

Faith Formation Study Class

St. Ignatius Church – May 5th 2019

About Saint Faustina

Saint Maria Faustyna Kowalska of the Blessed Sacrament OLM (born Helena Kowalska; 1905–1938[1]), popularly spelled Faustina, was a Polish Roman Catholic nun and mystic. Her apparitions of Jesus Christ inspired the Roman Catholic devotion to the Divine Mercy and earned her the title of "Apostle of Divine Mercy".

Throughout her life, Faustina reported having visions of Jesus and conversations with him, of which she wrote in her diary, later published as *The Diary of Saint Maria Faustina Kowalska: Divine Mercy in My Soul*. Her biography, submitted to the Congregation for the Causes of Saints, quoted some of these conversations with Jesus regarding the Divine Mercy devotion.[2]

At the age of 20 years, she joined a convent in Warsaw, Poland, was transferred to Płock, and was later moved to Vilnius where she met her confessor Father Michał Sopoćko, who supported her devotion to the Divine Mercy. Faustina and Sopoćko directed an artist to paint the first Divine Mercy image, based on Faustina's vision of Jesus. Sopoćko used the image in celebrating the first Mass on the first Sunday after Easter. Subsequently, Pope John Paul II established the Feast of Divine Mercy on that Sunday of each liturgical year.

The Roman Catholic Church canonized Faustina as a saint on 30 April 2000.[3][4] The mystic is classified in the liturgy as a virgin[5] and is venerated within the Church as the "Apostle of Divine Mercy".

- Wikipedia

https://en.wikipedia.org/wiki/Faustina_Kowalska



Saint Maria Faustina (Kowalska)
"Apostle of Divine Mercy"

The Diary of St. Faustina

The Congregation of the Sisters of Our Lady of Mercy

<https://www.faustyna.pl/zmbm/en/diary/>

Divine Mercy (Japan)

<https://divinemercy.jp/>

<https://www.facebook.com/D.M.Chaplet/>



Jesus, I Trust in You
The Painting of Jesus
by Kazimirowski

Daily Reflections on Divine Mercy

365 Days with Saint Faustina

<https://divinemercy.life/>

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Daily Reflections on Divine Mercy

365 Days with Saint Faustina



The *Diary* of Saint Faustina is a spiritual treasure given to the Church by Jesus Himself through the humble instrumentality of a cloistered nun. It consists of Saint Faustina's six handwritten notebooks revealing her faith and her daily encounters with our Lord.

The book contained on this site, *Daily Reflections on Divine Mercy: 365 Days with Saint Faustina*, was written to help you discover the spiritual wisdom revealed by Saint Faustina in her *Diary*. It consists of 365 short spiritual reflections, which can be used throughout the year for daily meditation, inspiration and prayer. The full content of this book is made available to you free of charge in online format through the links below. It is also available for purchase in ebook and paperback format. Additionally, the links below provide you with numerous other resources from *My Catholic Life!* to assist you with your daily prayer and faith.

May the Mercy of God transform you each and every day as you continue your journey of personal conversion!

Reflection 104: The Chaplet of Mercy

Prayer is essential to our Christian walk. When you pray, it is good to speak from the heart, pouring out your soul to God. But prayer must also follow your faith and all you know of God. It must reflect your true knowledge of God and call upon His Mercy. The Chaplet of Divine Mercy is one such prayer that perfectly reflects your faith in the Mercy of God. (See *Diary* #475-476).

Do you pray? Do you pray every day? Is your prayer centered in faith and truth, enabling you to continually call on the Mercy of God? If you do not pray the Chaplet of Divine Mercy, try it every day for a week. Be faithful and trust in the faith revealed in the words spoken. You will see the doors of God's Mercy open if you commit yourself to this prayer.

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world. For the sake of His sorrowful Passion, have Mercy on us and on the whole world. Jesus, I trust in You.

