

Sunday of Divine Mercy



Many of us who grew up in alcoholic or dysfunctional homes have known the quiet agony of fear, confusion, and unmet needs. We carried heavy emotional loads—trying to fix others, avoid chaos, or disappear altogether. But healing is possible. Through recovery and the mercy of God, we are offered a kind of resurrection: a new life rooted not in fear or control, but in trust, surrender, and love.

We are not healed in isolation. We find strength in community when we are willing to share our wounds – our people-pleasing, our shame, our fear of intimacy, our deep loneliness – and our path toward healing. We share with the newcomer who is just beginning to uncover their story, with the long-time member who feels stuck, and with anyone who, like us, has felt they were walking this road alone. In doing so, we offer our pain – but also our resurrection.

Jesus gave Saint Faustina the Chaplet of Divine Mercy, a powerful prayer for those seeking to understand and receive God's healing compassion. One line reads: "Eternal Father, I offer You the most precious Body, Blood, Soul, and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins, and those of the whole world."

This prayer reminds us that no wound is too deep, no childhood too broken, no survival strategy too ingrained for God's mercy to reach. For adult children of dysfunctional homes, Divine Mercy gives us permission to let go of self-sufficiency and instead rest in the grace of being loved exactly as we are.

In recovery, we learn to show up honestly and participate in the healing process. As Saint Augustine said, we must "pray as if everything depended on God and work as if everything depended on us." It's in this balance of prayer and action – of mercy and effort – that real transformation begins. The Gospel reading this Sunday reveals the moment Jesus meets His frightened, hidden-away disciples after the Resurrection:

*On the evening of that first day of the week,
when the doors were locked, where the disciples
were, for fear of the Jews,
Jesus came and stood in their midst
and said to them, "Peace be with you."
When he had said this, he showed them his hands
and his side.
The disciples rejoiced when they saw the Lord. Jesus
said to them again, "Peace be with you.
As the Father has sent me, so I send you."*

Jesus finds His followers behind locked doors—afraid and unsure of what’s next. This speaks to the experience of many adult children of dysfunction, who often learned to hide—emotionally, physically, spiritually. Yet Jesus enters gently, offering peace, not judgment. He shows us His wounds, not to shame us, but to assure us that we are not alone in our suffering. He then sends us into the world with purpose – and the presence of the Holy Spirit.

Likewise, we are not called to stay locked inside fear or self-protection. Through recovery and faith, we receive the breath of new life and are invited to go out – to live, love, and serve with the help of the Holy Spirit.

We draw strength from the witness of others who have walked similar paths and have found healing through Christ. When we are allowed to see the honest wounds of another, we find courage to show our own. In this way, we live the message of Divine Mercy: not just receiving it, but offering it to others.

With each act of honesty, each prayer of surrender, and each brave step toward healing, we echo the great words of trust at the heart of this feast: “Jesus, I trust in You.”

Reflection Questions

- How have you experienced Jesus through the process of other people showing you their wounds and testifying to the good news?
- What is it like for you to share honestly and openly in a Christian fellowship?
- What *daily conversions*—actions, prayers, devotions, or spiritual routines—strengthen your trust in God on a regular basis?

Peace and Easter Blessings

We wish all members of the Catholic in Recovery community a very blessed Easter. It is a gift to journey together as God's beloved children, and together we pronounce the Resurrection of our Lord to all who seek freedom from the grip of addiction. May you and your family live as Easter people and know that freedom and new life await us all!

Sunday Mass Readings this Week

First Reading: Acts 5:12-16

Responsorial Psalm: Psalm 118:2-4, 13-15, 22-24

Second Reading: Revelations 1:9-11a, 12-13, 17-19

Gospel: John 20:19-31