

250 Works of Mercy

1. *Feed the hungry.*
2. *Give water to the thirsty.*
3. *Clothe the naked.*
4. *Shelter the homeless.*
5. *Visit the sick.*
6. *Visit the imprisoned.*
7. *Bury the dead.*
8. *Comfort the sorrowful.*
9. *Donate groceries to a food pantry.*
10. *Cook a meal for a struggling family.*
11. *Deliver meals to homebound neighbors.*
12. *Volunteer at a soup kitchen.*
13. *Pay for someone's meal anonymously.*
14. *Share fresh produce from your garden.*
15. *Support a community refrigerator.*
16. *Pack lunches for people without housing.*
17. *Donate baby formula to families in need.*
18. *Organize a canned food drive.*
19. *Provide clean socks to shelters.*
20. *Give blankets during cold weather.*
21. *Donate coats to winter clothing drives.*
22. *Purchase school uniforms for children.*
23. *Repair clothing for someone in need.*
24. *Knit hats or scarves for the poor.*
25. *Donate professional attire for job seekers.*
26. *Help someone wash their laundry.*
27. *Buy shoes for a child.*
28. *Offer temporary housing to someone in crisis.*
29. *Help furnish an apartment for a refugee family.*
30. *Support a domestic violence shelter.*
31. *Welcome newcomers into your parish.*
32. *Offer a ride to Mass.*
33. *Help someone move into safe housing.*
34. *Volunteer with Habitat for Humanity.*
35. *Pay for a motel room during an emergency.*
36. *Invite a lonely person to dinner.*
37. *Provide transportation to medical appointments.*
38. *Sit with someone in the hospital.*
39. *Send encouraging cards to the sick.*
40. *Bring Communion to the homebound.*
41. *Pray the Rosary with the elderly.*
42. *Donate blood.*
43. *Help a caregiver get respite.*
44. *Visit residents in nursing homes.*
45. *Deliver flowers to patients.*

46. *Listen compassionately to someone suffering.*
47. *Offer childcare for a sick parent.*
48. *Support hospice ministries.*
49. *Write to someone in prison.*
50. *Mentor a child of an incarcerated parent.*
51. *Donate books to prison ministries.*
52. *Pray for prisoners.*
53. *Support reentry programs.*
54. *Visit inmates through approved ministries.*
55. *Advocate for restorative justice.*
56. *Help former prisoners find employment.*
57. *Send Christmas cards to inmates.*
58. *Donate toiletries to jail ministries.*
59. *Attend a funeral to support grieving families.*
60. *Help pay funeral expenses.*
61. *Visit a cemetery and pray.*
62. *Clean neglected gravesites.*
63. *Prepare meals for grieving families.*
64. *Send sympathy notes.*
65. *Remember anniversaries of loved ones' deaths.*
66. *Pray the Divine Mercy Chaplet for the dying.*
67. *Support families after miscarriages.*
68. *Help plan funeral receptions.*
69. *Encourage someone facing discouragement.*
70. *Call a person who feels isolated.*
71. *Offer hope to someone unemployed.*
72. *Spend time with someone grieving.*
73. *Sit quietly with someone in pain.*
74. *Offer emotional support to a caregiver.*
75. *Help someone find counseling resources.*
76. *Share Scripture with the anxious.*
77. *Pray with someone who is afraid.*
78. *Send uplifting messages to friends.*
79. *Help someone discern a difficult decision.*
80. *Teach catechism.*
81. *Sponsor someone in RCIA.*
82. *Tutor children struggling in school.*
83. *Teach financial literacy.*
84. *Help someone learn English.*
85. *Share practical life skills.*
86. *Explain the faith patiently.*
87. *Lead a Bible study.*
88. *Teach a child to pray.*
89. *Help someone prepare for the sacraments.*
90. *Correct someone with humility and love.*
91. *Warn a friend about destructive behavior.*
92. *Encourage accountability gently.*
93. *Stand against bullying.*
94. *Speak truth with compassion.*
95. *Defend the dignity of the unborn.*
96. *Encourage reconciliation in families.*
97. *Challenge gossip kindly.*
98. *Help someone overcome addiction.*
99. *Forgive a long-held grudge.*

100. *Reconcile with estranged relatives.*
101. *Pray for people who hurt you.*
102. *Speak kindly about your enemies.*
103. *Offer a second chance.*
104. *Refuse to spread resentment.*
105. *Accept apologies graciously.*
106. *Seek peace after conflict.*
107. *Practice patience in traffic.*
108. *Stay calm during disagreements.*
109. *Endure criticism without retaliation.*
110. *Respond kindly to rude people.*
111. *Be patient with children.*
112. *Show mercy to difficult coworkers.*
113. *Accept inconveniences cheerfully.*
114. *Avoid complaining unnecessarily.*
115. *Practice silence instead of anger.*
116. *Pray daily for the Church.*
117. *Pray for world leaders.*
118. *Pray for persecuted Christians.*
119. *Pray for those who have no one to pray for them.*
120. *Offer fasting for others.*
121. *Pray outside abortion clinics peacefully.*
122. *Join a parish prayer chain.*
123. *Offer Mass intentions for loved ones.*
124. *Pray for victims of violence.*
125. *Pray for peace in the world.*
126. *Volunteer at a pregnancy resource center.*
127. *Donate diapers to mothers in need.*
128. *Support foster families.*
129. *Babysit for overwhelmed parents.*
130. *Help a single parent with errands.*
131. *Visit lonely elderly neighbors.*
132. *Read to visually impaired people.*
133. *Drive someone to the grocery store.*
134. *Help immigrants learn local customs.*
135. *Advocate for people with disabilities.*
136. *Donate hearing aids or eyeglasses.*
137. *Build wheelchair ramps.*
138. *Support veterans in crisis.*
139. *Write thank-you notes to caregivers.*
140. *Encourage priests and religious.*
141. *Invite someone back to church.*
142. *Share faith-filled books.*
143. *Donate Bibles.*
144. *Support Catholic charities.*
145. *Volunteer at a homeless shelter.*
146. *Sponsor a child internationally.*
147. *Donate to disaster relief efforts.*
148. *Help rebuild homes after storms.*
149. *Provide school supplies for children.*
150. *Mentor teenagers.*
151. *Teach job interview skills.*
152. *Help someone write a resume.*
153. *Offer free tutoring online.*