Reflection 125: The Victim Soul

Do you know that our Lord chooses certain people for a specific mission of suffering? He picks certain people, who are few in number, to more fully resemble His innocent suffering here on Earth. These holy souls suffer in many and varied ways. They are the continuation of the innocent suffering of Jesus Himself. They have a very specific mission on Earth and it is a mission requiring the greatest sacrifice imaginable. The good news, for these chosen few, is that the crown of glory that awaits them in Heaven makes every act of suffering here on Earth worth it. Through their suffering, completely embraced in joy, and offered to the Father through the Son, they make up that which is “lacking in the sufferings of Christ” as St. Paul explains to us (Colossians 1:24). Though this unique vocation is only given to a few in a profound way, we are all called to share in Christ’s sufferings so as to also share in His glorification (See *Diary* #604).

What do you do with your daily sufferings? Do you “offer it up?” This invitation from Jesus, to unite our sufferings with His, is a true calling that has more potential for grace than anything else. It’s what makes us most like Him. It is the greatest sacrifice we can offer and the most powerful prayer we can pray. Think about the sufferings you encounter in your life. No matter what they are, do not run from them. Try to embrace them and offer them up, joyfully, to our Lord.

Heavenly Father, I give to You, this day, all my joys, works and sufferings. I especially offer You the sufferings I endure. I offer You all the small and great ways in which I experience suffering, hardship and pain in my life. May these become a sacrifice of love, offered in union with the one and perfect sacrifice of Jesus, Your Son. Transform this offering and make it a source of grace in this world. Jesus, I trust in You.

Reflection 124: The Mercy of Intercessory Prayer

Do you want to see The Divine Mercy of God pour forth upon the world in an abundant way? Hopefully and presumably the answer to that question is an easy, “Yes.” It’s important to know that, in some ways, you are responsible for whether or not that happens. Specifically, Jesus has chosen to make His abundance of Mercy flow forth as a direct result of your intercession for others. It’s true. Your personal choice to pray for others has a direct result on Jesus offering them special graces. This is a grace offered others in addition to the many other graces He offers in other ways. Do your part and others will be blessed in abundance. Ignore your part, and they will not receive the specific grace you could have won for them through your prayers (See *Diary* #599).

Reflect, today, upon the person or people God has entrusted to your intercession. This is no small responsibility. God has chosen you for this task. And through your prayers, others will be blessed. Who is it that God wants to bless through your prayers? Make a concrete decision to pray for them and trust that the Lord’s Mercy will be bestowed as a direct result.

Lord, I pray that You will show me who You wish me to pray for. Place on my heart this desire. Help me to be faithful in my intercession and to trust in the power of that prayer. Here and now I offer (think of a person) to You. And I especially offer this person to the Immaculate Heart of Your Mother for her perfect prayers. Mother Mary, pray for us. Jesus, I trust in You.

Reflection 123: The Blessing of Humiliations

Who, in their right mind, would want to be humiliated? Try to imagine something that would be humiliating to you. Try to imagine something that is not morally illicit on your part, but would cause great embarrassment and humiliation. It doesn't matter so much what that would be, the key question is this: What would you do if you were humiliated? Most people would be tempted to seek ways to avoid humiliation. Some would become deeply hurt as a result. Others would become angry and defensive. And though the source of one's humiliation may not be fair, it's important to understand that humiliations can become an invitation to the deepest depths of God's grace and Mercy. Humiliation has the potential to produce humility when embraced properly. Though anger and hurt may also result, humility must be the goal. What matters most is that we shed any pride, anger or hurt that we experience and allow ourselves to enter into the depths of humility. This necessary quality will enable us to rely solely upon God, seek consolation and peace only from Him, and allow Him and His holy Will to be the one and only source of our joy in life. Nothing could be better for the soul than the humility that comes from humiliations (See *Diary* #593).

What is it that humbles you the most? What wounds your pride and causes you to be angry or defensive? What do you stew over and think about obsessively? If something comes to mind, then this may be something very specific that the Lord wishes to turn into a source of grace and Mercy. Everything, be it sin, injustice, hurt, etc., has the potential to be turned into grace by our Lord. He truly is that All-Powerful. Identify that which wounds your pride the most and try to look at it from a new perspective, letting the Lord turn it into a source of grace.

Lord, my pride is wounded so many times. There are so many experiences I have that do not sit well with me. Help me to allow all those things that are out of my control to become transformed by You and Your grace so that they may no longer weigh me down, causing hurt and anger. Take these humiliations, dear Lord, and transform my heart through them so that, in my humility, I may come to know You more intimately and surrender to You more fully. Jesus, I trust in You.

