Saint Agnes

A faithful heart and peaceful courage

Ages about 7-11 | Video 4:44 | Group lesson about 25-35 minutes

Central truth Love for Jesus can strengthen faithful choices without seeking danger or harming others.

Learning goals Recall Agnes's commitment to Jesus; distinguish dramatized scenes from established memory; identify safe courage and trusted help.

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 being brave means never feeling afraid. Explain that a faithful person can have feelings and still ask for help.

Watch and notice

Notice Agnes's prayer and refusal to worship false gods. The peaceful lion belongs to this retelling and is not established by the cited Church account.

Talk together | 6-8 minutes

1. What mattered most to Agnes?
She loved Jesus more than wealth, approval, or the gifts offered to her. Her commitment was freely given.

2. What did authorities demand in the story?
They wanted her to deny her faith and worship a false god. Persecution and coercion were wrong.

3. Does the lion scene promise that faith prevents harm?
No. It is a dramatized episode. Loving God does not mean wild animals or dangerous people cannot hurt us.

4. What safe courage can you practice?
Tell the truth kindly, refuse a cruel game, or tell a trusted adult about pressure. You do not have to face danger alone.

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 Agnes

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 prayer and a safe brave choice; avoid the arena and violent scenes.

Read & Write Recall her commitment, think about the dramatization, and name safe courage.

Adapt by readiness

Ages 7-8: focus on prayer, good choices, and an adult helper; omit frightening discussion.

Ages 9-11: distinguish historical martyrdom from the retelling's added scenes and discuss freedom from pressure.

A courage-and-help shield | Optional 4 minutes

On paper draw a shield with two halves. In one write a good choice you can make; in the other name a trusted adult who can help. Add a short prayer for strength and peace.

Look for understanding Look for a peaceful good choice and a source of help. Children should not feel that accepting harm proves their faith.

Closing prayer Jesus, strengthen our hearts to choose what is good. Protect people who are pressured or persecuted. Saint Agnes, pray for us. Amen.

At home Discuss your shield with an adult. Practice a clear sentence for asking for help if someone pressures you.

Handout answer notes Love: Jesus and faithfulness. Miracle scenes do not guarantee safety. Good choices should be peaceful and include adult help when needed.

Teach with care

Preview the unwanted marriage pressure, arrest, arena threat, and death reference. Let children pass on questions; do not reenact danger. Agnes is an early Christian martyr remembered by the Church. Dialogue, noble family scenes, and the arena lion in this video are dramatization, not established by the cited account. Do not teach that love of God requires accepting unwanted relationships, silence about harm, or approaching dangerous animals.

Words to explain Martyr: someone killed because of faith in Christ. Faithfulness: staying true to a good commitment. Courage: choosing what is right with help, even when afraid.

Sources for the leader

Story source: Servus Dei video and English transcript

Church account: Vatican News: Saint Agnes