



ACTION ITEMS FROM  
'You Did It  
to Me'

A Practical Guide to Mercy in Action

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## ~ Action Items ~

'I Was Hungry and You Gave Me Food;  
I Was Thirsty and You Gave Me Drink'

[Check the box next to any of the action items below  
that you might actually be able to do.]

- My work as a breadwinner or homemaker feeds others besides myself, and I will more consciously do such work as an act of mercy. In other words, I will add the secret ingredient of love.
  
- I will check to see whether or not there is a soup kitchen or food pantry in my area, and I will look into donating food or becoming a volunteer.
  - How will you check? \_\_\_\_\_
  - When will you check? \_\_\_\_\_
  - When might you volunteer? \_\_\_\_\_
  
- I will look into starting a food pantry at my parish.
  - Who will you speak with? \_\_\_\_\_
  - Who might help you? \_\_\_\_\_
  
- If one of my neighbors or fellow parishioners becomes debilitated due to grief, an illness, injury, pregnancy, or family crisis, I will offer to make him or her a meal.
  - If the debilitating situation is prolonged, I will look into organizing a group of people to make the meals on a weekly or bi-weekly rotation.
  
- I will check with my parish priest or diocese to find out if there are any poor families or shut-ins in my area who would appreciate my doing some shopping for them.
  
- I will give drink to the thirsty by supporting the efforts of \_\_\_\_\_ to bring safe and accessible drinking water to developing countries. I will look into the possibility of organizing a “Walk

for Water” at my parish or school to help fund a clean water project in \_\_\_\_\_

[Visit [MercyPages.org](http://MercyPages.org) under “I Was Hungry... I Was Thirsty.”]

- I will pray that the seriously ill or handicapped who cannot feed and hydrate themselves will stop being deprived of food and drink. [The tragic case of Terri Schiavo in 2005 is but one example of this ongoing tragedy. It is never right to deprive the sick or the handicapped of food and drink.]
  
- If I ever hear of a situation where someone who is seriously ill or handicapped is being deprived of food or drink, I will inform their caregivers that nourishment and hydration do not constitute extraordinary means of patient care, despite what some healthcare facilities or healthcare professionals might say. Nourishment and hydration are always part of the ordinary care of the sick and handicapped, and receiving such care is a basic right according to God’s law. [Visit [MercyPages.org](http://MercyPages.org) under “I Was Hungry... I Was Thirsty.”]

## ~ Action Items ~

### 'I Was a Stranger and You Welcomed Me'

[Check the box next to any of the action items below that you might actually be able to do.]

#### Welcome the Stranger...

- I will practice the Apostolate of Smiling. I will do so at the following places:
  - At home
  - At church
  - At work
  - In public
  - Other: \_\_\_\_\_
  
- I enjoy welcoming the stranger and newcomers. I will consider participating in...
  - A ministry of hospitality in my parish, such as a greeter.
  - The RCIA team at my parish.
  - Volunteer opportunities in hospitality and community outreach in my area or diocese by contacting local civic, service, and cultural organizations whose mission would be a good fit for me.
  
- I will support priests. I will do so...
  - By resolving never to tear down a priest with gossip.
  - By praying for them.
    - What prayer? \_\_\_\_\_
    - When? \_\_\_\_\_
  - By sacrificing for them.
    - What sacrifice? \_\_\_\_\_
  - By supporting them with good deeds such as offering to make a meal for them, inviting them to dinner with my family, or writing them a word of encouragement.

→ I will support them with the good deed of...

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- By looking into becoming a “spiritual mother” for priests. [You can find more information about spiritual motherhood for priests by visiting [MercyPages.org](http://MercyPages.org) under “Welcome the Stranger.” Also, I share more about this beautiful vocation in my book, *The ‘One Thing’ Is Three*, pages 280-283.]
- Other: \_\_\_\_\_
- If someone moves into my neighborhood, I will make an effort to visit and offer a housewarming gift, such as home-made cookies or bread.
- Remembering that Jesus, Mary, and Joseph were once immigrants and that my own ancestors were likely immigrants as well, I will strive to be particularly friendly, warm, and welcoming to this kind of “stranger.”
- I will examine my conscience to see if I have let any prejudice, bigotry, or racism poison my heart. If I have, I will tell the Lord I’m sorry and resolve to welcome the stranger.

### Shelter the Homeless...

- I will investigate whether or not there is a homeless shelter in my area. If there is, I will call or pay a visit to see how I might help.
- I will help the homeless people I may run into on the street. I will do so by...
  - Purchasing a package of nutritious bars or a similar type of food, reserving it for the homeless, and taking a bar or two with me when I know I may run into someone who is homeless.
  - Stopping to listen to a homeless person and striving to radiate the love of Christ and see Christ in him or her, provided it’s not an unsafe environment.