Reflection 56: The Good News of the Day

The secular world is filled with bad news. The newspapers, talk shows, and other forms of media thrive on sensational and exaggerated tragic events to keep our attention. And we, for our part, are often eager to share the latest gossip or criticism. But what about the good news? What about the news of God's abundant Mercy? How often are you fascinated by this message and how often do you seek to tell the world about the Mercy of God? (See *Diary* #164)

Reflect upon that which you are most eager to share with others each and every day. Think about the joy you receive when you speak of the goodness and Mercy of God. Look for opportunities, this day, to share some joy about how great God is. Look for ways that God's

beauty and goodness have been evident this week and speak of His workings to those God puts in your path.

Lord, help me to turn from the sensationalism and negativity of the secular world. Help me, instead, to turn my eyes to You and Your glory. Give me courage, wisdom and love so that I may speak of You freely and joyfully. Lord, You are the Good News that must be shared everywhere. Help me to be a willing instrument. Jesus, I trust in You.

Reflection 176: Combating the Sin of the World

When God looks at the world, what does He see? Most certainly He sees the beauty of His creation, the perfect order of His design and the presence of His sons and daughters. But He also sees the horror of the multitude of sins. Even the slightest sin or imperfection cannot escape His sight. Imagine trying to take in the sins of the world with one glance. But in His perfect Mercy He allows Himself to be consoled by those humble and holy souls who are specially chosen by Him. Yes, all people are chosen, but certain souls respond to the heights of holiness more than others, and in so doing, combat the evils of our world in a powerful way. This is one of the unique callings of those living in the cloistered religious life, hidden from the world with a single focus on interior conversion. We may not see the benefit to such holy souls, but God does and His wrath is turned into Mercy, especially on account of these and all holy souls (See *Diary #926*).

Reflect upon the fact that you are one of these chosen souls. You may not be called to the hidden life of a cloister, but you are called to achieve great sanctity. As God sees the holiness of your life, His justice is satisfied and His Mercy flows forth. Though the things you say, the thoughts you have and the prayers you pray may never be known by another, God who sees all things sees your heart and the holiness that you achieve in life. This holiness will do more than all the words and actions you could ever accomplish on your own. You are a chosen soul. Fulfill that mission and you will become a powerful instrument of the Mercy of God.

Lord, I thank You for choosing me for holiness. I accept this calling and seek to serve You with my whole heart. My life is Yours, dear Lord, do with me what You Will. Jesus, I trust in You.

Reflection 101: God Speaking Through Others

Very often, God wants to speak to You a particular message that you need to hear. It may happen that, as you listen to a homily, read a book, hear something on the radio or talk with a friend, something particular will jump out at you that does not seem to affect others. Pay attention to this inspiration, it is a gift to you of God's Mercy and a revelation of His love for you (See *Diary #456*).

Reflect upon anything, lately, that has gotten your attention. Have you heard something that seemed to be spoken just for you? Is there something that has been on your mind? If so, spend time with that thought and try to discern if it is from the Lord and what He may be saying to you through it. This may be God's voice speaking to you and an act of His great Mercy.

Lord, I desire to hear Your voice. Help me to be attentive to Your word as it is spoken to me. When You speak, help me to listen and to respond to You with generosity and love. Jesus, I trust in You.

Reflection 331: Nothing Beyond Your Strength

It's important to know that the Lord will never allow you to carry a cross that is beyond your strength. Do you believe this? If you do, it should help you to set your eyes on the road ahead and plunge forward doing the Will of God. If struggles come your way, even if they are great, know with certainty that the Lord is with you, carrying you if needed, through everything you face in life. Nothing can keep you from His Mercy and His perfect Will if you keep your eyes on Him (See *Diary #1607*).

Reflect upon the path that you believe the Lord has set before you. What obstacles do you perceive to be too great to overcome? Whatever it is, you must face them with confidence and absolute trust in our Lord. As painful as some things may be, nothing is beyond the Mercy of God. He will transform the rough path before you into a smooth road if you let Him.

Lord, I do believe that You are always with me, leading me and protecting me. When I face some hardship in life, help me to see it as an opportunity to rely more on Your grace. I know that I can do all things You call me to, dear Lord. I commit to walking the road You have laid out for me. Jesus, I trust in You.

