

What Is Divine Mercy Sunday and Why Do We Celebrate It?

*On April 30, 2000, during the canonization of St. Faustina Kowalska, Pope John Paul II announced that the **Second Sunday of Easter will be known as Divine Mercy Sunday.***



In her diary, St. Faustina recorded these words that she received from Our Lord,

“My daughter, tell the whole world about My inconceivable mercy. I desire that the Feast of Mercy be a refuge and a shelter for all souls, and especially for poor sinners. On that day, the very depths of My tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the fount of My Mercy.”

He continues,

“I want to grant a complete pardon to the souls that will go to Confession and receive Holy Communion on the Feast of My Mercy... Whoever approaches the Fount of Life on this day will be granted complete remission of sins and punishment.

On that day are opened all the divine floodgates through which graces flow. Let no soul fear to draw near to Me, even though its sins be as scarlet. My mercy is so great that no mind, be it of man or of angel, will be able to fathom it throughout all eternity. Everything that exists has come from the very depths of My most tender mercy.”

Jesus asked an image be painted with the words, “Jesus I trust in You” and that it be venerated on Divine Mercy Sunday. In the image, Jesus points to His heart from which flows the great wave of mercy poured out on humanity. Jesus explained that the two rays represent ‘blood and water.’ He said, “These two rays issued forth from the very depths of My tender mercy when my agonized Heart was opened by a lance on the Cross.”

How to Receive the Graces of Divine Mercy Sunday

- Go to Confession (during Lent or during the 8 days of Easter through Divine Mercy Sunday)
- Receive Holy Communion
- Venerate the Divine Mercy Image (especially during 3:00 – 4:00 pm, the Hour of Great Mercy)
- Be merciful to others in our thoughts, words, actions and prayers on their behalf

For those not comfortable coming into the church building ...

No Confession? No Holy Communion? Can I Still Fulfill the Conditions for Forgiveness of All My Sins?

You may be questioning if you are able to fulfill the conditions for the plenary indulgence that our Lord promises to us and St. Faustina on Divine Mercy Sunday. Fr. Chris Alar from the National Shrine of Divine Mercy in Stockbridge, MA, has explained that in this situation where you are unable to receive the Sacrament of Confession, if you desire it, yes, you can! God's Mercy is that great! He never wants to stand in the way of you receiving that grace!

If you make an Act of Contrition from your heart and tell God that you are sorry for your sins, - tell Him that you detest your sins and make a resolution to sin no more, then God will forgive these sins the catechism says, even mortal sins (!), as long as you make a firm intention to return to the Sacraments as soon as possible.

The same is true if you are unable to receive Holy Communion. You may make a spiritual communion. Say to the Lord, I cannot receive you now, sacramentally, fully body, blood, soul and divinity in Holy Communion. But, I desire it from my heart so please grant me this grace as though I did receive you sacramentally. And you will receive it, as long as you make a firm intention to return to the Sacraments as soon as it is possible.

You will then fulfill the conditions of the plenary indulgence by saying the Chaplet of Divine Mercy, venerating the Divine Mercy image, and making a spiritual act of Confession and a spiritual Communion with our Lord.

Jesus, We Trust in You!