154. *Teach computer skills to seniors.*
155. *Help neighbors with yard work.*
156. *Clean a sick person's home.*
157. *Help someone recover after surgery.*
158. *Deliver groceries to shut-ins.*
159. *Donate hygiene kits.*
160. *Offer rides to parish events.*
161. *Serve coffee at parish gatherings.*
162. *Welcome visitors warmly.*
163. *Help someone register to vote responsibly.*
164. *Advocate for fair treatment of workers.*
165. *Support ethical businesses.*
166. *Buy from local charities.*
167. *Reduce waste to care for creation.*
168. *Plant trees in poor neighborhoods.*
169. *Clean public spaces.*
170. *Recycle electronics responsibly.*
171. *Help maintain parish grounds.*
172. *Donate books to libraries.*
173. *Visit children in hospitals.*
174. *Make care packages for college students.*
175. *Encourage someone battling depression.*
176. *Help a friend escape debt.*
177. *Give someone a listening ear.*
178. *Spend time with people who feel forgotten.*
179. *Volunteer at Special Olympics events.*
180. *Help children with homework.*
181. *Organize a community cleanup.*
182. *Help refugees settle into a new home.*
183. *Offer translation services.*
184. *Sponsor mission trips.*
185. *Support seminarians.*
186. *Pray for vocations.*
187. *Teach respect for human dignity.*
188. *Donate musical instruments to children.*
189. *Share meals during holidays.*
190. *Invite widows and widowers to gatherings.*
191. *Help someone navigate healthcare paperwork.*
192. *Assist families during military deployment.*
193. *Write letters to soldiers.*
194. *Donate art supplies to schools.*
195. *Encourage ethical use of social media.*
196. *Refuse to participate in online harassment.*
197. *Share truthful information.*
198. *Offer encouragement to teachers.*
199. *Thank first responders.*
200. *Help someone learn to read.*
201. *Assist people recovering from addiction.*
202. *Support suicide prevention ministries.*
203. *Help a neighbor with home repairs.*
204. *Volunteer at literacy programs.*
205. *Donate furniture to families starting over.*
206. *Offer companionship to hospice patients.*
207. *Visit someone during holidays.*

- 208. *Help people prepare tax forms.*
- 209. *Teach cooking skills.*
- 210. *Support community gardens.*
- 211. *Give birthday gifts to children in foster care.*
- 212. *Offer free music lessons.*
- 213. *Support anti-human-trafficking organizations.*
- 214. *Pray for people suffering from loneliness.*
- 215. *Befriend someone new at church.*
- 216. *Offer rides to recovering addicts.*
- 217. *Donate pet food for struggling pet owners.*
- 218. *Help neighbors during power outages.*
- 219. *Provide fans or heaters for those without climate control.*
- 220. *Create blessing bags for people without housing.*
- 221. *Encourage young parents.*
- 222. *Bring joy to children through play.*
- 223. *Teach conflict resolution.*
- 224. *Encourage honesty and integrity.*
- 225. *Defend those who are mocked.*
- 226. *Support families with special-needs children.*
- 227. *Help elderly people use technology.*
- 228. *Offer legal aid through volunteer services.*
- 229. *Visit abandoned cemeteries.*
- 230. *Support grief recovery groups.*
- 231. *Donate airline miles for medical travel.*
- 232. *Help someone study for citizenship exams.*
- 233. *Organize prayer vigils.*
- 234. *Start a parish support group.*
- 235. *Volunteer at food distribution events.*
- 236. *Provide emergency childcare.*
- 237. *Comfort children during crises.*
- 238. *Offer mentoring to young adults.*
- 239. *Encourage people returning from incarceration.*
- 240. *Share stories of hope and redemption.*
- 241. *Practice gratitude publicly.*
- 242. *Live joyfully as a witness to Christ.*
- 243. *Love your neighbor as yourself.*
- 244.

SEVEN SPIRITUAL WORKS OF MERCY

<https://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/jubilee-of-mercy/the-spiritual-works-of-mercy>

- 1. *Counsel the doubtful.*
- 2. *Instruct the ignorant.*
- 3. *Admonish sinners gently.*
- 4. *Forgive offenses willingly.*
- 5. *Bear wrongs patiently.*
- 6. *Pray for the living.*
- 7. *Pray for the dead.*