Trust and Mercy

Everyone wants to be happy. It is our purpose in life. Our Blessed Lord Jesus Christ knew this and left us steps to happiness. They are called the eight beatitudes. One of the steps to happiness is to be merciful. Thus, Our Blessed Lord said, 'Blessed are the merciful.' St. Thomas Aquinas says that the merciful is one who has a sorrowful heart; being affected with sorrow at the misery of another as though it were his own. Since he is affected with sorrow of the other, he would want to dispel the misery of the other, which is the effect of mercy (ST I 21, 3).

Thus, when someone asks for forgiveness, we see the sorrow of the other and would forgive them. However, one cannot be merciful if he is not meek. How can one see the sorrow of another if he has pride? The only way I can see another's sorrow is if I see myself as not being greater than them. Therefore one must be meek before one can be merciful. To be meek is just seeing one's self as he truly is. He would see himself who has dignity, a person who is in the image of God. He must also see the other as none greater than him. He must see that the person is in the image of God. In this way, they are equal. Both deserve mercy and love.

And this is exactly how God saw man. God made man in the image of Himself. There is something in man that is so valuable that God would become man, die, and resurrect so that he can attain eternal life. In exchange for our humanity, God gives His divinity, that we may be partakers of the Divine Nature. This is what the Fathers meant when they said, 'God became man that man might become God.' Even though man has sinned against God, God never forgot what He made, that is, good. He made man good. He never forgot this fact. He always remembers that even though man sinned against Him.

If God the Almighty, Who is infinitely greater than man, has mercy toward those who offend Him, should we not also have mercy to those who offend us? Whenever we feel greater than the other, we must always remember the Incarnation when God humbled Himself. We must also remember the agony of Jesus in the garden. Because of His agony, He was unrecognizable. This is why He had to tell the people, 'It is I you are looking for.' We have to ask ourselves this question, 'Would we have recognized Jesus' face?' Will we always recognize Jesus' face? Will we recognize Jesus' face especially in others' faces? Will we see Him in our friends, neighbors, and even our enemies? Will we see Jesus' face when someone asks for our forgiveness?

As the Catechism states: 'Love, like the Body of Christ, is indivisible; we cannot love the God we cannot see if we do not love the brother or sister we do see. In refusing to forgive our brothers and sisters, our hearts are closed and their hardness makes them impervious to the Father's merciful love...' (2840). We must therefore love and be merciful to others if we truly love God. If we have trouble forgiving someone, we must try to see Jesus in them. We have to pray, 'Lord Jesus, please show me yourself in others so that I can love you through them.'

Mercy of God

Some quotes on the divine mercy of God

'Our sins are nothing but a grain of sand alongside the great mountain of the mercy of God.'
-- **St. John Vianney**

'Where is the foolish person who would think it in his power to commit a sin more than God could forgive.' -- **St. Francis de Sales**

'Let your prayers go out to those on the left cross that they may be mindful of the expiatory value of their suffering; let your love also go out to the Good Shepherd on the central Cross who suffers so innocently for all the people, and because you never once thought of yourself but of others, or in other words, because you were merciful, you will hear the reward of mercy from the central Cross: 'This day you shall be with me in paradise.' In that way you become another Good Thief, for a good thief is one who steals Paradise!'
-- **Archbishop Fulton J. Sheen**

'Since God displayed His great mercy in so many ways even toward Judas, an apostle turned traitor, since He invited him so often to be forgiven and did not allow him to perish except through despair alone, surely there is no cause for anyone in this life to despair even if an imitator of Judas.' -- **St. Thomas More**

'God acts mercifully, not indeed by going against His justice, but by doing something more than justice; thus a man who pays another two hundred pieces of money, though owing him only one hundred, does nothing against justice, but acts liberally or mercifully. The case is the same with one who pardons an offence committed against him, for in remitting it he may be said to bestow a gift.' -- **St. Thomas Aquinas**

'Conversion to God always consists in discovering His mercy, that is, in discovering that love which is patient and kind as only the Creator and Father can be; the love to which the 'God and Father of our Lord Jesus Christ' is faithful to the uttermost consequences in the history of His covenant with man; even to the cross and to the death and resurrection of the Son. Conversion to God is always the fruit of the rediscovery of this Father, who is rich in mercy.'
-- **Pope John Paul II**

'Our only hope, our only confidence, our only assured promise, Lord, is Your mercy.'