- Investigating whether Habitat for Humanity (or a similar organization) is active in my area. [Habitat for Humanity is a non-profit organization that coordinates and helps fund the building of affordable housing for the homeless in local communities.] If it is, I will see if I can donate my time or help in some other way in building affordable houses for the homeless in my community. [Visit [MercyPages.org](http://MercyPages.org) under “Shelter the Homeless.”]

### Bury the Dead...

- I will consider going to the funeral of...
  - Those with whom I am only loosely associated.
  - A total stranger.
- I will call or write to a friend who is grieving.
 

[Recommendation: Give them the gift of prayer by sending an enrollment sympathy card. For more information, see the Resource Pages at the end of this book.]
- I will pray outside an abortion clinic.
  - I will check with my diocese or local pro-life organization to find out when others will gather to pray at any clinics in my area.
  - I will consider getting trained to be a sidewalk counselor.
 

[Visit [MercyPages.org](http://MercyPages.org) under “Bury the Dead.”]
  - I will sign up to coordinate a 40 Days for Life vigil site.
 

[Visit [MercyPages.org](http://MercyPages.org) under “Bury the Dead.”]
- I will learn about post-abortion healing resources such as Project Rachel and Rachel’s Vineyard.
 

[Visit [MercyPages.org](http://MercyPages.org) under “Bury the Dead.”]

  - I will recommend a Rachel’s Vineyard healing retreat to someone I know who has had an abortion.
  - I will look into volunteering at a Rachel’s Vineyard retreat.

### Bear Wrongs Patiently...

- The next time I feel impatience welling up in my heart, I will think of Jesus' words, "You did it to me," and I will strive to be patient with Christ in the members of his Body.
- The next time I am unjustly attacked, I will strive to remain calm with the peace of Christ and respond with love.

### Forgive Offenses Willingly...

- I will forgive those who have hurt me.
  - Who do I need to forgive? [Don't write it down. Just think about it.]
- I will confess my lack of forgiveness.
  - When? \_\_\_\_\_
  - Where? \_\_\_\_\_
- I will pray the Chaplet of Divine Mercy for the person or people I need to forgive (or some other prayer). [See Appendix Two to learn how to pray the chaplet.]
- I will make an effort to stop replaying in my mind the hurt that others have put me through. I will strive to let it go and pray for them instead.
- I'm having a hard time forgiving. Therefore, I will learn more about how to forgive. [Visit [MercyPages.org](http://MercyPages.org) under "Forgive Offenses Willingly."]

## ~ Action Items ~

### 'I Was Naked and You Clothed Me'

[Check the box next to any of the action items below that you might actually be able to do.]

#### Clothe the Naked...

- I will donate the clothes and shoes I don't need.
  - I will go through my closet on the following date:  

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  - I will donate to the following organization:  

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- I will strive to dress modestly.
  - I will do some research on the Internet to learn more about the value of modesty. [Visit [MercyPages.org](http://MercyPages.org) under "Clothe the Naked."]
  - I will teach my children the value of modesty, first by my own example.
  - I will share with my friends the importance of modesty in dress.
  
- I will offer to buy a modesty sign for my parish or recommend it to my pastor. [Visit [MercyPages.org](http://MercyPages.org) under "Clothe the Naked."]

#### Instruct the Ignorant...

- I will strive to learn more about my Catholic faith.
  - I will search for and purchase good Catholic books. [In my opinion, the best way to find good Catholic books is to visit your local Catholic bookstore. There, you can pick up the books, peruse them, and discover what's right for you. Also, when you purchase from a Catholic bookstore, you support a mercy ministry that truly "instructs the ignorant," a ministry that needs our support more than ever in this age of major Internet book retailers.]

- I will find out where the closest Catholic bookstores are to my house and visit them.
  - When? \_\_\_\_\_
- I will take time to read good Catholic books.
  - Which ones? \_\_\_\_\_
  - When? \_\_\_\_\_
  - Where? \_\_\_\_\_
  - For how long per day/week? \_\_\_\_\_
- I will search for and purchase good Catholic CDs or MP3s. [Again, I highly recommend Lighthouse Catholic Media as a resource. You can't beat their selection or prices. Visit [LighthouseCatholicMedia.org](http://LighthouseCatholicMedia.org).]
- I will take time to listen to these CDs or MP3s while...
  - Cleaning
  - Cooking
  - Exercising
  - Driving
  - Other: \_\_\_\_\_
- I will share my faith with others. I will do so...
  - By giving or lending good Catholic books and pamphlets.
    - Which books or pamphlets? \_\_\_\_\_
    - To whom? \_\_\_\_\_
    - When? \_\_\_\_\_

[Recommendation: For Protestants who are open to the Catholic faith, one of the best books is *Rome Sweet Home: Our Journey to Catholicism* by Scott and Kimberly Hahn. Also, Lighthouse Catholic Media has CDs of their conversion stories for those who would rather listen than read.

