



# Reflective Prayer: Mercying

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*“Touched by God’s Mercy, we reach out in Mercy”*

## Invocation:

O God, rich in mercy, draw us closer to your own heart and make our hearts one with you. As we are immersed in the world’s suffering, may we rely on your abundant flow of mercy to us which flows through us upon those who suffer.

**Gathering song:** [“Dancing, Singing, Circling” by Claudette Schiratti, rsm](#)

From the Circle of Mercy CD

## Contemplative Moment:

Mercying has a rhythm of breathing in, breathing out. Breathing in the mercy of God for us, and breathing out the mercy of God to the world. In our contemplative prayer we are being transformed into Mercy and it spills forth into our relationships with all creation. Catherine McAuley spoke frequently of this relationship of being centered in God and the spiritual and corporal works of Mercy.

Spend some silent moments being attentive to the breath of God in you, asking for an awareness of the Mercy of God being poured upon you and through you.  
(allow 5 minutes)

Bring this time to an end joining in **“God of Mercy” by Ricky Manalo & Bob Hurd**

<https://www.youtube.com/watch?v=-ljFPIDR2Yg>

## Readings:

“Mercy the principal path pointed out by Jesus Christ to those who are desirous of following Him, has in all ages of the Church excited the faithful in a particular manner to instruct and comfort the sick and dying poor, as in them they regarded the person of our Divine Master, who has said, ‘Amen, I say to you, as long as you did it to one of these my least brethren, you did it to Me.’”

from the Original Rule and Constitutions of the Religious Sisters of Mercy.

“...Mercy is not just an object, but an action. Mercy-ing is a way of proceeding, a way of being in the world. Mercy-ing calls us not just to be merciful, but to be Mercy. Dauntingly, mercy-ing calls us to be Christ.

Michelle Francl-Dounay, Ignatian Spirituality.com

“Compassion is more than a feeling, although it includes feelings and emotions or the affective side of ourselves. It also involves an effective response, a remedy or amelioration of concrete suffering.... Mercy recognizes a shared humanity with the other, compelling a response in action.”

“Mercy is God’s empowering presence in the world, a presence known only in and through those who act in God’s merciful name.”

“Rather than simply and continuously extending mercy, we need to ask questions about the structural causes of suffering. True Compassion addresses the root causes of suffering and also asks questions about our unconscious complicity in those structures.

Janet Ruffing, RSM, “Cultivating Compassion Developing a Habit of Mercy and Recognizing Its Interruptions”



### **Reflection and Time for Sharing**

Take some time to consider the following questions and share your insights with another person(s)

**\*What has stirred in you? What does it require of you?**

**\*What do you want to say/do for those in our world who are in need of God’s mercy?**

### **Closing Prayer:**

Mercy is God’s powerful Word spoken in Jesus—His passion and resurrection. It bends and changes, forms and re-forms our lives so that we may receive Mercy and, in turn be merciful. As women and men following today in the steps of Catherine McAuley, with faith and prophetic boldness, we commit ourselves anew to search for and to be God’s Mercy. We commit ourselves to Mercy-ing by standing with the poor, reassessing our ministries, working to alleviate and eradicate poverty, injustice and oppression, in collaboration with all people of goodwill who make the Gospel live in today’s world.

Adapted from Common Statement, Trocaire (1981)

**Closing Song:** “Christ Has No Body” by Liam Lawton

<https://www.youtube.com/watch?v=Cdzgf2OpIfk>