

What Are the Works of Mercy?

Corporal Works of Mercy address physical needs:

1. Feed the hungry: Provide food to those in need.
2. Give drink to the thirsty: Offer water to the parched.
3. Clothe the naked: Donate clothes.
4. Shelter the homeless: Offer a place to stay.
5. Visit the imprisoned: Spend time with those in prison.
6. Care for the sick: Attend to those who are ill.
7. Bury the dead: Ensure the deceased are laid to rest.

Spiritual Works of Mercy address emotional and spiritual needs:

1. Instruct the ignorant: Teach those who lack knowledge.
2. Counsel the doubtful: Offer guidance to the uncertain.
3. Admonish the sinner: Encourage repentance gently.
4. Bear wrongs patiently: Endure wrongs without retaliation.
5. Forgive willingly: Let go of grudges. [ps2id id='why' target='']
6. Comfort the afflicted: Support those who are suffering.
7. Pray for the living and the dead: Intercede through prayer.

Why They Matter

In Matthew 25:31–46, Jesus teaches that serving those in need is equivalent to serving Him. "Whatever you did for one of these least brothers of mine, you did for me" (Mt 25:40). Because of this teaching, Catholic tradition adopted the Works of Mercy.

How to Practice the Works of Mercy in Your Daily Life

So, what are the ways we can incorporate these acts into your daily life? Here are some quick ideas:

1. Feed and clothe those in need: Donate to your local charity, food bank, or a charity of your choice.

2. Offer shelter and support: This may seem like a big commitment, but it could be something as small as offering to pay for lunch for a friend who is struggling, or even opening your home to a lonely friend or neighbor who needs some company.
3. Visit and care for the sick: Someone doesn't need to be physically sick to be considered "sick." Have a friend in need? Make sure you're there for your friends and family, not just physically, but emotionally and spiritually. [ps2id id='reflect' target='']
4. Teach, guide, and forgive others: Be an example of a Christian to those around you - be kind, open, and [don't take life too seriously](#).
5. Comfort and pray for those who are suffering: Take a few minutes throughout your day to [say a prayer](#) for those you love.