For people who want to grow in holiness as quickly and easily as possible, I recommend that they consecrate themselves to Jesus through Mary. An updated and easy-to-use method is the book *33 Days to Morning Glory*.

Finally, for troubled youth who are struggling with their faith, the most effective tool I've come across is the conversion story of Fr. Donald Calloway, MIC. He tells his story in the book *No Turning Back: A Witness to Mercy*. Lighthouse Catholic Media carries an audio version and Marian Press offers a DVD version.]

- By giving or lending good Catholic CDs.

→ Which CDs? \_\_\_\_\_

→ To whom? \_\_\_\_\_

→ When? \_\_\_\_\_

[Recommendation: Browse the Lighthouse Catholic Media website ([LighthouseCatholicMedia.org](http://LighthouseCatholicMedia.org)) to find the right CDs for your friends and family.]

- By bringing a Lighthouse Catholic Media kiosk to my parish if it doesn't already have one. [For more information, visit their website.]

- By leading a small-group parish study or retreat.

→ Which study or retreat? \_\_\_\_\_

→ When? \_\_\_\_\_

[Recommendation: Of course, I recommend Hearts Afire: Parish-based Programs from the Marian Fathers of the Immaculate Conception (HAPP®). HAPP offers some of the most popular and inexpensive parish programs. Visit [AllHeartsAfire.org](http://AllHeartsAfire.org).]

- By inviting others to a small-group parish study or retreat.

→ Which study or retreat? \_\_\_\_\_

→ Who will you invite? \_\_\_\_\_

- By doing the following... [What else can you think of to share your faith with others?]

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## Counsel the Doubtful; Comfort the Afflicted...

- I will learn more about the message of Divine Mercy.
  - I will do so by...

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[Recommendation: The booklets featured in the Resource Pages, *Divine Mercy Explained* and *The Divine Mercy Image Explained*, present brief yet thorough overviews. The *Diary of St. Faustina* gives the whole picture.]

- I will trust more in God's mercy. To help me with this...
  - I will get a Divine Mercy image.

→ From where? \_\_\_\_\_

[DivineMercyArt.com has the highest quality, biggest selection, and lowest prices. Visit the site or see the Resource Pages at the end of this book for more information.]

→ Which image? [I recommend the "Vilnius Image" (see page 67) because it was painted under the direction of St. Faustina and was the favorite of her spiritual director, Blessed Michael Sopocko. To see examples of the various images, such as the Vilnius, Hyla, and Skemp, visit DivineMercyArt.com.]

Vilnius

Hyla

Skemp

Other: \_\_\_\_\_

→ Which format?

Print

Canvas

Framed or unframed?

→ What size? \_\_\_\_\_

- I will help others to trust in God's mercy.
  - I will do "hit-and-runs." In other words, I will get a box of 1,000 business-card-sized Divine Mercy images and pass them out to friends, family, and total strangers. [Recommendation: Go to [DivineMercyArt.com](http://DivineMercyArt.com), click "Super Specials," and be amazed at the low price for these cards. Also, the prices on the 8"x10" prints are incredibly low.]
  - I will talk to my pastor about inviting the Marian Fathers' Evangelization Team to give talks on Divine Mercy at my parish. [For more information, call 1-866-895-3236 or e-mail [parishmissions@marian.org](mailto:parishmissions@marian.org)]
  - If my parish doesn't already have a Divine Mercy Sunday celebration, I will try to bring it to the parish by...
    - Visiting [CelebrateMercySunday.org](http://CelebrateMercySunday.org) to learn more.
    - Talking or writing to my pastor, asking him to allow a solemn Divine Mercy Sunday celebration at the parish.
    - Volunteering to help organize the celebration.
- With my pastor's permission, I will purchase a Divine Mercy image for my parish or ask the pastor to purchase one.
  - From where? \_\_\_\_\_
  - Which image?
    - Vilnius
    - Hyla
    - Skemp
    - Other \_\_\_\_\_
  - Which format?
    - Print
    - Canvas
    - Framed or unframed?
  - What size? \_\_\_\_\_

## ~ Action Items ~

### 'I Was Sick and You Visited Me'

[Check the box next to any of the action items below that you might actually be able to do.]

