

# Into the Ocean of Mercy Reflection Worksheet

## **Remember**

- Jesus has buried all your repented sins in the ocean of Divine Mercy.
- “Blessed are the merciful, for they shall obtain mercy.”
- You were made for the Ocean.

## **Imagine**

Imagine you are Jasmine on that island. The sand is your sins. The sharp rocks are others sins against you. Throw the sand and rocks into the Ocean and watch them fall away and disappear forever.

## **Reflect**

What emotions do you experience?

---

---

Which sins are easiest to let go of? Which are the hardest?

---

---

---

When you let the ocean touch your skin, what happens?

---

---

---

It's time. Throw yourself into the Ocean. What happens next?

---

---