

Excerpts from 'Divine Mercy in my soul' by  
St Faustina Kowalska of the Blessed Sacrament

Today I heard these words: **Pray for souls that they be not afraid to approach the tribunal of My Mercy. Do not grow weary of praying for sinners. You know what a burden their souls are to My Heart. Relieve My deathly sorrow: dispense My Mercy.** (975)

The tribunal of Mercy is the Sacrament of Reconciliation. If you are afraid of going to the Sacrament, ask St Faustina to pray for you. Reading about the messages that Jesus gave St Faustina concerning His Mercy will also help.

Today, during the Passion Service, I saw Jesus being tortured and crowned with thorns and holding a reed in His hand. Jesus was silent as the soldiers were bustling about, vying with each other in torturing Him. Jesus said nothing, but just looked at me, and in that gaze I felt his pain, so terrible that we have not the faintest idea of how much He suffered for us before He was crucified. My soul was filled with pain and longing; in my soul, I felt great hatred for sin, and even the smallest infidelity on my part seemed to me like a huge mountain for which I must expiate by mortification and penance. When I see Jesus tormented, my heart is torn to pieces, and I think: what will become of sinners if they do not take advantage of the Passion of Jesus? In His Passion, I see a whole sea of mercy. (948)

**Write this for the benefit of distressed souls: when a soul sees and realizes the gravity of its sins, when the whole abyss of the misery into which it immersed itself is displayed before its eyes, let it not despair, but with trust let it throw itself into the arms of My mercy, as a child into the arms of its beloved mother. These souls have a right of priority to My compassionate Heart, they have first access to My Mercy. Tell them that no soul that has called upon**

**My Mercy has been disappointed or brought to shame. I delight particularly in a soul which has placed its trust in My goodness.** (1541)

**I desire trust from My creatures. Encourage souls to place great trust in My fathomless mercy. Let the weak, sinful soul have no fear to approach Me, for even if it had more sins than there are grains of sand in the world, all would be drowned in the unmeasurable depths of My mercy.** (1059)

When I went for adoration, I heard these words: ... **The flames of Mercy are burning Me. I desire to pour them out upon human souls. Oh, what pain they cause Me when they do not want to accept them! My daughter, do whatever is within your power to spread devotion to My Mercy. I will make up for what you lack. Tell aching mankind to snuggle close to My merciful Heart, and I will fill it with peace. Tell them that I am Love and Mercy itself. When a soul approaches Me with trust, I fill it with such an abundance of graces that it cannot contain them within itself, but radiates them to other souls.** (1074)

On one occasion, Jesus gave me to know that when I pray for intentions which people are wont to entrust to me, He is always ready to grant his graces, but souls do not always want to accept them: **My Heart overflows with great mercy for souls, and especially for poor sinners. If only they could understand that I am the best of Fathers to them and that it is for them that the Blood and Water flowed from My Heart as from a fount overflowing with mercy. For them I dwell in the tabernacle as King of Mercy. I desire to bestow My graces upon souls, but they do not want to accept them. You, at least, come to Me as often as possible and take these graces they do not want to accept. In this way you will console My Heart. Oh, how indifferent**

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**are souls to so much goodness, to so many proofs of love! My Heart drinks only of the ingratitude and forgetfulness of souls living in the world. They have time for everything, but they have no time to come to Me for graces.** (367)

**Oh, how painful it is to Me that souls so seldom unite themselves to Me in Holy Communion. I wait for souls, and they are indifferent toward Me. I love them tenderly and sincerely, and they distrust Me. I want to lavish My graces on them, and they do not want to accept them. They treat Me as a dead object, whereas My Heart is full of love and mercy. In order that you may know at least some of My pain, imagine the most tender of mothers who has great love for her children, while those children spurn her love. Consider her pain. No one is in a position to console her. This is but a feeble image and likeness of My love.** (1447)

**Write, speak of My Mercy. Tell souls where they are to look for solace: that is, in the Tribunal of Mercy (the Sacrament of Reconciliation). There the greatest miracles take place and are incessantly repeated. To avail oneself of this miracle, it is not necessary to go on a great pilgrimage or to carry out some external ceremony; it suffices to come with faith to the feet of My representative (the priest) and to reveal to him one's misery, and the miracle of Divine Mercy will be fully demonstrated. Were a soul like a decaying corpse so that from a human standpoint, there would be no hope of restoration and everything already lost, it is not so with God. The miracle of Divine Mercy restores that soul in full. Oh, how**

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Conversation of the Merciful God  
with a sinful soul.

