

## Practices to Undertake to Help and Liberate Souls in Purgatory



As a manifestation of our great love, compassion, and concern to come to the assistance of our brothers and sisters detained in Purgatory to be purified of their past sins, let us be generous and strive to do something special for them. Indeed, may our prayers and sacrifices serve not simply to alleviate their pain, but also help them to arrive at their ultimate goal—the eternal bliss of Heaven!

### 1. **Fervent Prayer**

Any fervent, honest, noble prayer offered with purity of heart and purity of intention can serve as a means to help the souls in Purgatory. Every day say at least one prayer for the souls in Purgatory. In doing so, you are practicing one of the Spiritual Works of Mercy.

### 2. **Almsgiving**

Give generously to the poor. This might be money, food, clothing, shelter, or even a sleeping bag. However, when practicing your almsgiving, add as an intention the alleviation and liberation of the souls in Purgatory. God hears the supplications of your humble heart!

### 3. **Corporal Works of Mercy** (Mt. 25: 31–46)

Practice one or more of the Corporal Works of Mercy and offer these works of love for your neighbor and for the suffering souls in Purgatory. What are they? Feed the hungry, give drink to the thirsty, welcome the

stranger, give clothes to the naked, visit the sick and the incarcerated. Jesus said very clearly: “Whatsoever you do for the least of these my brothers, you do unto me.”(Mt. 25:40)

#### **4. Offer Up Your Sufferings for the Suffering Souls**

So much suffering in the world, but so much suffering is actually wasted. How true the saying: "Suffering either makes you better or bitter!" Whatever suffering you may be undergoing, offer it up to God for the suffering souls in Purgatory.

#### **5. What Forms of Suffering?**

The suffering you experience that you can offer for the suffering souls in Purgatory can take on various forms and shapes. Suffering can be the following: physical, mental, emotional, moral, spiritual, social, cultural, familial, etc. Do not waste your suffering; unite it to the cross of Jesus for your suffering brothers and sisters detained in the fires of Purgatory.

#### **6. Humiliations and Contradictions**

One of the most painful but all too common sufferings in our lives is when we are humiliated by others, often unintentional, but at times even intentional. Offer this for the suffering souls in Purgatory. Also, when your plans have been interrupted and contradicted, why not offer these unplanned and undesired surprises to alleviate the suffering of our brothers and sisters in Purgatory who depend upon God's mercy mediated through our good will, efforts, and sacrifices.

#### **7. Offer Masses**

By far the greatest sacrifice we can offer for the souls in Purgatory would be to offer Masses. One Mass is worth more than the whole created universe. Call the Parish Secretary and offer a Mass or Masses for the Souls in Purgatory. How pleasing this is to God and how happy the suffering souls in Purgatory will be due to your offerings!

#### **8. Gregorian Masses**

Not always easy to carry out is to request what is called Gregorian Masses, which is 30 consecutive Masses for a person who has died. This dates back to Pope Saint Gregory the Great who promised to offer 30 consecutive Masses for a friend of his who passed away. Only after those thirty Masses was his friend finally released from the intense flames of Purgatory.

*An important note: How important it is not to unofficially canonize our deceased relatives and thereby cease to pray for them. This is false compassion. Pray and pray and pray and offer Masses for the deceased. We can never go wrong with this charitable practice.*

## 9. Offer Your Daily Communion

Related to the former point is that of the practice of daily Mass and reception of Holy Communion with this purpose. Make an explicit offering and intention at every Mass you attend, to assist at Mass and receive Holy Communion to alleviate and liberate the souls in Purgatory. Once these souls arrive in heaven, they will be eternally grateful to you and see you as their best friend and benefactor. In turn, they will pray for you!

## 10. Our Lady & the Rosary

Finally, saints have pointed out in visions and revelations the power that Our Lady has to help and assist the souls in Purgatory. On Marian Feasts and celebrations, the suffering of the souls is alleviated, and many arrive at their eternal destiny—Heaven. Pray the Rosary for the souls in Purgatory.

You might even undertake this practice while praying the Holy Rosary: beg Our Lady that with every Hail Mary prayed, through her most powerful intercession, a soul will pass from Purgatory to Heaven.

-Fr. Edward Broom

