Saint Margaret Mary Alacoque and the Sacred Heart

Learning how deeply Jesus loves us

Ages about 7-11 | Video 3:52 | Group lesson about 25-35 minutes

Central truth Margaret Mary's reported encounter with Jesus's Sacred Heart leads her to share the message of his love.

Learning goals Children will connect the heart image with Jesus's love, recall Margaret Mary's response, and choose a simple loving 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 helps you remember that you are loved? Explain that the story retells Margaret Mary's reported spiritual experience.

Watch and notice

Notice Margaret praying, the heart shining with love, her small promise, and her patient sharing with others.

Talk together | 6-8 minutes

1. What did Margaret Mary want to do?
She wanted to love Jesus and understand his love more deeply.

2. What does the shining heart signify?
Jesus's generous love, which continues even in suffering.

3. How did she respond?
She promised her love and patiently helped others know Jesus's love.

4. How can you respond to Jesus's love?
Pray, forgive with help, thank someone, or choose a kind action. Extraordinary experiences are not required.

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 Margaret Mary Alacoque and the Sacred Heart

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 Margaret Mary praying and an action expressing love today.

Read & Write Explain the heart image, recall her response, and plan one loving act.

Adapt by readiness

Ages 7-8: use a heart drawing as a reminder of Jesus's love.

Ages 9-11: explain that private revelations support living the Gospel without adding new required doctrine.

A heart of loving choices | Optional 4 minutes

Draw a heart divided into three spaces: prayer, kindness, and thanks. Add one realistic choice to each and choose one for today. Do not promise perfect feelings or extraordinary experiences.

Look for understanding Children understand that the devotion centers on Jesus himself and suggests ordinary, safe loving actions.

Closing prayer Jesus, help us know your love and answer with hearts that are patient, generous, and kind. Saint Margaret Mary, pray for us. Amen.

At home Share one loving choice with an adult and pray a simple thank-you to Jesus.

Handout answer notes Heart: Jesus's love and self-gift. Sharing: patient reminders that Jesus loves people. Plans: prayer, thanks, or practical kindness.

Teach with care

The heart image includes thorns. Keep its explanation gentle; children need not seek visions or extraordinary experiences to be close to Jesus. The retelling simplifies Margaret Mary's reported apparitions and dramatizes dialogue. Such private revelations do not add to Christ's definitive revelation. Children need not have visions or constant peaceful feelings to be loved by God.

Words to explain Sacred Heart: Jesus's heart as the sign of his love. Religious sister: a woman consecrated to God in a religious community. Private revelation: a spiritual message that does not add to the faith given in Christ.

Sources for the leader

Story source: Servus Dei video and English subtitle

Devotion and history: Dilexit nos: Sacred Heart and Margaret Mary - Vatican