Saints Francis de Sales and Jane de Chantal

Gentle words and holy friendship

Ages about 7-11 | Video 4:31 | Group lesson about 25-35 minutes

Central truth Francis shared faith with patient words, and his friendship with Jane helped build the Visitation community.

Learning goals Recall Francis' written outreach and Jane's leadership; explain gentleness as strength; and practice truthful, kind words.

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 whether speaking louder always helps someone understand. Watch how Francis shares truth and how Jane helps the community.

Watch and notice

Notice Francis' small written papers, his listening, Jane's friendship, and their work for the Visitation.

Talk together | 6-8 minutes

1. How did Francis reach people who would not listen in church?
He wrote small papers explaining the faith and shared them patiently. He also spoke with kindness to those who would listen.

2. How did Francis and Jane help each other?
They prayed, listened, and encouraged trust in God. Their friendship supported the founding of the Visitation.

3. Does gentleness mean being unable to speak truth?
No. The story describes truth spoken with patience and care. Gentle strength can include clear boundaries.

4. What could you say kindly during a disagreement?
Use a truthful sentence such as I see it differently; may I explain? Listen too, and seek adult help if the situation becomes unsafe.

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

Saints Francis de Sales and Jane de Chantal

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 Francis sharing a small paper or Jane helping the Visitation community. Then draw two friends listening and encouraging each other. 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.

Rewrite with gentle strength | Optional 4 minutes

Give pairs a harmless classroom disagreement, such as choosing a shared game. Write a sharp response, then rewrite it with truth, a respectful tone, and room to listen. Add a friendly encouragement card modeled on Francis' written outreach; discuss how Jane's friendship helped others grow.

Look for understanding Look for the named story details in the answers and a practical response connected to gentleness, truth, and faithful friendship.

Closing prayer Jesus, make our words truthful and kind. Saints Francis and Jane, pray that our friendships help us grow in love. Amen.

At home Share your encouragement card with an adult and choose someone who would appreciate it.

Handout answer notes Francis shared written papers; Francis and Jane prayed and encouraged each other and founded the Visitation. Gentle responses should be truthful and respectful.

Teach with care

Provide paper and pencils. Preview the video and invite children to ask questions or pass. The video simplifies chronology and adds childhood and conversation scenes. Gentleness does not mean never feeling anger, accepting abuse, or agreeing with everything. Children should seek trusted help when needed.

Words to explain Gentleness: strength expressed with care. Visitation: the religious community founded by Francis and Jane. Holy friendship: helping one another grow in God's love.

Sources for the leader

Story source: Servus Dei video and English transcript

Background: Benedict XVI: Saint Francis de Sales, March 2, 2011