



SEPTEMBER 15 *Day 2*
Memorial of Our Lady of Sorrows

Spiritual Work of Mercy: Comfort the Afflicted

"And a sword will pierce your own soul also." (Luke 2:35)

Reflect on Mercy

No one shared more deeply in Christ's suffering than His Mother. At the Cross, she did not turn away, nor did she try to flee from sorrow. She remained — standing, silent, steadfast. This is the essence of mercy toward the afflicted: presence.

To comfort does not always mean to fix. Sometimes no solution exists. Comfort means standing beside, sharing tears, holding silence, and reminding others they are not alone. Mary is the model of this merciful presence. By her silent strength, she gave comfort even to her dying Son.

The world often tells us to hide from pain, to avoid those who are grieving or suffering. Yet mercy walks toward the afflicted, not away. It listens when words are few. It bears the weight of sorrow in love. To comfort is to remind the suffering that hope is possible.

"Christ's compassion toward the sick and his many healings of every kind of infirmity are a resplendent sign that 'God has visited his people...' " (CCC 1503)

Exercise Mercy

- Reach out with a phone call or visit someone who is grieving, lonely, or discouraged. Do not try to “solve” their pain; simply be present as Mary was.
- Write a note or draw a picture to brighten the day of someone suffering.
- Light a candle at church or at home for someone you know who is carrying a heavy cross.

“At the Cross her station keeping, stood the mournful Mother weeping.” (Stabat Mater Hymn)

Pray for Mercy

O Mother of Sorrows, who stood faithfully at the Cross,
you know the pain of a pierced heart.

Be close to all who suffer grief, loss, or loneliness.

Help us to comfort others not with empty words, but with true presence.

Teach us to stand at the foot of the Cross in love. Amen.