

# CORPORAL + SPIRITUAL

## *Works of Mercy*

### Corporal works of mercy:

- **feed the hungry**
  - make food + give it away, volunteer at the food pantry or soup kitchen
- **give drink to the thirsty**
  - hand out water to the homeless
- **clothe the naked**
  - donate clothes that have reached their “expiration date”
- **visit the imprisoned**
  - spend time with those imprisoned by illness, incarceration, etc
- **shelter the homeless**
  - volunteer at the homeless shelter, donate goods
- **visit the sick**
  - reach out to a friend, write a letter of encouragement, visit the lonely
- **bury the dead**
  - support families + friends of the deceased

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### Spiritual works of mercy:

- **admonish the sinner**
  - do not accept sin but do not judge others for it, support in correction
- **instruct the ignorant**
  - invite someone to attend Mass or Catholic events
- **counsel the doubtful**
  - orient advice toward Christ, share what has been useful for you
- **comfort the sorrowful**
  - be a good listener, make a meal, write a letter, spend time
- **forgive all injuries**
  - say sorry, let go of grudges, go to confession
- **bear wrongs patiently**
  - ask God for patience, forgive always, pray for you + for them
- **pray for the living + the dead**
  - make a Mass intention, keep a personal list of prayer intentions