- I will not avoid the sick in my own family. Rather, I will comfort them by...
  - Offering to go to the store to get them such things as medicine, soup, and popsicles.
  - Visiting them frequently (provided it doesn't annoy them).
  - Trying my best to be patient with them in their suffering.
  - Having someone from the parish bring them Holy Communion, if they desire it.
  - Encouraging them not to waste their sufferings by reminding them — tactfully and without pulling away my compassion — of their invaluable ministry of lovingly offering up their suffering by joining it to the perfect and acceptable sacrifice of Christ on the Cross.
  - Other: \_\_\_\_\_
  
- I will make an effort to visit any sick friends who go to the hospital, provided they don't mind a visit.
  
- I will visit the local hospital to inquire into possibilities of hospital ministry.
  - I'm particularly interested in helping those who are dying (hospice care). [Visit [MercyPages.org](http://MercyPages.org) under "I Was Sick and You Visited Me."]
  - I'm particularly interested in bringing Holy Communion to the sick at the local hospital. [You would first need to speak with the pastor of your parish.]
  - I'm particularly interested in \_\_\_\_\_
  
- I will call or visit more frequently any elderly friends or family members I may have.

→ Who? \_\_\_\_\_

→ When? \_\_\_\_\_

- I will visit the local home for the elderly to inquire into possibilities of ministering to them. I'm particularly interested in...
  - Bringing them Holy Communion. [You would first need to speak with the pastor of your parish.]
  - Simply visiting with them and listening to their stories.
  - Sharing with them my talents of cooking, singing, magic tricks, or \_\_\_\_\_
  
- I will speak to the pastor at my parish to inquire into possibilities of ministering to any shut-ins from the parish. I'm particularly interested in...
  - Helping them with their shopping.
  - Bringing them Holy Communion.
  - Cleaning or doing yard work for them.
  - Visiting with them.
  
- I will speak to the pastor of my parish to inquire into opportunities to minister to any of the sick from the parish.
  
- I'm already a healthcare professional (doctor, nurse, etc.), and I will contact Healthcare Professionals for Divine Mercy to learn more about how I can better bring the grace of God's mercy into my patient care. [Visit [MercyPages.org](http://MercyPages.org) under "I Was Sick and You Visited Me."]
  
- I know someone who has an addiction, and I'm going to reach out to help that person.
  - I will do research on the Internet about any addictions my friends or family have to see what kind of help is available. [Visit [MercyPages.org](http://MercyPages.org) under "I Was Sick and You Visited Me."]

## ~ Action Items ~

### 'I Was in Prison and You Came to Me'

[Check the box next to any of the action items below that you might actually be able to do.]

#### Visit the Imprisoned...

- I will visit those in prison.
  - I will contact the diocese or local prison chaplain to find out of any existing prison ministry.
  - If I do begin ministry in a prison, I will try to introduce the Hearts Afire Program, starting with the *33 Days to Morning Glory* consecration preparation.
  - If I'm allowed to start the Marian consecration program there, I will contact the Marians at 1-877-200-4277 or HAPP@marian.org for more information on how to get my free materials (while supplies last).
  
- In light of the Church's teaching on the death penalty (see *Catechism*, 2267), I will pray for an end to any and all unnecessary state execution of prisoners. [Visit MercyPages.org under "Visit the Imprisoned."]
  
- I will pray for those in prison, that they may be visited by the grace and mercy of Christ and grow in holiness.
  
- I will pray for the victims of crime, especially those who have suffered violence or who have lost a loved one, knowing that they often live in prisons of their own.
  
- I will remember and pray for the persecuted Church.
  - I will do research on the Internet to learn more about the often hidden suffering of my persecuted brothers and sisters in Christ. [Visit MercyPages.org under "Visit the Imprisoned."]
  - As I learn about their plight, I will tell others so to as to inspire them to remember and pray for these, my persecuted brothers and sisters.

### Admonish Sinners...

- I will bear the weaknesses of others and not be too quick to correct them. I will strive to attract them to Christ by reflecting his love and mercy.
- When my neighbor is in need of correction, I will ask for the courage and grace to do it with love and mercy, and thereby reflect the true face of God.
- I will invite friends, family, and others to join me in going to the Sacrament of Confession.
  - Who? \_\_\_\_\_

