

Saint Clare of Assisi: A Life Given to God

Simplicity, community, and prayer

Ages about 7-11 | Video 4:20 | Group lesson about 25-35 minutes

Central truth Clare chooses a religious life of prayer and simplicity, caring for her sisters and trusting Christ during difficulty.

Learning goals Children will recall Clare's religious community, distinguish simplicity from neglecting needs, and choose a generous everyday action.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online [Open this video on Servus Dei](#)

Before watching | 2 minutes

Ask: What matters more than having many things? Watch how Clare makes room for prayer and care for others.

Watch and notice

Notice Francis's influence, Clare's choice, sisters joining, prayer and shared work, and her prayer during danger.

Talk together | 6-8 minutes

1. Whose preaching helped Clare recognize her calling?

Francis of Assisi's message of trusting and following Christ.

2. What did the sisters do together?

They prayed, worked, lived simply, and cared for one another.

3. Where did Clare turn when danger approached?

She prayed to Jesus in the Blessed Sacrament for protection.

4. How can a child practice simplicity safely?

Share with permission, care for possessions, or choose time for prayer and people. Do not give away needed things or ignore basic needs.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

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Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Draw Clare and her sisters in prayer or work, then a safe generous choice.

Read & Write Recall the community, explain simplicity, and plan a kindness with permission.

Adapt by readiness

Ages 7-8: choose a simple act of sharing with adult permission.

Ages 9-11: distinguish voluntary religious poverty from deprivation and unmet needs.

Make room for what matters | Optional 4 minutes

Draw a shelf with spaces for prayer, people, and needed things. Add one way to care for each. With an adult, choose a safe act of sharing or a few minutes of attentive prayer; keep essentials.

Look for understanding Children connect simplicity with love and know that neither prayer nor poverty guarantees safety or removes the need for help.

Closing prayer Jesus, help us trust you and care for one another. Teach us generous choices and protect people in danger. Saint Clare, pray for us. Amen.

At home With an adult's permission, share one useful item or make time to help someone.

Handout answer notes Community: Poor Clares. Daily life: prayer, work, care, simplicity. Plans: generous choices that keep needs and safety intact.

Teach with care

Preview soldiers approaching and Clare's illness and death. Explain that Clare was an adult at her departure; children must not leave home secretly or imitate confronting danger. The retelling dramatizes Clare's life and traditions about protection during attack. She was about eighteen when she left for religious life, not a child asked to run away. The Eucharist is not a magic shield. Trust in God does not require unsafe choices or neglect of food, health, or help.

Words to explain Poor Clares: religious sisters following Saint Clare's way of life. Convent: a home for a community of religious sisters. Simplicity: making room for what matters rather than seeking more possessions.

Sources for the leader

Story source: [Servus Dei video and English subtitle](#)

Historical life: [Saint Clare of Assisi - Benedict XVI](#)

Room for love

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Clare lived simply and cared for her community.

Name _____

Adult helper Read aloud. Invite drawing, pointing, or spoken answers. Writing is optional.

1 Draw Clare and her sisters praying or helping one another.



2 Draw a safe way to share or make time for someone.



Tell What matters in your pictures? Whose permission or help do you need?

Pray Jesus, help me make room for prayer, people, and kindness. Amen.

At home Share your picture and one thing you learned about God or following Jesus.

Rich in what matters

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Recall Clare's community and generous choices.

Name _____

1 Recall the sisters

What is Clare's community called?

They are the ...

2 Recall daily life

Name one way the sisters lived together.

They ...

3 Choose simplicity

Name a safe way to share with adult permission.

I can ...

Pray Jesus, help me make room for prayer, people, and kindness. Amen.

Go deeper How can sharing help us make room for people rather than more possessions?