Saint Benedict: Why the World Needs Quiet

Listening, working, and welcoming

Ages about 7-11 | Video 4:45 | Group lesson about 25-35 minutes

Central truth Benedict's search for quiet grows into a community of prayer, work, learning, and hospitality.

Learning goals Children will recall Romanus's help and Benedict's Rule, explain balanced daily habits, and practice a brief quiet prayer.

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: When is it easier to listen? Watch how Benedict makes room for prayer and then learns to live lovingly with others.

Watch and notice

Notice leaving Rome, Romanus bringing bread, Benedict's Rule, and the monastery's prayer, work, rest, and welcome.

Talk together | 6-8 minutes

1. Who helped Benedict in the cave?
Romanus brought bread and offered care. Even solitude involved another person's help.

2. Why did the monks need a Rule?
Living together required shared habits of prayer, work, rest, and respectful treatment.

3. How did Benedict's communities welcome others?
They made room for guests and practical hospitality.

4. What small daily habit could help you listen and love?
A short prayer, a careful chore, rest, or welcoming someone. Adapt habits with adult guidance.

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 Romanus helping Benedict, then a daily habit of prayer or welcome.

Read & Write Recall the Rule and its balance, then plan a realistic listening habit.

Adapt by readiness

Ages 7-8: practice a short quiet prayer with a picture focus.

Ages 9-11: compare a balanced schedule with rushing or neglecting others.

A small daily rhythm | Optional 4 minutes

Divide a paper circle into prayer, helpful work, rest, and welcome. Add a realistic action in each. With an adult, choose one brief habit for tomorrow rather than trying to copy a monastery's full schedule.

Look for understanding Children understand that quiet supports love and does not make talkative or active children less holy.

Closing prayer Jesus, help us listen to you, work with care, rest wisely, and welcome others. Saint Benedict, pray for us. Amen.

At home Choose one small family rhythm: a brief prayer, shared chore, or warm welcome.

Handout answer notes Romanus: food and care. Daily life: prayer, work, rest, learning, hospitality. Habits: safe, realistic, adapted to child.

Teach with care

Explain that children should not copy solitary cave living or fasting. Quiet prayer can be seated, moving gently, or adapted to a child's needs. The retelling simplifies Benedict's life and the traditions recorded by Saint Gregory. Silence and monastic discipline are supports for prayer, not measures of a child's worth. Do not imitate fasting, isolation, or unquestioning obedience to unsafe requests.

Words to explain Monk: a man living a religious life centered on prayer. Rule: guidance for a community's way of life. Hospitality: welcoming and caring for guests.

Sources for the leader

Story source: Servus Dei video and English subtitle

Life and Rule: Saint Benedict of Norcia - Benedict XVI