

May our merciful Lord calm the fears of all expectant mothers, fill them with His peace, and provide for every need.



PRAY

Our Father, 3 Hail Marys, Glory Be

REFLECT

On April 19, we celebrate the Second Sunday of Easter. We also celebrate the Sunday of Divine Mercy, remembering the message Jesus so ardently instructed St. Faustina to spread of His endless mercy and forgiveness to those who seek it. Rooted in Christ's message of Divine Mercy is *trust*: trust that Jesus loves us, desires to heal our souls, and is with us.

This is an especially important message as we navigate the fears and uncertainty of the COVID-19 pandemic. Expectant mothers are especially vulnerable because they are bringing life into a world gripped by anxiety while often isolated from sources of support. All of us should prayerfully consider how we are called to help those who may be struggling in a particular way due to this crisis. And in our own lives, each of us is invited to come to Jesus just as we are and lay our cares, fears, and anxieties upon Him. The words Christ revealed to St. Faustina, He speaks to us and all who feel afraid: *"Lay your head on my shoulder, rest and regain your strength. I am always with you"* (Diary, no. 848). As we seek to live out the message of Divine Mercy, we pray for the courage for all to proclaim, *"Jesus, I trust in you!"*

ACT (choose one)

- Pray the [Chaplet of Divine Mercy](#) at 3:00 pm, the Hour of Mercy, for expectant mothers. (You can follow along with the chapel of the National Shrine of the Divine Mercy in Stockbridge, Massachusetts. The chaplet airs daily on [EWTN](#) at 3:00 pm Eastern Time.)
- Jesus spoke to St. Faustina, *"Reveal all the wounds of your heart. I will heal them"* (Diary, no. 1487). Expose the cuts and wounds of your heart to Christ and allow His healing mercy to reach every hurt and hidden pain. Over the next week, make a nightly examination of conscience ([examples](#)) and [Act of Contrition](#). (Please note that these practices don't replace the Sacrament of Reconciliation.)
- Offer some other sacrifice or prayer that you feel called to do for this month's intention.

ONE STEP FURTHER

Learn about St. Faustina, the Apostle of Mercy, and the message of Christ's mercy that she conveyed to mankind: www.usccb.org/divine-mercy

DID YOU KNOW?

Beginning on April 28, feast day of St. Gianna Beretta Molla, the USCCB will share a novena seeking her intercession for pregnant women and all who are affected by the COVID-19 pandemic. St. Gianna was a 20th century physician, wife, and mother. You can sign up to receive this novena at www.walkingwithmoms.com/saint-gianna-novena.

Excerpts from Maria Faustina Kowalska, *Diary: Divine Mercy in My Soul*, 3rd ed. (Stockbridge, MA: Marian Press, 2007), 699. All rights reserved.

