



## Station 7

"Blessed are the merciful, for they shall obtain mercy" Matthew 5:7

You are blessed when you care. At the moment of being full of care, you find yourself being cared for

(The Message: Matthew 5:7)

We are blessed when we still care even when it seems pointless  
& we are on our own

We are blessed when we acknowledge our failure  
yet still trust in God's mercy.

We are blessed when we fall and we can get up again,  
resisting ecological desolation

The ground of mercy is love, and the working of mercy is our keeping in love. (Julian of Norwich)

- I ask God to reveal all the situations and relationships in my life where I have been shown mercy
- Recall a time when you showed mercy in the face of a difficult situation
- Can I think of one person or one situation where I felt my heart was less than merciful, but harsh and exacting. What got in my way?

### Grace

I ask God for the grace of a merciful heart and merciful hands

**Invitation to action:** Take an engraved stone from the pile & hold it as you pray for a situation/person / place that you would like to offer mercy – then place it in the heart shaped bowl – how does it feel to offer mercy?

Next, take one of the folded cards from the hand shaped bowl & open it – how does it feel to be cared for?



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