



## Divine Mercy Sunday: The Way of Peace

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**THE GRACE I SEEK:** to see sacrifice as a way to peace

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to unite my wounds with your sacrifice so as to live in your peace.

**SCRIPTURE MEDITATION** — *Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**"This is the one who came through water and blood, Jesus Christ, not by water alone, but by water and blood. The Spirit is the one that testifies, and the Spirit is truth." (1 John 5:6)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Today the Spirit gives us a profound truth: Jesus sacrificed himself, shedding his blood to save us. He has poured out his life blood in order that we may be united to him. What in your life are you holding back from being united to Jesus? Offer it to him very specifically, asking his Spirit to unite it to his final sacrifice on the Cross.

**SCRIPTURE MEDITATION** — *Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you in a personal way through this passage.*

**"When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.'" (John 20:20–21)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus Christ's wounds are not taken away when he is raised from the dead. On the contrary, the wounds are glorified and become a testimony to the profound work of salvation God has worked through Jesus' sacrifice on the cross. What is one area of woundedness in your heart right now? Being very specific, show that wound to the Lord. Then, let him show you his wounds—let his wounds heal yours.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — God of everlasting mercy, who in the very recurrence of the paschal feast kindle the faith of the people you have made your own, increase, we pray, the grace you have bestowed, that all may grasp and rightly understand in what font they have been washed, by whose Spirit they have been reborn, by whose Blood they have been redeemed. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (Collect, Second Sunday of Easter)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire to unite your wounds to Christ's sacrifice, allowing yourself to be washed clean by his Precious Blood and receiving the gift of his peace.

**FAITH IN ACTION** — We are very aware of our own woundedness and brokenness. However, it can be easy to get so caught up in our own struggles that we don't see the struggles of others. Think of one person in your life right now whom you know is struggling with a deep wound. Say a prayer for them. Consider meeting with them, talking with them about how they are doing, and even offering to pray the Divine Mercy Chaplet with them to call down the Lord's peace and mercy.