-- St. Augustine

To say that there is no infinite mercy in God is the same as saying there is no mercy in God since everything of God is infinite. But to take mercy from God is to make God un-God and hence, if there were no mercy, we should act like atheists who have no hope for eternal happiness since eternal happiness is based on the mercy of God.

Divine Mercy Sunday 2003

いつくしみセンター公式サイト

<https://divinemercy.jp/>

2000 年の大聖年に教皇ヨハネ・パウロ 2 世によって列聖されたポーランドの聖女ファウスティナ。彼女がイエスの出現によって与えられた「神のいつくしみ」についての信心は、今の時代にとって、とても大切なものの 1 つではないでしょうか？

ご復活の主日の次の日曜日には、聖ファウスティナに現れたイエスの求めに応じて、「神のいつくしみの主日」を祝うことになっています。（日本では 2001 年から典礼暦に加えられました）

聖ファウスティナの生涯について、『[聖ファウスティナの生涯](#)』（いつくしみセンター発行）から一部分を抜粋してご紹介します。

ヘレナの誕生

1905 年 8 月 25 日、ポーランドのグウォゴヴィエツという小さな村に、シスターファウスティナは生まれました。彼女の名前はヘレナ・コヴァルスカといい、10 人兄弟の 3 番目でした。ヘレナ・コヴァルスカの家は貧しい農家で、父は農業以外に大工の仕事もしていました。彼女は子どものときから、農作業や家の雑仕事を手伝っていました。

ロシア統治下のポーランドでは学校は閉鎖されていたため、ヘレナはやっと 12 歳で学校に行くことができました。しかしヘレナはわずか 2 年間で学校生活を終えざるを得ませんでした。

人生の転機

1924 年の 7 月、彼女は姉と一緒に、スタニスワフ教会の裏の公園で開かれたダンスに参加しました。そこで彼女は、自分の隣に、突然、イエスを見たのです。

「私は 1 人の姉とダンスに行きました。皆は楽しいひと時を過ごしているのに、私の魂は深い苦悩を感じていました。私は踊り始めた時に、突然、すぐ隣にイエスを見ました。イエスは苦痛でもだえ、衣類は引き剥がされ、体は傷で覆われていました。そのイエスは私に言いました。『いつまで私に忍耐させるのか、いつまで私を待たせるのか』と。その時、音楽は止まり、今まで一緒にいた仲間たちは私の視界から消えていました。そこにはイエスと私だけが残されていました。

私は大好きな姉のそばに座り、頭が痛いふりをしました。今、私の魂に起こったことを隠すために。しばらくして、私は姉や仲間たちに気づかれぬようにそっとその場を立ち去り、スタニスワフ教会に向かいました。」（日記 9）

ヘレナはご聖体の前にひれ伏し、主イエスに、次に自分が何をすべきかよく分かるように教えてくれるよう懇願しました。

「すると、『今すぐ、ワルシャワに行きなさい。あなたはそこで修道院に入るでしょう』という声を聞きました。」（日記 10）

修道会に入るまで

やがてワルシャワに着き、ヘレナはいくつかの修道会の門を叩きましたが、どこも彼女を受け入れてくれませんでした。

ヘレナはある日、「あわれみの聖母修道女会」を訪ねました。修道院長のシスター・ミカエルは少し話した後、言いました。聖堂の主のところに行って、イエスが彼女を受け入れるかどうか聞いてきなさいと。ヘレナは喜んで聖堂に行き、素直に主に尋ねました。

「すぐに私は声を聞きました。『私はあなたを受け入れる。あなたは私の心のうちにある』
私が聖堂から戻った時、シスターは真っ先に聞きました。「主はあなたを受け入れましたか？」
わたしは答えました、「はい」と。
シスターは言いました、「主があなたを受け入れたなら、私も受け入れます。」」（日記 14）