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miserable are those who do not take advantage of the miracle of God's mercy! You will call out in vain, but it will be too late. (1448)

Let the greatest sinners place their trust in My Mercy. They have the right before others to trust in the abyss of My Mercy. My daughter, write about My mercy towards tormented souls. Souls that make an appeal to My Mercy delight Me. To such souls I grant even more graces than they ask. I cannot punish even the greatest sinner if he makes an appeal to My compassion, but on the contrary, I justify him in My unfathomable and inscrutable Mercy. Write: before I come as a just Judge, I first open wide the door of My Mercy. He who refuses to pass through the door of My Mercy must pass through the door of My Justice...(1146)

Even if the sins of soul are as dark as night, when the sinner turns to My Mercy he gives Me the greatest praise and is the glory of My Passion. When a soul praises My goodness, Satan trembles before it and flees to the very bottom of hell. (378)

During one of the adorations, Jesus promised me that: With souls that have recourse to My Mercy and with those that glorify and proclaim My great Mercy to others, I will deal according to My infinite Mercy at the hour of death. My Heart is sorrowful, Jesus said, because even chosen souls do not understand the greatness of My Mercy. Their relationship with Me, is, in certain ways, imbued with mistrust. Oh, how much that wounds My Heart! Remember My Passion, and if you do not believe My words, at least believe My wounds. (379)

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Jesus: Be not afraid of your Saviour, O sinful soul. I make the first move to come to you, for I know that by yourself you are unable to lift yourself to me. Child, do not run away from your Father: be willing to talk openly with your God of mercy who wants to speak words of pardon and lavish his graces on you. How dear your soul is to Me! I have inscribed your name upon My hand; you are engraved as a deep wound in My Heart.

Soul: Lord, I hear your voice calling me to turn back from the path of sin, but I have neither the strength nor the courage to do so.

Jesus: I am your strength, I will help you in the struggle.

Soul: Lord, I recognize your holiness, and I fear You.  
Jesus: My child, do you fear the God of mercy? My holiness does not prevent Me from being merciful. Behold, for you I have established a throne of mercy on earth—the tabernacle—and from this throne I desire to enter into your heart. I am not surrounded by a retinue or guards. You can come to me at any moment, at any time; I want to speak to you and desire to grant you grace.

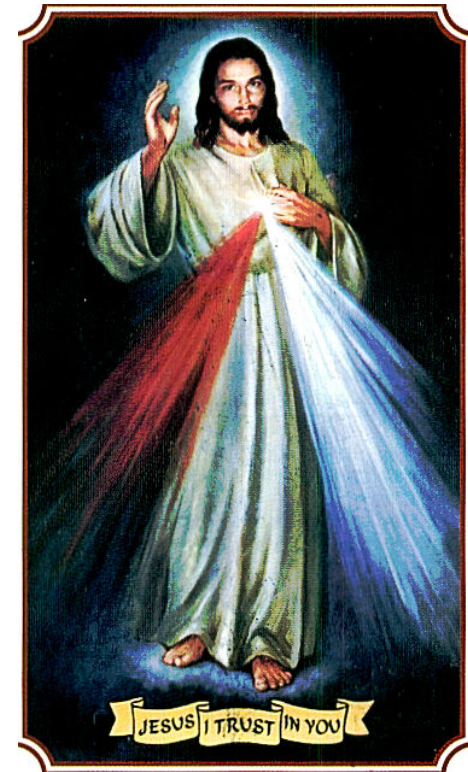
Soul: Lord, I doubt that You will pardon my numerous sins; my misery fills me with fright.

Jesus: My mercy is greater than your sins and those of the entire world. Who can measure the extent of My goodness? For you I descended from heaven to earth; for you I allowed myself to be nailed to the cross; for you I let my Sacred Heart be pierced with a lance, thus opening wide the source of mercy for you. Come, then, with trust to draw graces from this fountain. I never reject a contrite heart. Your misery has disappeared in the depths of My Mercy. Do not argue with Me about your wretchedness. You will give me pleasure if you hand over to me all your troubles and griefs. I shall heap upon you the treasures of My grace.

Soul: You have conquered, O Lord, my stony heart with Your goodness. In trust and humility I approach the tribunal of Your Mercy, where You Yourself absolve me by the hand of Your representative. O Lord, I feel Your grace and Your peace filling my poor soul. I feel over whelmed by Your Mercy, O Lord. Increase Your mercy toward me, for You see how weak I am.

Jesus: Child, come close to My wounds and draw from the Fountain of Life whatever your heart desires. Drink copiously from the Fountain of Life and you will not weary on your journey. Glorify my mercy. (1485)

# My Mercy is for you



## Meet Me in the Sacrament of Reconciliation