

Reverent Motion Instructions
for the Divine Mercy Chaplet
by Mary Ann Renna

To do the reverent motions for the Divine Mercy Chaplet, you may hold a rosary in your hand, but it's optional.

1. Kiss your crucifix.
2. Make the sign of the cross.
3. Hold your crucifix in one hand — always thinking about what Jesus did for us by suffering and dying on the cross for our sins. Through the entire Chaplet, remember His great love and mercy.
4. Kneel for the Our Father and Hail Mary. stand for the Apostle's Creed.
5. Hold the beads and keep count in your other hand. (If you are not holding a rosary, you can simply do the motions with your hands.)
6. We sing, "Eternal Father" (fold your hands together and bow your head)
7. "I offer You" (lift your hands to Heaven)
8. "the body, blood, soul and divinity of Your Dearly Beloved Son" (put your hands together again)
9. "our Lord Jesus Christ" (bow your head at the name of Jesus)
10. "in atonement for our sins" (bring your hands together over your heart and beat your breast, just like we do at Mass when we say, "through my fault, through my fault, through my most grievous fault." So we sing, "in atonement for our sins" (beat your breast) "and those of the whole world." (lift your hands to Heaven)
11. Then we sing, "For the sake his sorrowful passion (fold your hands together and bow your head) "have mercy on us" (again, beat your breast) "and on the whole world" (lift your hands to Heaven)
12. For the ending, three times we will sing, "Holy God" (fold your hands and bow)
13. "Holy Mighty One" (lift your hands to heaven)
14. "Holy Immortal One" (put your hands together again, and bow)
15. "Have mercy on us" (beat your breast)
16. "and on the whole world." (lift your hands to Heaven)