

Confirmation Act of Mercy Log Sheet

Name: _____

Parish:

_____	_____	_____
Act of Mercy Description	DATE	P. Initial

_____	_____	_____
Act of Mercy Description	DATE	P. Initial

Community:

_____	_____	_____
Act of Mercy Description	DATE	P. Initial

_____	_____	_____
Act of Mercy Description	DATE	P. Initial

Family:

_____	_____	_____
Act of Mercy Description	DATE	P. Initial

_____	_____	_____
Act of Mercy Description	DATE	P. Initial

Acts of Mercy Preparations

Before you choose an act of mercy, ponder these questions in your heart.

- What gifts do I possess and how can I use them to assist the Church in its mission to serve others?
- Does the act of mercy offer a service to a person, the parish, or the community, and is it being done out of love, without pay, without counting the costs?
- Is it charitable service primarily to the poor, the disadvantaged, elderly, or handicapped (those most in need in our neighborhood)?
- How is the Body of Christ strengthened through this act of mercy?
- Is this an area in which I can spiritually grow?

Parish Acts of Mercy Suggestions

- Assist with Parish activities
- Participate in Parish on community outreach days (with parents or Sponsor)
- What are other ways you can help a parishioner or your entire parish? Look at the weekly bulletins for ideas in how you could help.

Community Acts of Mercy Suggestions

- Volunteer at a soup kitchen
 - Catholic Soup Kitchen in Reading
 - St. Vincent de Paul Society or Knights of Columbus
 - The Women Club may need your help to sale cookies and other things
 - May not be able to serve but may be able to help in different areas
- Volunteer to mow the lawn, clean, rake leaves or shovel snow for neighbors who need help. Make sure you let them know that you want NO COMPENSATION.
- Volunteer at a nursing home or the Hospital
- Volunteer at SPCA or animal hospital
- Organize a food drive or help at a food pantry.
- Attend Pro-Life March in Washington, D.C.
- Baby Bottle Collection, Christmas Cookie trays for the poor,
- Cards, Packages, and Flowers to be delivered to parishioners in nursing homes and homebound
- Clothing drive for homeless shelters
- St. Benedict Food Pantry

Family Acts of Mercy Suggestions

- Talk to your parents for ideas and remember, NO COMPENSATION
- Voluntarily do another family member's chores for a week
- Perform extra chores without pay and without being asked
- Visit grandparents and talk about your faith and let them share their faith with you. Ask about their Confirmation day. Show them you love them by doing some chores for them.
 - Lead evening prayer with family for a week

How to Prepare to Answer Acts of Mercy Reflection Questions

- ✚ Before you begin, pray to the Holy Spirit to teach you to serve like Jesus would serve and to love like Jesus would love.
- ✚ Take a reflection journal with you to help you remember your observations/experiences while you are performing the acts of mercy.
- ✚ Review the reflection questions ahead of time so you can find those holy moments you would like to share.

Acts of Mercy Reflection Questions

I chose to do this Acts of Mercy Because...

Describe the Act of Mercy

What were the benefits of doing this Act of Mercy? (for both, you, and others)

How did the Act of Mercy help the person you were assisting?

What Gifts(s) or Fruits of the Holy Spirit did this strengthen in you?
How? (P.5-7)

Which Spiritual or Corporal Work of Mercy are you modeling through this project? How? (P.7-9)

As a Confirmed Catholic, do you see yourself serving others and living your life as a follower and servant of Christ in the years ahead? How do you see yourself serving others in the future?

Parents Signature: _____

THE GIFTS OF THE HOLY SPIRIT (7)

In the Sacrament of Confirmation is when we receive the fulness of the seven gifts of the Holy Spirit that we already received in Baptism.

WISDOM

Wisdom helps us to have a better idea of God's plan for us by being attentive, through prayer and experiences of life, to the guidance of the Holy Spirit. The ability to help you see things as they truly are in an open-minded manner. Wisdom helps us recognize God's presence in all people, places and things.

UNDERSTANDING

Understanding helps us to see others through the eyes of Christ. A heart that accepts, cares, listens, understands and forgives. We grasp the meaning of what we believe and act in ways that show our Christian faith makes a difference.

COUNSEL (*Right Judgment*)

Counsel helps us to act as we know God would want us to and to help others do the same. The ability to help you make good and wise decisions according to God's rules. It also helps us to guide others and to seek the guidance of others when we need it.

FORTITUDE (*Courage*)

Fortitude helps us to live and proclaim the Gospel message even in face of ridicule and contempt. Gives us the courage and strength to do what is right despite challenges.

KNOWLEDGE

Knowledge urges us to exercise our mind and will to learn God's plan for the world and us. Knowledge shows us how the truths of our faith give direction to our lives.

PIETY (*Reverence*)

Piety helps us to find the sacred in all things. Gives you the ability to have a deep respect for God, for others and for all creation.

FEAR OF THE LORD (*Wonder and Awe*)

Helps us to recognize and rejoice in God's glory filling all creation. A sense of the greatness and majesty of God coupled with deep realization of His nearness.

THE FRUITS OF THE HOLY SPIRIT (12)

The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory.

Love (charity) – We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy – We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace - We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience – We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness – We live the virtue of kindness by treating others, as we want to be treated.

Goodness – We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

Generosity – We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness – Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness - We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty – We exhibit modesty by being pure in our thoughts, words, and dress.

