

40 Ways to Mercy

Sharing God's love through
Prayer, Service and Almsgiving



SCRIPTURE
SUNDAY

MERCY
MONDAY

TITHING
TUESDAY

WISDOM
WEDNESDAY

THANKFUL
THURSDAY

FAITHFUL
FRIDAY

SERVICE
SATURDAY

“Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor.”
-Pope Francis



March 1 2 3 4

Ash Wednesday
“God’s mercy is beyond all expectation.”
-St. Leopold Mandic

Offer words of mercy, an encouraging word or a sincere message of gratitude that will lift the spirit of another.

Pray for families who are struggling to make ends meet.

Send encouraging cards to people at a homeless shelter.

5 6 7 8 9 10 11

Read Matthew 22:34-38 and reflect on ‘The Greatest Commandment.’

“Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ.”
-Pope Francis

Your gifts bring mercy to families in need. BOGO and give your extra items to a local food pantry.

“Nothing, how little so ever it be, if it is suffered for God’s sake, can pass without merit in the sight of God.”
-Thomas á Kempis

Start a gratitude journal and write down 3 things you are grateful for each day.

Pray the sorrowful mysteries of the rosary.

Challenge yourself to give your undivided attention to every one who talks to you today.

12 13 14 15 16 17 18

Read Ephesians 3:18-20 and reflect on God’s abundant love for us.

“Each life that we encounter is a gift deserving acceptance, respect and love.”
-Pope Francis

Help support a Catholic Charities program by donating online.

“Ignorance of Scripture is ignorance of Christ.”
-St. Jerome

Today, be on the lookout for people you can thank for their kindness, helpfulness, or generosity.

Participate in daily Mass or spend time in Adoration.

Volunteer to help sort food donations at a local food pantry or food bank.

19 20 21 22 23 24 25

Read the parable of the rich man and Lazarus in Luke 16: 19-31. What does it teach us about where to find true happiness and eternal life?

“The word of God is alive and powerful, capable of converting hearts and leading them back to God.”
-Pope Francis

Eat simply this week and donate the money you save.

“How happy I am to see myself imperfect and to be in need of God’s mercy.”
-St. Therese of Lisieux

Acknowledge one ungrateful thought today, and try to transform it into a grateful one.

As you pray at meals today, pray for those who go hungry.

Invite someone over for dinner who may be lonely or struggling with food insecurity.

26 27 28 29 30 31 April 1

Read Matthew 25:31-46 and reflect on the corporal works of mercy.

“When we close our heart to the gift of God’s word, we end up closing our heart to the gift of our brothers and sisters.”
-Pope Francis

Prepare a meal for someone in your neighborhood who is ill or in need.

“Pray with great confidence, with confidence based upon the goodness and infinite generosity of God and upon the promises of Jesus Christ.”
-St. Louis de Montfort

Write a thank-you letter to your parents or grandparents.

Say a special prayer for your parents and grandparents.

Write letters of encouragement to the seniors in a nursing home.

2 3 4 5 6 7 8

Read Psalm 103 and reflect on the many facets of God’s mercy.

“Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor.”
-Pope Francis

Donate baby formula, diapers, or baby clothes to a local crisis pregnancy clinic.

“Let our judgement of souls cease, for God’s mercy upon them is extraordinary.”
-St. Faustina

Pray the Gratitude Prayer found on the back of this calendar.

Pray for those who have no one else to pray for them.

Prepare Easter Baskets for children in need.

9 10 11 12 13 14 15

Read 1 Tim 6:7-10. What are we called to do with the gifts God has blessed us with?

“Let us pray for one another so that, by sharing in the victory of Christ, we may open our doors to the weak and poor.”
-Pope Francis

Donate gently used items from your spring cleaning to a nearby thrift store.

“Pray, hope, and don’t worry. Worry is useless. God is merciful and will hear your prayer.”
-Padre Pio of Pietrelcina

Participate in the Mass of the Lord’s Supper.

Participate in a Good Friday Service.

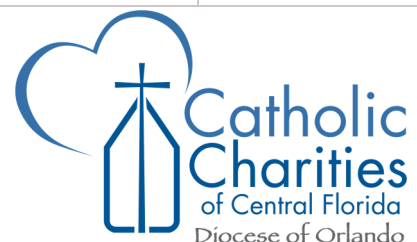
Go out of your way to hold the door open for someone.

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Easter Sunday
Celebrate the Resurrection of the Lord!

Resources on other side.

Pope Francis quotations are taken from his Message for Lent 2017



RESOURCES

Prayers and Church Teachings

Gratitude Prayer

Thank you, Lord Jesus Christ, for all the benefits and blessings which you have given me,
for all the pains and insults which you have borne for me.
Merciful Friend, Brother and Redeemer, may I know you more clearly, love you more
dearly, and follow you more nearly, day by day.

Weekly Catechism Readings

Week of March 1 - 4	Paragraphs 1382-1419, 2759-2771
Week of March 5 - 11	Paragraphs 2772-2793
Week of March 12 - 18	Paragraphs 2794-2815
Week of March 19 - 25	Paragraphs 2816-2837
Week of March 26 – April 1	Paragraphs 2838-2859
Week of April 2 - 8	Paragraphs 2860-2865
Week of April 9 - 15	Participate in Holy Week

Catholic Social Teaching

Visit www.cflcc.org/who-we-are

Scroll down to “Why We Serve” to learn about the principles of Catholic social teaching.

Daily Themes

Sharing God’s love through Prayer, Service and Almsgiving



#ScriptureSunday

Reflect on God’s word.

#MercyMonday

Witness to mercy. Reflect on quotes from Pope Francis and reflect on ways you see mercy, give mercy, and experience mercy in your own life.

#TithingTuesday

Donate. Use the daily suggestions to share your treasure with those in need.

#WisdomWednesday

Reflect on the wisdom of the saints.

#ThankfulThursday

Practice gratitude using the daily suggestions on the calendar.

#FaithfulFriday

Pray. Incorporate daily calendar suggestions into your normal prayer routine, or add a new prayer into your day.

#ServiceSaturday

Serve. Use the daily suggestions to share your time and talents with those in need.

Share your witness to mercy on social media with #MercyCFL

For more information, contact: Carly.Matthews@cflcc.org