Saints Perpetua and Felicity

Friends in faith when the road is hard

Ages about 7-11 | Video 3:21 | Group lesson about 25-35 minutes

Central truth Perpetua and Felicity encouraged one another in prison and remained faithful to Jesus despite persecution.

Learning goals Recall the women's different circumstances and shared faith; explain how they encouraged one another; and plan safe support for someone afraid.

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 a friend can do when another person is afraid. Watch how the women's shared faith connects them despite different social positions.

Watch and notice

Notice Perpetua's family appeal, the women praying together, Felicity's baby receiving care, and their courage as companions.

Talk together | 6-8 minutes

1. How were Perpetua and Felicity different?
Perpetua came from a respected family and was a young mother; Felicity was enslaved and expecting a baby. Both loved Jesus.

2. How did they help one another in prison?
They prayed, encouraged each other, and remembered that God was near. Neither had to face fear entirely alone.

3. Were their children forgotten?
No. The story describes loving care arranged for Felicity's baby and emphasizes the mothers' love. Their suffering was caused by persecution.

4. What can you do for someone who is afraid?
Offer kind company, listen, pray, and get a trusted adult's help. Courage does not mean seeking danger or pretending fear is absent.

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 Perpetua and Felicity

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 Perpetua and Felicity encouraging one another. Then draw a safe act of support for someone afraid. 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.

A companion on the hard road | Optional 4 minutes

Draw two footprints beside each other. In one put a story detail about how the saints supported each other. In the other write a safe way you can support a worried friend. Add a handprint naming a trusted adult who can help when the worry is serious.

Look for understanding Look for the named story details in the answers and a practical response connected to christian courage and faithful friendship.

Closing prayer Jesus, strengthen those who are afraid. Saints Perpetua and Felicity, pray that we may be faithful friends. Amen.

At home Ask an adult to pray with you for people suffering because of their faith.

Handout answer notes They loved Jesus and remained Christian. Prayer and mutual encouragement supported them. A child's plan should include safe kindness and trusted help.

Teach with care

Preview the prison, childbirth, separation from babies, and martyrdom themes. Avoid violent reenactments or asking children to choose between family and faith. Felicity was enslaved, not simply a freely employed servant. The video is a simplified retelling of an early martyr account; the ladder vision belongs to that account. Their deaths are not invitations for children to enter danger or reject safe family care.

Words to explain Persecution: unfair treatment because of belief. Martyr: a person killed for witnessing to Christ. Courage: choosing what is right with help, even when afraid.

Sources for the leader

Story source: Servus Dei video and English transcript

Background: Vatican News: Saints Perpetua and Felicity