

The Hour of Great Mercy

The three o'clock hour has always held a special significance for Christians. It is the hour Our Lord gave His precious life up for our sins. It is the hour that witnessed the greatest miracle the world will ever see - the offering of the Son of God for the salvation of the world. Jesus gave Saint Faustina special instructions for this hour that we can follow each day. He asked that she implore His mercy, especially for sinners, at 3pm each day giving her a variety of ways to do this.

"I remind you, My daughter, that as often as you hear the clock strike the third hour, immerse yourself completely in My mercy, adoring and glorifying it; invoke its omnipotence for the whole world, and particularly for poor sinners; for at that moment mercy was opened wide for every soul. In this hour you can obtain everything for yourself and for others for the asking; it was the hour of grace for the whole world - mercy triumphed over justice." (Diary, 1572) "At three o'clock, implore My mercy, especially for poor sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. I will allow you to enter into My mortal sorrow. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion..." (Diary, 1320)

"My daughter, try your best to make the Stations of the Cross in this hour, provided that your duties permit it; and if you are not able to make the Stations of the Cross, then at least step into the chapel for a moment and adore, in the Blessed Sacrament, My Heart, which is full of mercy; and should you be unable to step into the chapel, immerse yourself in prayer there where you happen to be, if only for a very brief instant. I claim veneration for My mercy from every creature, but above all from you, since it is to you that I have given the most profound understanding of this mystery." (Diary, 1572)

We may not be able to make the Stations or visit the Blessed Sacrament but all of us can take a moment, even just a few seconds, to reflect on Our Lord's sacrifice and His great Love and Mercy towards us. The 3 o'clock prayer recommended for our use is:

You expired Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fountain of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. O Blood and Water which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You. (Diary 1319, 84)

Another option is to pray all or part of the Litany of Mercy that Saint Faustina wrote:

Divine Mercy, gushing forth from the bosom of the Father, I trust in You.
Divine Mercy, greatest attribute of God, I trust in You.
Divine Mercy, incomprehensible mystery, I trust in You.
Divine Mercy, fount gushing forth from the mystery of the Most Blessed Trinity, I trust in You.
Divine Mercy, unfathomed by any intellect, human or angelic, I trust in You.
Divine Mercy, from which wells forth all life and happiness, I trust in You.
Divine Mercy, better than the heavens, I trust in You.
Divine Mercy, source of miracles and wonders, I trust in You.
Divine Mercy, encompassing the whole universe, I trust in You.
Divine Mercy, descending to earth in the Person of the Incarnate Word, I trust in You.
Divine Mercy, which flowed out from the open wound of the Heart of Jesus, I trust in You.
Divine Mercy, enclosed in the Heart of Jesus for us, and especially for sinners, I trust in You.
Divine Mercy, unfathomed in the institution of the Sacred Host, I trust in You.
Divine Mercy, in the founding of Holy Church, I trust in You.
Divine Mercy, in the Sacrament of Holy Baptism, I trust in You.
Divine Mercy, in our justification through Jesus Christ, I trust in You.
Divine Mercy, accompanying us through our whole life, I trust in You.
Divine Mercy, embracing us especially at the hour of death, I trust in You.

Divine Mercy, endowing us with immortal life, I trust in You.
Divine Mercy, accompanying us every moment of our life, I trust in You.
Divine Mercy, shielding us from the fire of hell, I trust in You.
Divine Mercy, in the conversion of hardened sinners, I trust in You.
Divine Mercy, astonishment for Angels, incomprehensible to Saints, I trust in You.
Divine Mercy, unfathomed in all the mysteries of God, I trust in You.
Divine Mercy, lifting us out of every misery, I trust in You.
Divine Mercy, source of our happiness and joy, I trust in You.
Divine Mercy, in calling us forth from nothingness to existence, I trust in You.
Divine Mercy, embracing all the works of His hands, I trust in You.
Divine Mercy, crown of all of God's handiwork, I trust in You.
Divine Mercy, in which we are all immersed, I trust in You.
Divine Mercy, sweet relief for anguished hearts, I trust in You.
Divine Mercy, only hope of despairing souls, I trust in You.
Divine Mercy, repose of hearts, peace amidst fear, I trust in You.
Divine Mercy, delight and ecstasy of holy souls, I trust in You.
Divine Mercy, inspiring hope against all hope, I trust in You.

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself. O incomprehensible and limitless Mercy Divine, To extol and adore You worthily, who can? Supreme attribute of Almighty God, You are the sweet hope for sinful man. Into one hymn yourselves unite, stars, earth and sea, and in one accord, thankfully and fervently sing of the incomprehensible Divine Mercy. (Diary, 949)