



INTERCEDE



PRAY

Our Father, 3 Hail Marys, Glory Be

REFLECT

Each year, on the Second Sunday of Easter, the Church celebrates the Sunday of Divine Mercy, remembering the message Jesus so ardently instructed St. Faustina to spread of His endless mercy and forgiveness to those who seek it. Rooted in Christ's message of Divine Mercy is *trust*: trust that Jesus loves us, desires to heal our souls, and is with us.

This is an especially important message for expectant mothers preparing for the births of their children. They may often be gripped by fear and anxiety, without sources of support. May we prayerfully consider how we are called to help mothers who may be struggling in a particular way. And in our own lives, each of us is invited to come to Jesus just as we are and lay our cares, fears, and anxieties upon Him. The words Christ revealed to St. Faustina, He speaks to us and all who feel afraid: *"Lay your head on my shoulder, rest and regain your strength. I am always with you"* (Diary, no. 848). As we seek to live out the message of Divine Mercy, we pray for the courage for all to proclaim, *"Jesus, I trust in you!"*

ACT (choose one)

- Pray the Chaplet of Divine Mercy (usccb.org/divine-mercy-chaplet) at 3:00 pm, the Hour of Mercy, for expectant mothers.
- Jesus spoke to St. Faustina, *"Reveal all the wounds of your heart. I will heal them"* (Diary, no. 1487). Expose the cuts and wounds of your heart to Christ and allow His healing mercy to reach every hurt and hidden pain through the Sacrament of Reconciliation.
- Offer some other sacrifice or prayer that you feel called to do for the featured intention.

ONE STEP FURTHER

Learn about St. Faustina, the Apostle of Mercy, and the message of Christ's mercy that she conveyed to mankind: www.usccb.org/divine-mercy

DID YOU KNOW?

St. Gianna Beretta Molla was a 20th century physician, wife, and mother whose feast day is celebrated on April 28. A novena to St. Gianna is available and can be prayed any time of year: walkingwithmoms.com/saint-gianna-novena.

Excerpts from Maria Faustina Kowalska, *Diary: Divine Mercy in My Soul*, 3rd ed. (Stockbridge, MA: Marian Press, 2007), 699. All rights reserved.

For additional prayers, resources, and ideas on supporting mothers in your local area:

www.WalkingWithMoms.com