Self-Control – We exercise self-control by working to overcome the temptations we face and by trying always to do God's will.

Chastity – We live the virtue of chastity when we use the gift of sexuality wisely, according to God's plan.

CORPORAL WORKS OF MERCY (BODY)

Feed the hungry · Give drink to the thirsty

These two works of mercy start out with the many little things we can do for others such as providing a hot meal or a cold cup of water for a loved one. Our care is extended to our community through programs for the elderly, the sick, and the needy. These programs would be ineffective without food donations, cash contributions, and volunteered time. Mercy can be expressed through our support of national and religious relief organizations, as well as being involved in self-help projects and supporting small businesses that benefit the needy.

Clothe the naked

Our Savior Jesus Christ told us in the Gospels that if a person has two coats, he should give one away. Perhaps, the need to clothe the naked is not apparent in your immediate neighborhood, but it does exist elsewhere. Contribute to your local shelter, maternity clothing drop-off centers, and Bishops' appeals for the needy and refugees in your area.

Shelter the homeless

The unemployed living in abandoned cars or on the streets are in desperate straits, and agencies which help them need both material and spiritual support. Aging relatives may become homeless when they are forced to leave their homes or apartments. They're often made to feel unwelcome or ignored in the homes of their kin. Remember the refugees transplanted to a foreign country, tenants forced out of their apartments by fire or eviction, the battered wife or unwed mother on her own; they are all homeless and in need of shelter, companionship, and help in resettlement.

Comfort the imprisoned

Helping captives or the imprisoned is not limited to joining a prison ministry or volunteer organizations. Some people are imprisoned within the walls of their own homes -- such as the handicapped, the sick, the elderly, and the new mother with little or no help. For them, comfort may be provided by a visit, a shopping trip, and a helping hand once a week, or merely a short chat on the telephone.

Visit the sick

Hospital calls or a weekly visit to a nursing home are sometimes viewed with the concern, "Am I really helping?" Put yourself in their place. A short visit to a hospital room, a prayer said at a neighbor's bedside, or time and talent shared at a local nursing home are sources of blessing for the person being visited and for those who volunteer.

Bury the dead

Plague-ridden body's no longer litter the streets. Modern funeral practices have taken the details of caring for the dead out of our hands. But the personal expression of sympathy, a hug or handshake at the vigil or funeral service, or any assistance to a grieving family are important to them. Religious ceremonies remember the dead and celebrate their passing into eternal life. We are also expected to support the living in their sorrow. There is not one of us who will not grieve the loss of a loved one at some time, so let us show we care and make others' burdens a little lighter.

SPIRITUAL WORKS OF MERCY (SOUL)

Convert the Sinner

Of course, the Holy Spirit actually does the converting, but we participate by pointing those we know toward God.

Instruct the Ignorant

This assumes that we are not ignorant – it puts the burden of learning on us, so we can instruct those who have misconceptions about God.

Counsel the Doubtful

Love of others starts with concern for their souls. By helping others have faith, we increase our faith.

Comfort the Sorrowful

In a fallen world, there is much sorrow. By taking the time to comfort those who grieve and suffer, we help them to see God in the world.

Bear Wrongs Patiently

This is perhaps, the toughest issue for most of us, but it goes directly to Christ: Turn the other cheek.

Forgive Injuries

Not only must we bear wrongs and injuries, but we must also forgive those who inflict them on us. True forgiveness requires work on our own soul and a solid love of God.

Pray for the Living and the Dead. This is an easier work and requires just time – take a minute in your daily prayer to pray for those who have died and those who struggle for God (or do not)!

We should all be doing this anyway.

THE VIRTUES

Theological Virtues (3)

Faith, Hope and Love are called *Theological Virtues* because they come from God and lead to God.

Faith is the ability to believe in God and give our lives to him. It allows us to trust God completely and to accept all that God has revealed and taught us.

Hope is the desire for all the good things God has planned for us. Hope gives us the ability to believe that God will always be with us and that we will live with God forever in Heaven.

Love is the way we think about God and how we act toward him and others.

“So faith, hope, love remain, but the greatest of these is love.”-
1 Corinthians 13:13

Cardinal Virtues (4)

Prudence, Justice, Fortitude and Temperance are called *Cardinal Virtues* because they are human virtues, which we learn through education and doing good things.

Prudence is the ability to decide what is good and then choose to do it. It makes you stop and think before you act.

Justice is the respect we show for the rights of others and giving them what is rightfully theirs. A just person thinks of others and their needs and tries to be fair to everyone.

Fortitude is the courage to do what is right, even when it is very hard to do. It gives you strength to walk away from temptations that you face every day.

Temperance is the ability to balance what we want with what we need. It teaches us self-control.

HOLY DAYS OF OBLIGATION (6)

- **Solemnity of Mary, Mother of God – January 1st** (*we honor our Blessed Mother Mary, the Mother of God*).
 - **Ascension Thursday** - 40 days from Easter (*Jesus ascends into heaven*).
 - **Assumption of Mary - August 15th** (*Blessed Mother Mary was taken into heaven body and soul*).
 - **All Saint's Day - November 1st** (*We honor all the saints in heaven*).
 - **Immaculate Conception - December 8th** (*Blessed Mother Mary was free from sin from the first moment of her life*).
- Christmas – December 25th** (*We celebrate the birth of Jesus*)