

Spiritual Work of Mercy: Checklist

Work of Mercy	Date Completed
Comfort the Sorrowful	
Forgive all injuries	
Instruct the Ignorant	
Pray for the Living and the dead	
Admonish the Sinner	
Counsel the doubtful	
Bears wrongs patiently	

This sheet is for your records to track what you have completed.
You do not need to turn this form in **it is just for you **

Each individual Spiritual Work of Mercy assignment sheet MUST be turned in. You should include one or two Spiritual Works of Mercy assignments with each Discipleship packet.

All Spiritual Works of Mercy must be completed by April 15, 2026

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Spiritual Work of Mercy: Comfort the Sorrowful

Definition:

To bring comfort to those who are hurting (suffering) emotionally, spiritually or psychologically.

Example:

Make yourself available to those in need: the classmate who did not get a scholarship they had hoped for or the friend who did not get asked to the dance; the younger sibling who lost a favorite toy or the parent who received some nasty comments at work

Read 2 Corinthians 1:3-4 What does this tell us about comforting others?

Explain what you did to practice this work of Mercy:

How did this help you grow?:

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Spiritual Work of Mercy: Forgive all Injuries

Definition:

Forgive those who hurt us & bear wrongs gracefully.

Examples:

Being willing to let go of a grudge; not wanting revenge.

Read Colossians 3:12-13 In addition to forgiving one another, what are 5 other virtues/traits does Paul tell us to “put on”?

What prayer instructs us to forgive?

Explain what you did to practice this work of Mercy:

How did this help you grow?:

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Spiritual Work of Mercy: Instruct the Ignorant

Definition:

An act of love to help others to learn the truths of God to help them reach heaven.

Example:

Teaching CCD. Being honest with friends about the Truth in a kind way.

Explain what you did to practice this work of Mercy:

How did this help you grow?:

Read Colossians 3:16-17 In addition to teaching others the truth, Paul says you should sing with what in your heart?

Summarize what vs 17 tells us to do:

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Spiritual Work of Mercy: Pray for the Living and the Dead

Definition:

Pray for all souls either on earth or in purgatory. If you pray for the living, you are showing immediate mercy, humility, and selflessness.

Example:

Participating in Mass on the anniversary of the death of a friend or family member. (Mass is the ultimate prayer.) Keeping in mind the intentions of others and/or the poor souls in purgatory.

Explain what you did to practice this work of Mercy:

How did this help you grow?:

Read Ephesians 6:18 What do you think it means to pray in the Spirit?

What can you do to pray more often and with more perseverance?

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Spiritual Work of Mercy: Admonish the Sinner

Definition:

Lovingly share knowledge of God with others and how bad sin is.

Example:

Helping a friend avoid sin or the near occasion of sin. Invite someone to go to confession with you.

Explain what you did to practice this work of Mercy:

How did this help you grow?:

Read Galatians 6:1 What does St. Paul say about our responsibility toward others?

In what type of spirit should we correct others?

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Spiritual Work of Mercy: Counsel the Doubtful

Definition:

Help others to know they should love and serve God. To be a true Catholic, requires that we watch each other's back and help each other back on the road to salvation.

Example:

Give good advice (about God or a matter of faith) to those who are uncertain about what to do.

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How did this help you grow?:

Read Jude 1:17-23 Summarize what Jude is telling us, using at least two sentences:

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Spiritual Work of Mercy: Bears wrongs patiently

Definition:

To accept the consequences of another person actions and to suffer inconveniences that they should bear. To be kind and pleasant to someone who is not kind or pleasant to you.

Examples:

To 'offer up' hardships and sufferings.

Explain what you did to practice this work of Mercy:

How did this help you grow?:

Read Gal 6:2. What does St. Paul say about this Work of Mercy?

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