シスターファウスティナの誕生

1926 年 4 月 30 日、ヘレナはベールと修道服を受けました。そして、Sister Maria Faustina（マリア・ファウスティナ）という修道女名が与えられました。当時の修道会の習慣で、彼女は修道女名に of the Most Blessed Sacrament（ご聖体の）を付け加えました。すなわち、Sister Maria Faustina of the Most Blessed Sacrament が正式名です。

いつくしみの祭日（神のいつくしみの主日）

『私の娘よ、想像もつかない私の大きないつくしみについて全世界に伝えなさい。いつくしみの祭日はすべての人びと、特に哀れな罪人の逃れ場と隠れ場である。その祭日には私の優しいいつくしみの深淵が開く。私はいつくしみの泉に近づく人に大きな恵みを注ぐ。その祭日にゆるしの秘跡を受け、ご聖体を拝領する人は完全な罪と罰の赦しを得る。その祭日には、神の恵みが流れるすべての水門が開かれている。誰も私のもとに来るのを恐れてはならない、どんなに罪深くて』（日記 699）

神のいつくしみのチャプレット（神のいつくしみへの祈りの花束）

『この祈りをロザリオを用いて次のように唱えなさい。初めに主の祈り、アヴェ・マリアへの祈り、信仰宣言を 1 回ずつ唱えてから、主の祈りの珠のところで次の言葉を唱える。

「永遠の父よ、私たちと全世界のすべての罪のあがないのために、あなたの最愛の子、私たちの主イエス・キリストのおん体とおん血、ご靈魂と神性をみ前に捧げます」

聖母マリアへの祈りの珠のところで次の言葉を唱える。「イエスの痛ましいご受難によって、私たちと全世界にいつくしみを注いで下さい」

最後に次の言葉を 3 回唱える。「聖なる神、聖なる全能の神、聖なる永遠の神よ、私たちと全世界を憐れんで下さい」』（日記 476）

イエスはさらにシスターに言いました。

『私が教えたこの祈りの花束を絶えず唱えなさい。この祈りを唱える人は誰でも、臨終の時に偉大な憐れみを受ける。司祭は、この祈りを最後の救いの希望として罪人に勧めなさい。最も罪深い人であっても、この祈りの花束を 1 回でも唱えれば、私の限りないいつくしみから恵みを受ける。私は、全世界に私の限りないいつくしみを知ってほしい。私のいつくしみに信頼する人びとに、想像もつかない恵みを与えたい』（日記 687）

※ 詳細はこちらをご参照下さい >> [神のいつくしみのチャプレット](#)

午後 3 時・いつくしみの時

『午後 3 時に、私のいつくしみを乞い願いなさい。特に罪人のために懇願しなさい。そしてほんの短い間でも私の受難、特に十字架上で見捨てられた私の孤独について黙想しなさい。この時間は、全世界のための偉大ないつくしみの時間なのである。あなたに、私の死ぬほどの悲しみを悟らせよう。この時間に、私の受難によって私に願う人を私は誰一人拒むことがない』（日記 1320）

※ 詳細はこちらをご参照下さい >> [3 時の祈り](#)

いつくしみのご絵

『私はこの絵を崇敬する人は滅びないと約束する。さらに、この世で既に、また臨終の時に、敵を打ち負かすことも約束する。私は、その人を私の誉れとして守る』（日記 48）

神のいつくしみを伝えること

『いつくしみを伝え、いつくしみに栄光を帰す人を私は全生涯にわたって守る。あたかも母親がその幼な子を守るように。さらに臨終の時には、私は裁きの審判者ではなく、いつくしみ深い救い主として来る。臨終の時に、人はいつくしみ以外に寄りすがるものはない』 (日記 1075)

使命の始まり

聖ファウスティナは自身の日記に次のように記しています。

「私の使命は、死と共に終わるのではなく、死と共に始まるのだと確信しています。疑っている人びとよ、私は、あなたたちに神の善についてよく分かっていただくために、天国の覆いを取り除きます。あなたたちがもう、不信の念によって、最愛のイエスのみ心を傷つけることはありませんように。神は、愛でありいつくしみなのです。」 (日記 281)

1938 年 10 月 5 日、ゆるしの秘跡を受けた後、午後 10 時 45 分、聖ファウスティナは天に召されました。ファウスティナ自身が日記に記しているように、彼女の仕事が始まったのです。