

Ember Days

Prayer and thanksgiving in every season

Ages about 7-11 | Video 3:08 | Group lesson about 25-35 minutes

Central truth Father Thomas introduces Ember Days as seasonal times for prayer, thanksgiving, and prayer for priests.

Learning goals Name the four seasons in the story description; connect each with thanksgiving; and choose an age-appropriate prayer or charitable response.

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 changes with each season and what gifts remain easy to overlook. Listen for the links between seeds, growth, harvest, and stillness.

Watch and notice

Notice the four seasonal images: seeds, growth, harvest, and stillness. Listen for gratitude to God and prayer for priests.

Talk together | 6-8 minutes

1. What are Ember Days in this lesson?

Traditional seasonal times to pause for prayer, penance, and thanksgiving. Their local calendar observance can vary.

2. Which seasonal gifts does Father Thomas describe?

Spring seeds, summer growth, autumn harvest, and winter stillness. Each can prompt thanks to God.

3. Whom does the lesson invite us to pray for?

Priests and those preparing for ordination, as well as the Church and the needs of the world.

4. How can a child take part safely?

Pray, give thanks, or choose a kind action with adult guidance. Children are not assigned food restriction by this lesson.

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

Ember Days

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 one seasonal gift named in the lesson description. Then draw a kind response to that gift, such as sharing or caring for creation. Accept an oral explanation.

Read & Write Recall the story, explain its central teaching, then apply it through a specific choice.

Adapt by readiness

Ages 7-8: draw or dictate answers; revisit the named story moment together.

Ages 9-11: explain the connection between the story detail and the planned response.

Four seasons of thanks | Optional 4 minutes

Divide a page into Spring, Summer, Autumn, and Winter. Draw seeds, growth, harvest, and stillness in the matching sections. Add one thank-you prayer in each. In the center write a prayer for a priest or someone preparing to serve the Church.

Look for understanding Look for the named story details in the answers and a practical response connected to seasonal gratitude and prayer for the church.

Closing prayer God, thank you for your gifts in every season. Bless our priests and all preparing to serve your Church. Amen.

At home Ask an adult about a seasonal tradition of thanksgiving in your parish or family.

Handout answer notes Seeds, growth, harvest, and stillness are the seasonal images. Prayer, penance, and thanksgiving are central. Accept an age-appropriate prayer for the Church.

Teach with care

Provide paper and pencils. Preview the video and invite children to ask questions or pass. Fasting practices depend on age, health, and Church guidance. This children's lesson assigns prayer and charity, not food restriction or a universal Ember Day obligation. This resource is bound to the creator's detailed public story description because captions were unavailable. It does not assert extra scenes or timestamps. Ember Day observance varies by local calendar. Children should not restrict food; prayer and charity are suitable responses with adult guidance.

Words to explain Ember Days: traditional seasonal days of prayer and penance. Thanksgiving: thanking God for his gifts. Ordination: the sacrament through which men become deacons, priests, or bishops.

Sources for the leader

Story source: [Servus Dei video and creator's public story description](#)

Background: [USCCB: Days of Prayer and Special Observances](#)

