

Saint Moses the Black

Strength changed by mercy

Ages about 7-11 | Video 4:51 | Group lesson about 25-35 minutes

Central truth God's mercy makes a new beginning possible and helps us use strength for peace and service.

Learning goals Recall Moses' move from robbery to monastic life; explain repentance with responsibility; practice a peaceful response to anger.

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 strength can be used for besides winning a fight. Offer examples of carrying supplies with help, speaking kindly, and stopping before reacting in anger.

Watch and notice

Notice the monks' hospitality, Moses learning prayer and work, recurring struggles, and his growing gentleness toward others.

Talk together | 6-8 minutes

1. How did the monks treat Moses?

They welcomed him with food and respect in the retelling. Their kindness helped open him to a different life.

2. What changed in his daily habits?

He learned prayer, work, and peaceful service. Conversion involved ongoing practice, not a single instant without further struggle.

3. Does mercy mean robbery was acceptable?

No. Wrong actions need repentance and responsibility. Every person's dignity remains, even when behavior is harmful.

4. What can you do when angry?

Move to safety, pause, breathe, and ask a trusted adult for help. Choose words or actions that do not hurt others.

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

Saint Moses the Black

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 peaceful monastic life and helpful strengths; no restraint or fighting.

Read & Write Recall hospitality, name new habits, and plan a peaceful response.

Adapt by readiness

Ages 7-8: name a strength and draw one peaceful use with adult help.

Ages 9-11: explain why repentance includes changed actions and does not erase accountability.

Strength for peace | Optional 4 minutes

Draw two open hands. In one write a strength you have; in the other, a peaceful use for it. Practice an invented disagreement using pause, safe space, and ask for help; no touching or restraining others.

Look for understanding Look for peaceful action and responsibility together. Welcoming the repentant does not remove safe boundaries or require children to trust someone dangerous.

Closing prayer God of mercy, help us begin again and use our strength for peace. Teach us humility and wise care. Saint Moses, pray for us. Amen.

At home Choose a calm-down plan with an adult before the next disagreement. Pray for people trying to leave harmful habits behind.

Handout answer notes Hospitality: food, water, respect. Habits: prayer, work, humility, service. Peace plan: safe space, pause, trusted adult help; no restraint or contact with danger.

Teach with care

Preview robbery, the restraint of intruders, and Moses' death in an attack. Focus on change and mercy; children must never approach or restrain dangerous people. Moses is remembered in the Desert Fathers' tradition. The monastery arrival, dialogue, and details of feeding intruders are dramatized or adapted. Do not reenact restraint or an attack. The title Black identifies his African heritage, never moral darkness; skin color has no connection to sin or holiness. Mercy, accountability, and protective boundaries belong together.

Words to explain Monastery: a home for a community devoted to prayer and work. Repentance: turning from sin toward God. Humility: honestly recognizing our need for God and help.

Sources for the leader

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

Church tradition: [Orthodox Church in America: Moses the Ethiopian of Scete](#)

Strong enough to be gentle

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Moses learned to use his strength for prayer, service, and peace.

Name _____

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

1 Draw Moses peacefully working or praying with the monks.



2 Draw a safe way you can use a strength to help someone.



Tell What changed in Moses? Who helps you choose peace?

Pray God, help me begin again and use my strength kindly. Amen.

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

A new way to use strength

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Think about Moses' conversion and your own peaceful choices.

Name _____

1 Recall hospitality

What kindness did the monks show in the retelling?

They welcomed Moses with ...

2 Describe change

What new habits helped Moses grow?

His new life included ...

3 Choose peace

What can you do safely when anger rises?

I can pause and ...

Pray God, help me begin again and use my strength kindly. Amen.

Go deeper How can gentleness require more strength than reacting angrily?