

Below, you will find quotations and other resources to help you experience God's infinite mercy. May your heart be renewed, and your soul be freed to live courageously in the flow of God's grace as you prepare to consecrate your company to the King of Mercy himself.

*From The Diary of St Maria Faustina Kowalska*

1602... Today the Lord said to me, **"Daughter, when you go to confession, to this fountain of My mercy, the Blood and Water which came forth from My Heart always flows down upon your soul and 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"** (1602).

1073...My soul was flooded with joy beyond understanding, and the Lord gave me to experience the whole ocean and abyss of His fathomless mercy. Oh, if only souls would want to understand how much God loves them! All comparisons, even if they were the most tender and the most vehement, are but a mere shadow when set against the reality. ...

1074 When I went for adoration, I heard these words: **My beloved daughter, write down these words...Tell the world about My mercy and My love. 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!**

1784 Today in the course of a long conversation, the Lord said to me, **How very much I desire the salvation of souls! ...I want to pour out My divine life into human souls and sanctify them, if only they were willing to accept my grace. The greatest sinners would achieve great sanctity, if only they would trust in My mercy. The very inner depths of my being are filled to overflowing with mercy, and it is being poured out upon all I have created. My delight is to act in a human soul and to fill it with My mercy and to justify it.**

Complete a Do-It-Yourself [Online Retreat](#) to Help Prepare for Confession

Review one of these guides to Confession and participate in the Sacrament. You can also find guides to confession on the Laudate and Hallow apps.

[USCCB Examination](#)

[Spiritual Direction Examen](#)

HWAW Self Examen (found in your member resources)