God's gifts through the seasons

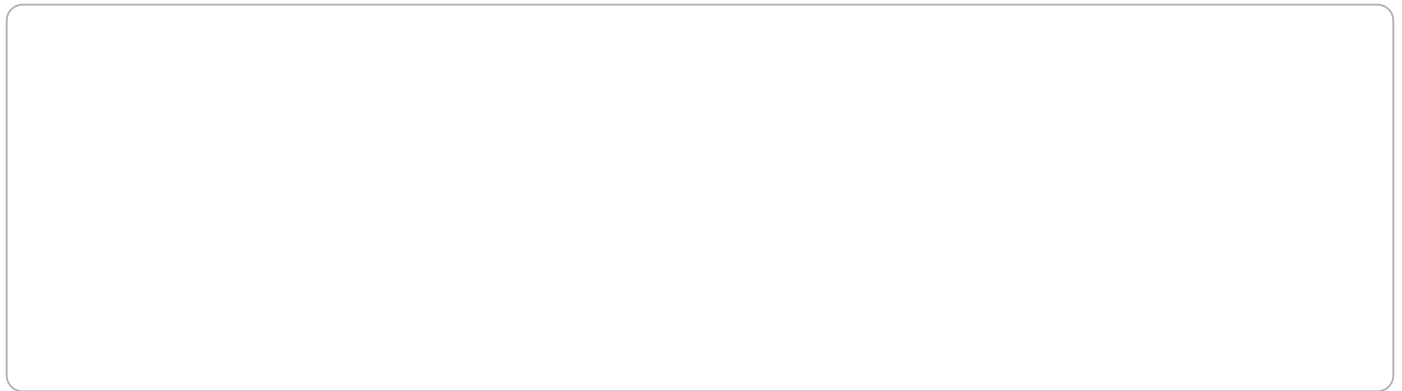
Ember Days

Father Thomas introduces Ember Days as seasonal times for prayer, thanksgiving, and prayer for priests.

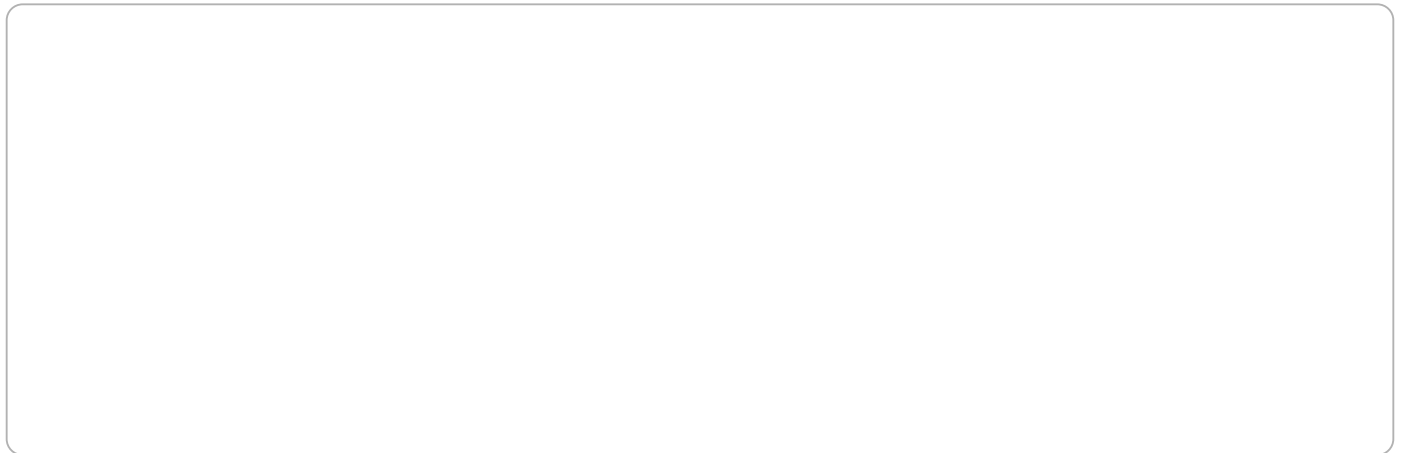
Name _____

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

1 Draw one seasonal gift named in the lesson description.



2 Draw a kind response to that gift, such as sharing or caring for creation.



Tell Which season did you choose? What are you thanking God for?

Pray God, thank you for your gifts in every season. Bless our priests and all preparing to serve your Church. Amen.

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

Pause, pray, and give thanks

Ember Days

Prayer and thanksgiving in every season. Remember, explain, and respond.

Name _____

1 Remember

Name two seasonal gifts from the lesson.

I remember ...

2 Explain

Why do Ember Days invite us to pause?

We pause to ...

3 Respond

Write a prayer for a priest or the Church.

God, please help ...

Pray God, thank you for your gifts in every season. Bless our priests and all preparing to serve your Church. Amen.

Go deeper How can noticing the seasons help us remember that food, work, and life are gifts?