Works of Mercy Reflection Guidelines

Candidates must practice the spiritual and corporal Works of Mercy. Specifically, candidates must complete one service activity of 10+ hours or two service activities of 5+ hours of Christian service to the poor, the elderly, or others in need. Upon completion of these activities, candidates must complete a Reflection Essay, 300-500 words in length, and attach it to this form for submission. Use the information and questions below to guide your essay.

Works of Mercy are inspired by Christ's example and precept that we are to do to others as we would have them do to us.

The Corporal Works of Mercy: feed the hungry, give drink to the thirsty, clothe the naked, visit the imprisoned, shelter the homeless, visit the sick, and bury the dead. Six of these come from Jesus' teaching in Matthew 25: *"What you do for the least of these, you do for me"*, and the seventh from traditional Hebrew respect for the body.

The Spiritual Works of Mercy: admonish the sinner, instruct the ignorant, counsel the doubtful, comfort the sorrowful, bear wrongs patiently, forgive all injuries, and pray for the living and the dead. These teachings from the New Testament and 2 Maccabees in Hebrew scripture were compiled later than the first to address "spiritual" acts we owe each other as opposed to "temporal" (worldly) needs.

For your Reflection, please include the following information. Use the questions below to guide your response.

- **What did you do for your Works of Mercy activity or activities? Who did it help? What was involved?**

- **Why did you choose this project? Which Work of Mercy does it connect to?**

- **What did you enjoy most about this project? Did anything surprise you? Would you participate in this service again? Why or why not?**

- **Was this project challenging for you? Did you find it fulfilling? Did it push you out of your comfort zone?**

- **How did you see God present in your activity? Please explain.**

- **How does this connect to your life of faith as a Christian? Why do you think this was part of your Confirmation process?**