual reading to those imprisoned.
- Send a card or letter to someone in prison.
- Mentor a younger teen at a correctional facility.
- Support or participate in ministries to those incarcerated.
- Support pro life efforts that seek to abolish the death penalty.
- Pray for the imprisoned and their families.

7. Bury the Dead

- Attend wakes & funerals to support a friend/family member.
- Visit, befriend, and offer to help a widow/widower.
- Send Mass cards to families of those who have died.
- Take friends/relatives to visit the cemetery.
- Pray for those who have died, especially the souls in purgatory and those who have no one to pray for them.
- Make a meal for a funeral reception
- Send flowers to the family or friend of someone who has died.



The **Spiritual Works of Mercy** are Christ-like acts of service that help our neighbors with their everyday *spiritual and emotional needs*.

1. **Instruct the Ignorant** (*Help people understand & learn, especially about the Faith*)
 - Learn about the Catholic faith and share it with others through word and action.
 - Tutor or coach a classmate or younger student.
 - Help a friend or younger sibling with their homework.
 - Become a lector at your Parish and/or school Masses.
 - Join the school or parish choir.
 - Pray for others to be open to learning new things.
 - Invite a friend/family member to Mass
 - Keep holy cards, short prayers, or blessed medals handy and give them out to people you meet as you are inspired.
 - Invite a friend/family member to Eucharistic Adoration

2. **Counsel the Doubtful** (*Give good advice to those who are uncertain about what to do*)
 - Be supportive of someone who is fearful, doubtful, and unsure of him/herself.
 - Start by being a good listener and then think and pray about how Christ would want you to advise your friend/family member.
 - Pray with and for those who are struggling and ask the Holy Spirit to guide you in offering advice that is in their best interest and is faithful to Church teachings.
 - Seek adult and/or professional help for a friend who is in serious need and who may harm themselves or someone else.
 - Don't gossip or speak negatively, but be a good example of faithful, compassionate friend.
 - Offer to pray with a friend/family member who is struggling.
 - Pray for the discouraged and doubtful.

3. **Admonish the Sinner** (*Help those who sin to understand and live God's love & mercy*)
 - Be a powerful, joyful witness to God's mercy & love by doing your best to not participate in things that you know are wrong.
 - Don't be judgmental of others but instead invite them to know the love of God.
 - Invite your friends/family to the Sacrament of Reconciliation and together come to know the healing love and mercy of God.
 - Pray for sinners.

4. **Comfort the Sorrowful**
 - Be there for friends and family during big and small disappointments and sorrows.
 - Be present to and offer sympathy for those grieving or in pain.
 - Offer words of encouragement for those who are discouraged.
 - Build people up and never tear them down with your words/actions.
 - Don't always try to "fix" what's wrong but be a good listener and a compassionate friend who is present in their time of need.
 - Call, send a card or letter, Facetime/Skype and pray for the sorrowful.
 - Offer to pray with and for those who are troubled.



5-6. Bear Wrongs Patiently/Forgive Offenses Willingly

- Be less critical/judgmental of others.
- Overlook minor mistakes made by others.
- Give others the benefit of the doubt.
- Don't seek revenge but instead do your best to forgive those who have hurt you.
- You don't need to be a doormat and allow others to hurt you over and over again but pray for them to see the error of their ways.
- Ask forgiveness from those whom you may have hurt.
- Let go of grudges and move forward in the love, peace and joy of Christ.

7. Pray for the Living & the Dead

- Pray for your family and friends daily.
- Make a list of people in your life who could use your prayers (sick, elderly, etc.)
- Pray for your teachers.
- Pray for your priests and seminarians and pray for an increase in vocations.
- Pray for engaged and married couples to have a healthy, holy marriage centered in Christ.
- Pray for those who have died and the holy souls in purgatory.
- Pray to the Saints for their intercession in your life and in the lives of others.
- Pray for the first responders (fire, police, EMTs) and those defending our freedom in the military.
- Pray for our political leaders/elected officials that they seek to do what is best for the common good of all people.
- Pray that the people of the world come to know Christ and seek to serve Him in all they do.
- Pray for yourself and your vocation!
- Pray for your enemies and those who persecute you.
- Make a prayer shawl for someone who is in a nursing home, hospital or hospice.
- Pray for those who don't yet know the love of Christ.
- Pray for men and women who are experiencing unexpected pregnancies and may feel alone or afraid.

