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God's mercy

By Elise L. Moore, C.S.B.

There's a comforting Psalm, at least it's very comforting for me, it's Psalm 136 and it begins, "O give thanks unto the Lord; for he is good: for his mercy endureth for ever." That phrase, God's "mercy endureth for ever," repeats in every verse of that Psalm. I don't think a day goes by that I'm not seeking God's mercy and grateful for God's mercy. God's mercy is always there to uplift and transform and redeem us. And as we progress, God's mercy helps us to let go of the past and look forward with fresh eyes.

Jesus said in one of the beatitudes, "Blessed are the merciful for they shall obtain mercy." Being merciful is forgiving mistakes. But it's actually more than just forgiving. Mercy is being compassionate and gentle. It's doing little acts of kindness. It's doing someone a favor. Mercy is pro-active not just reactive. We don't want to wait for someone to make a mistake in order to be merciful. We can initiate mercy in an act of kindness. And we can be kind because we are reflecting God's kindness and mercy toward us. As it says in Psalms 23 "goodness and mercy shall follow [you] all the days of [your] life," so I hope you have a merciful day, a mercy full day, today.