



# MERCY MOMENTS

## January 2016



**“Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God” Matthew 5: 6-9**

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

					1 Pray for Peace <i>World Day of Peace</i>	2 Reach out and make an effort to settle a conflict
3 Think about how you can be more patient on a day to day basis	4 Let someone out in traffic	5 Wait your turn patiently	6 Pray for those facing persecution	7 Say thank you	8 Pray for our human family	9 Don't sweat the small stuff
10 Lead by example	11 Send a card to a friend or relative	12 Volunteer to do a household chore you don't usually do	13 Pray for missionaries	14 Hold the door for someone	15 Pray for our Troops	16 Spend time with family and loved ones
17 Offer to lend a hand	18 Pray for the oppressed <i>Martin Luther King, Jr. Day</i>	19 Give someone a compliment	20 Pray for forgiveness	21 Bite your tongue when it just isn't a big deal	22 Pray for refugees	23 Participate in a community activity or event
24 Help a neighbor	25 Stop and think before you speak and act	26 Call a friend and tell them they are a blessing to you	27 Pray for those in prison and their families	28 Stand up for what you know is right	29 Pray for our leaders	30 Reflect on how you will use the gifts you have been given
31 Pray for our Holy Father Pope Francis	<p><b>“Let us open our hearts so we may become doors of God's grace and mercy.” Bishop Scharfenberger</b></p>					