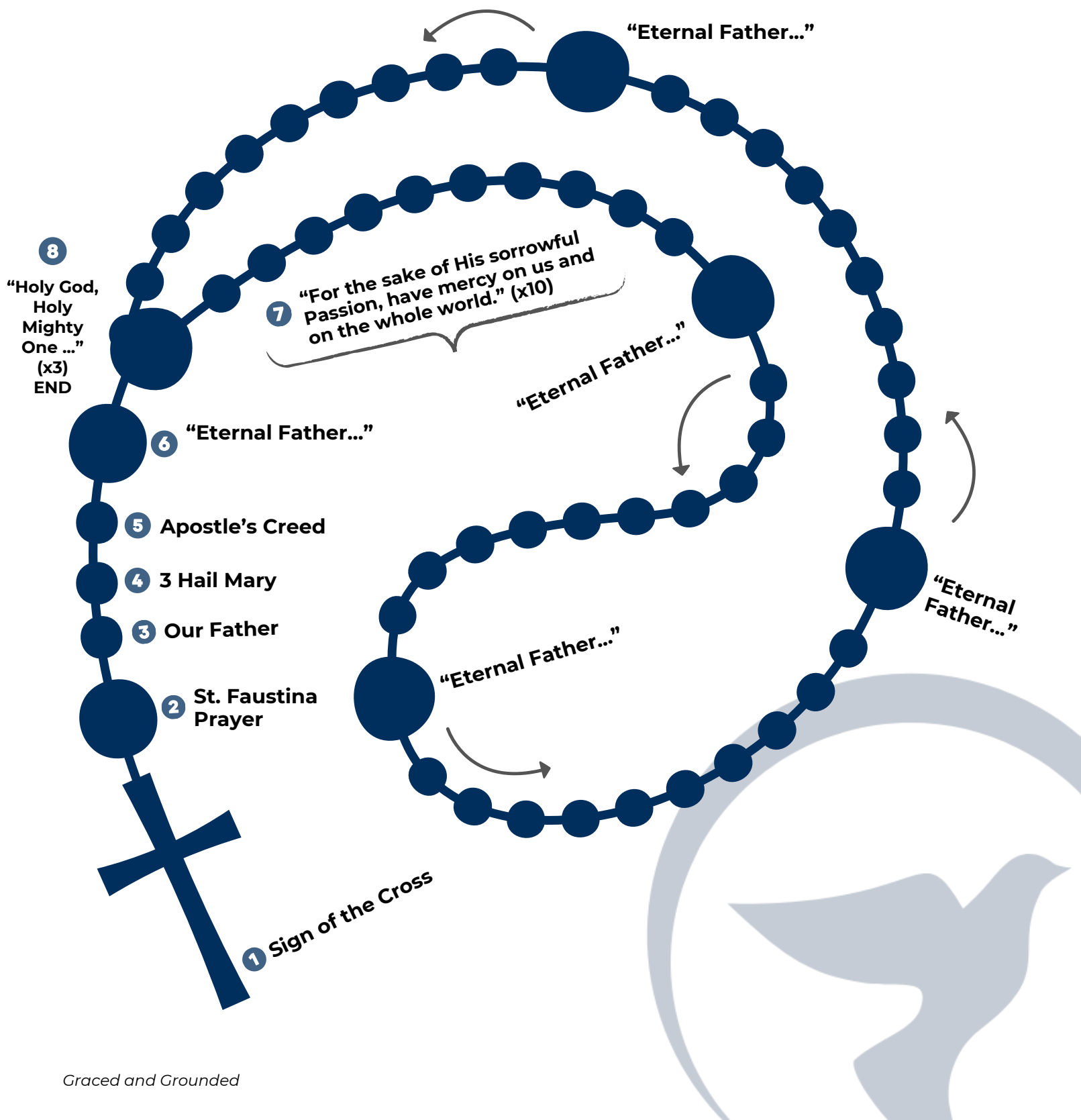


HOW TO PRAY THE DIVINE MERCY

The Divine Mercy Chaplet is a short, meditative prayer given to St. Faustina Kowalska in the 1930s. Prayed on ordinary rosary beads, it begins with the Our Father, Hail Mary, and Apostles' Creed, then moves through five decades of the words: "For the sake of His sorrowful Passion, have mercy on us and on the whole world." It concludes with "Holy God, Holy Mighty One..." three times. We pray the chaplet to trust in Jesus' infinite mercy, to intercede for sinners, and to unite our own sufferings with Christ's sacrifice, asking God to "pour out His mercy upon us and the whole world."



PRAYERS

Prayer of St. Faustina

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. *Amen.*

Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. *Amen.*

The Apostles Creed

I believe in God, the Father almighty, Creator of Heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into Heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the Resurrection of the body, and life everlasting. *Amen.*

The Eternal Father

Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

For the Sake ...

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Holy God

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

A BRIEF HISTORY

The Divine Mercy devotion began in Poland with Saint Maria Faustina Kowalska, a humble nun who, on **February 22, 1931**, saw Jesus clothed in white with rays of red and pale light streaming from His heart. He asked her to spread His message of mercy and to have this image painted with the words **“Jesus, I trust in You.”**

On **September 13–14, 1935**, while praying in her convent chapel in Vilnius (now Lithuania), Sr. Faustina experienced a vision of an angel about to inflict God’s justice on the world. Jesus taught her a new prayer—recited on ordinary rosary beads—to beg mercy “for us and for the whole world.” This became the **Divine Mercy Chaplet.**

With help from her confessor, **Blessed Michał Sopoćko**, Faustina promoted the chaplet locally; he commissioned the first Divine Mercy image in 1934 and printed prayer cards. After her death in 1938, the devotion spread quickly, especially during the turmoil of World War II.

Misunderstandings in translation led the Vatican to restrict public promotion in 1959, but Polish Catholics kept the chaplet alive underground. The tide turned when Karol Wojtyła—later **Pope St. John Paul II**—lifted the ban in **1978**. He beatified Faustina in 1993, canonized her in 2000, and declared the Second Sunday of Easter “Divine Mercy Sunday.”

Today, millions pray the chaplet daily—especially at **3 p.m., the Hour of Mercy**—seeking God’s compassion for a wounded world. From a cloistered nun’s vision, the chaplet has become a global plea: **“Have mercy on us and on the whole world.”**