



TASTE Reflection Questions
9 October 2025

Divine Mercy

Sr. M Donata Farbaniec

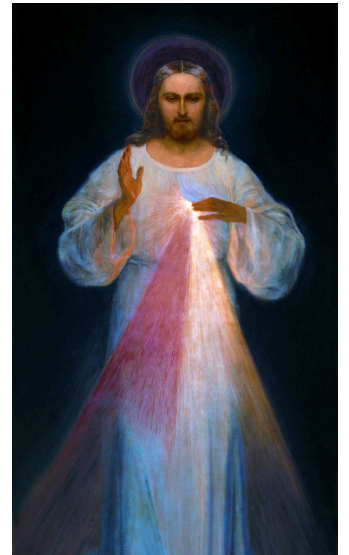
Pray, Hope, and Don't Worry ~ Padre Pio



1. What did you find most interesting about this talk?

2. Jesus shared quite a bit about his **MERCY** to St. Faustina.

- Did you learn anything new about His **mercy**, the **3 promises**, or the **2 rays**?
- What did you think about Jesus' description of **Confession**?
(e.g., what we should do and what He offers to us)
- How did you feel about the **intimacy** Jesus is calling us to by "**snuggling** close to His heart" and by "**throwing** ourselves into His arms of mercy"?



3. Sr. Donata told a personal story about the **IMAGE** of Jesus offering His sacred heart in His hand that she kept **seeing** – first on a prayer card, then on a big screen in a conference, and finally in the apartment where she went for a quiet retreat. She then **heard** the Lord telling her she would receive His Heart every morning. And since then, every day in the morning, He continues to remind her to receive His heart.

- What does it mean to receive Jesus' Heart?
- Have you ever felt Jesus calling you to receive His Sacred Heart?
- If not, how do you feel when you look at this picture?



4. St. Faustina documents her **DESIRE & PRAYER** in #163. (See back page)

- What inspires you most about her prayer?
- What do you think about our own transformation as an ongoing process to be culminated in heaven?
- How can you use parts of your body (eyes, ears, tongue, hands, feet, heart) to be channels of Jesus' Mercy?

JESUS TAUGHT SAINT FAUSTINA THIS PRAYER – 187

"O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You."

JESUS EXPLAINED HIS MERCY FLOWING – 1190

From all My wounds, like from streams, mercy flows for souls, but the wound in My Heart is the fountain of unfathomable mercy. From this fountain spring all graces for souls. The flames of compassion burn Me. I desire greatly to pour them out upon souls.

JESUS EXPLAINED THE TWO RAYS – 299

The two rays denote Blood & Water. The **pale ray** stands for the Water which makes souls righteous. (water of Baptism) The **red ray** stands for the Blood which is the life of souls... These two rays issued forth from the very depths of My tender mercy when My agonized Heart was opened by a lance on the Cross. These rays **shield souls** from the wrath of My Father. Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him.

JESUS EXPLAINED THE CONFESSION – 1602

Daughter, when you go to confession, to this fountain of My mercy, the Blood & Water which came forth from My Heart always flows down upon your soul & ennobles it. Every time you go to confession, **immerse** yourself entirely in My mercy, with great trust, so that I may pour the bounty of My grace upon your soul. When you approach the confessional, know this, that I Myself am **waiting** there for you. I am only **hidden** by the priest, but I myself act in your soul. Here the misery of the soul meets the God of mercy. Tell souls that from this fount of mercy souls draw **graces** solely with the vessel of trust. If their trust is great, there is no limit to My generosity. The torrents of grace inundate humble souls. The proud remain always in poverty and misery, because My grace turns away from them to humble souls.

JESUS DESCRIBES HIS LOVE – 1074

Tell aching mankind to **snuggle** close to My merciful Heart, and I will fill it - with peace.

JESUS COMFORTS DISTRESSED SOULS – 1541

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.

ST. FAUSTINA'S DESIRE & PRAYER – 163

I want to be completely transformed into Your mercy and to be Your living reflection, O Lord. May the greatest of all divine attributes, that of Your unfathomable mercy, pass through my heart and soul to my neighbor.

Help me, O Lord, that my **EYES** may be merciful, so that I may never suspect or judge from appearances, but look for what is beautiful in my neighbors' souls and come to their rescue.

Help me, that my **EARS** may be merciful, so that I may give heed to my neighbors' needs and not be indifferent to their pains and moanings.

Help me, O Lord, that my **TONGUE** may be merciful, so that I should never speak negatively of my neighbor, but have a word of comfort and forgiveness for all.

Help me, O Lord, that my **HANDS** may be merciful and filled with good deeds, so that I may do only good to my neighbors and take upon myself the more difficult and toilsome tasks.

Help me, that my **FEET** may be merciful, so that I may hurry to assist my neighbor, overcoming my own fatigue and weariness. My true rest is in the service of my neighbor.

Help me, O Lord, that my **HEART** may be merciful so that I myself may feel all the sufferings of my neighbor. I will refuse my heart to no one. I will be sincere even with those who, I know, will abuse my kindness. And I will lock myself up in the most merciful Heart of Jesus. I will bear my own suffering in silence. May Your mercy, O Lord, rest upon me.