### Pray for the Living and the Dead...

- I will pray the Chaplet of Divine Mercy. [See Appendix Two.]
  - How often? \_\_\_\_\_
  - When?
    - At 3:00 p.m. (the “Hour of Mercy”).
    - Another time: \_\_\_\_\_
- As an ongoing novena, I will include the Novena to Divine Mercy when I pray the Chaplet. [See Appendix Two.]
- I will pray for those in need, especially *for the hungry*, that they will have enough food to eat; *for those who feel alone and unwelcomed*, “the stranger,” that they will experience the warmth of Christ’s love; *for the naked*, that they will be clothed; *for the sick*, that they will be cared for and comforted; *for those in prison*, that Christ will go to them with his grace and mercy.
  - I will remember them when I pray the Chaplet of Divine Mercy.
  - I will remember them when I pray ... \_\_\_\_\_

- I will consecrate myself to Jesus through Mary, so Mary can offer the grace of my prayers and sacrifices to God for me, especially for these intentions.
- Which consecration?
- 33 Days to Morning Glory*
- Other: \_\_\_\_\_
- If I am already consecrated, I will speak to Mary about my desire to pray for these intentions, and I will trust that she will be mindful of them on my behalf. I will still pray for them explicitly when I can and when I feel moved to do so.
- I will pray most especially for unrepentant sinners, particularly for those who are dying.
- I will remember them when I pray the Chaplet of Divine Mercy.
- I will remember them when I pray ... \_\_\_\_\_  
\_\_\_\_\_
- I will make sacrifices for the conversion of sinners.
- What sacrifice(s)? \_\_\_\_\_
- I will consecrate myself to Jesus through Mary, so Mary can offer the grace of my prayers and sacrifices to God for me, especially for this intention of mercy for unrepentant sinners.
- If I am already consecrated, I will speak to Mary about these desires in my heart to pray for this intention, and I will trust that she will be mindful of it on my behalf. And I will still pray for it explicitly when I can and when I feel moved to do so.
- I will strive to help the souls in purgatory. I will do so by...
- Having Mass(es) said for them.
- For whom? \_\_\_\_\_

→ At what parish or through which religious community?

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[Recommendation: Visit [PrayforSouls.org](http://PrayforSouls.org) or call 1-800-462-7426 to have a Marian priest offer a Mass.]

Enrolling the deceased in the Association of Marian Helpers. [For more information, visit [Prayforsouls.org](http://Prayforsouls.org) or call 1-800-462-7426.]

→ Which deceased loved ones? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gaining indulgences for them.

→ Partial or plenary? \_\_\_\_\_

→ By doing what indulgenced act(s)? \_\_\_\_\_

→ How often? \_\_\_\_\_

Offering some of my suffering and sacrifices for them.

Remembering them when I pray the Chaplet of Divine Mercy.

I will also pray the prayer from the eighth day of the Divine Mercy Novena. [See Appendix Two.]

Remembering them when I pray the Rosary.

Making the consecration to Jesus through Mary, if I'm not already consecrated. I will do this so Mary can remember to offer the grace of my prayers and sacrifices for me, especially for this intention of mercy for the souls in purgatory.

If I am already consecrated, I will speak to Mary about these desires in my heart to pray for this intention, and I will trust that she will be mindful of it on my behalf. And I will still pray for it explicitly when I can and when I feel moved to do so.

## ~ Action Items ~

### Almsgiving

[Check the box next to any of the action items below that you might actually be able to do.]

- I will get a Mercy Fund bank and put it in my house. I will use a...

Piggy bank

Cookie jar

Vase

Other: \_\_\_\_\_

- I will give up some food or drink as a sacrifice.

→ What food or drink? \_\_\_\_\_

→ For how long? \_\_\_\_\_

→ At what value? \$ \_\_\_\_\_

[Reminder: Don't forget to put this money into your Mercy Fund.]

- I will give up eating out.

→ For how long? Or how many times? \_\_\_\_\_

→ At what value? \$ \_\_\_\_\_

- I will give up some luxury cosmetic, perfume, or clothing item.

→ Which one(s)? \_\_\_\_\_

→ For how long? \_\_\_\_\_

→ At what value? \$ \_\_\_\_\_

- I will give up some form of entertainment.

Movies

→ For how long? \_\_\_\_\_

→ At what value? \$ \_\_\_\_\_

- Cable subscription (or downgrade)  
 → For how long? \_\_\_\_\_  
 → At what value? \$ \_\_\_\_\_
- Magazine subscription  
 → For how long? \_\_\_\_\_  
 → At what value? \$ \_\_\_\_\_
- Other  
 → For how long? \_\_\_\_\_  
 → At what value? \$ \_\_\_\_\_
- I will start using coupons and deposit the money I save into my Mercy Fund.
- I will have a garage sale for things I don't need and will transfer the proceeds to my Mercy Fund.
- I will keep track of other sacrifices as they come up and put the proceeds into my Mercy Fund.
- Other ideas: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_