

## The Diary of Saint Faustina

- She was born on August 25, 1905 as Helena Kowalska in Glogowiec, Poland.
- She was the third of ten children. She received only three years of formal education.
- As a child, she displayed piety, prayer, industry and obedience.
- From the age of seven she felt a calling to religious life.
- She asked her parents for permission to join the convent at 15.
- They denied permission and she went to work at 16 as a domestic servant.
- She received direct private revelation from Jesus: “How long shall I put up with you and how long will you put Me off!”
- She entered the Congregation of the Sisters of Mercy on August 1, 1925.
- After a two year novitiate, she made her first profession on April 30, 1928.
- She made a five year series of one year temporary vows. She worked in various houses of the order, in Warsaw, Vilnius, Kiekrz, Plock , Biala and Cracow.
- After only a few weeks of convent life her health began to deteriorate.
- On May 1, 1933 she took her perpetual vows.
- In August, 1934 she suffered a violent attack which was likely tuberculosis.
- In 1936 and again in 1937 she spent several months in a sanatorium in Pradnik, near Cracow. In 1938, she spent the last five months in that hospital and was finally brought back to Cracow where she died on October 5, 1938.
- The Diary of Saint Faustina was written during the last four years of her life, at the explicit request of Jesus and her confessors. Many direct quotations of Jesus to Saint Faustina are recorded in her diary.
- The church has approved the Diary as evidence of genuine direct private revelation. Public Revelation, as expressed in Holy Scripture and Sacred Tradition, represent the complete Word of God. We are not required to believe in any private revelation, even if it is approved by the Church. Approval of the church merely says that the private revelation in question is worthy of belief.
- Jesus first revealed the Divine Mercy devotion to Saint Faustina at Plock in 1931.
- Jesus said that He wants to proclaim to the world the truth revealed in Holy Scripture about the merciful love of God for every human being.
- New forms of devotion to The Divine Mercy were given by Jesus.

- The Image of Divine Mercy with the inscription “Jesus, I trust in You,” was displayed to Saint Faustina with the order to have it painted as she saw it. Since she was not an artist it took several years to convince her superiors and confessors that this was a genuine revelation and that an artist should be commissioned to paint it as Saint Faustina described it. Jesus is shown raising His right hand in a blessing and touching His heart with His left hand. Two rays emanate from His Heart, one pale for the Water that makes souls righteous, and red for the Blood which is the life of souls. “These two rays issued forth from the very depths of My tender mercy when my agonized Heart was opened by a lance on the Cross.”
- The Feast of Divine Mercy must be celebrated by the universal church on the second Sunday of Easter (Divine Mercy Sunday).
- The Divine Mercy Chaplet devotion was dictated to Saint Faustina by Jesus on September 13-14, 1935 as a prayer of atonement and for the appeasement of God’s wrath. “The souls that say this chaplet will be embraced by My mercy during their lifetime and especially at the hour of their death.”
- Jesus specifically asked for the Novena to Divine Mercy during which the chaplet is recited daily for the nine days before Divine Mercy Sunday, beginning on Good Friday. “By this novena, I will grant every possible grace to souls.”
- Prayer and meditation on His Passion at the Hour of Great Mercy (3PM). “...as often as you hear the clock strike the third hour, immerse yourself completely in My Mercy...where you happen to be, if only for a very brief instant.”
- “No soul will be justified until it turns with confidence to My Mercy.” On Divine Mercy Sunday, “The soul that will go to confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment.” “I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere.”
- Jesus said that “When this chaplet is said by the bedside of a dying person, God’s anger is placated, unfathomable mercy envelops the soul.
- In the spirituality of Saint Faustina, the term “trust” determines her attitude to God, whereas the word “mercy” means her attitude towards her neighbor. Human mercy, since it is modelled after Divine Mercy, differs fundamentally from works of charity. It is a thing of the spirit.

- “I promise that the soul that will venerate this image will not perish. I also promise victory over enemies already here on earth, especially at the hour of death.”
- Jesus said that “Distrust on the part of souls is tearing at my insides.”
- Because of suspicion by her superiors, Saint Faustina asked Jesus if He was God or some kind of phantom. Jesus reassured her and made a big sign of the cross and replied that she had in no way displeased Him by this question and that her confidence pleased Him very much.
- Many fellow sisters visited Saint Faustina spiritually as they were dying or even from purgatory asking for her prayers. The visions would always return later to say that her prayers had been effective.
- Saint Faustina asked for a sign that it was really Jesus asking her to do all of this. She asked that a particularly difficult child in the school they ran would ask to go to confession right away. At that very moment the girl asked to go to confession, which surprised Mother in charge of the class. Jesus asked “Do you believe Me now?”
- Saint Faustina had numerous visions of heaven, hell, purgatory and the road to them. One day she saw two roads, one was broad and covered in flowers, full of joy and music. People danced their way along it until the end where they fell into the abyss of hell. The other road was a narrow path strewn with rocks and thorns and the people who walked on it had tears and all kinds of suffering. But at the end there was a magnificent garden filled with all kinds of happiness and there they forgot all their sufferings.
- Demons are terrified of Divine Mercy. One time a great multitude of demons blocked her way and threatened her with terrible tortures. She heard them say that she had snatched away everything they had worked for over many years. She asked the demons where they had come from. They said out of human hearts [because of Divine Mercy prayer]. They were powerless to do her harm.
- Demons are terrified of Holy Water. Use it in the presence of the dying.
- She was escorted on a visit to hell by an angel and described it. It is horrible because of the loss of God, perpetual remorse of conscience, one’s condition will never change, fire that penetrates the soul without destroying it, continual darkness, terrible suffocating smell, and despite the darkness the devils and souls of the damned see each other and all the evil of themselves and others, despair,

hatred of God, blasphemies, torments of the senses depending on the manner in which the soul has sinned. Most of the souls there had disbelieved that there was a hell while they were alive.

- Saint Faustina composed long poems to Jesus' Divine Mercy.
- Jesus said that He cannot punish even the greatest sinners if they appeal to His Mercy. He said that He has eternity for punishing so He is giving them this time on earth, despite their sins, to recognize His Mercy.
- For Saint Faustina, obedience to her vows was even more important than devotions.
- Saint Faustina often prayed for Poland. She saw that God was very angry with it because of its ingratitude. 'My country, how much you cost me!' [Perhaps this was a prophecy of World War II?]
- God condemns no one. Only that soul who wants it will be damned.
- She recorded in her diary conversations of the Merciful God with a Sinful Soul, a Despairing Soul, a Suffering Soul, a Soul Striving for Perfection and a Perfect Soul.
- Souls must not despair, "...but with trust let it throw itself into the arms of My Mercy, as a child into the arms of its beloved mother..."
- Jesus said that "There are souls with whom I can do nothing.." referring to hypocrites.
- Jesus said that "I bear a special love for Poland, and if she will be obedient to My Will, I will exalt her in might and holiness. From her will come forth the spark that will prepare the world for My final coming." [Was this a prophecy of John Paul II and the fall of communism in Russia?]
- 'If the angels were capable of envy, they would envy us for two things: one is the receiving of Holy Communion and the other is suffering.'

Divine Mercy in My Soul

DIARY

of Saint Maria Faustina Kowalska

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