

Saint Lucy of Syracuse

A Light in the Darkness

Ages about 7-11 | Video 5:38 | Group lesson about 25-35 minutes

Central truth Lucy's generosity, prayer, and courage pointed toward Jesus, the true Light. Small, quiet acts of love can help other people even when no one applauds.

Learning goals Children will name a quiet kindness from the story, explain the meaning of the candle custom, and choose a way to share Christ's light through action.

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: Can a small light make a difference in a dark room? Invite children to notice Lucy's quiet acts of love before anyone threatens her.

Watch and notice

Watch for food shared, care for her mother, and courage before the governor. At the feast-day scene, ask what the candles help people remember.

Talk together | 6-8 minutes

1. What kinds of quiet gifts did Lucy give?

She shared with people in need, cared for the sick, and prayed for her mother. Love did not depend on receiving praise.

2. Why did Lucy want to use her wealth differently?

She wanted to belong to Christ and care for the poor. Her response of gratitude included the way she lived.

3. Does courage mean never feeling afraid?

No. A person can feel afraid and still choose what is right, pray, and accept support. Fear does not make someone less loved by God.

4. Do the feast-day candles mean that Lucy was the source of the light?

No. They help us remember Jesus, the true Light, and the way his love shone through Lucy. A candle is a symbol, not a measure of holiness.

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 Lucy of Syracuse

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 Children fill three spaces with pictures of sharing, prayer, and courage from the story or daily life. Adult labels and oral answers are welcome.

Read & Write Children recall quiet service, interpret the candle symbol, and plan an action that brings practical help. No personal account of persecution is requested.

Adapt by readiness

Ages 7-8: offer the choices share food, pray for someone, and speak kindly. Let the child point to a remembered action.

Ages 9-11: ask how a visible symbol can point toward something invisible. Discuss why an unnoticed act can still matter.

A light that does something | Optional 4 minutes

Give each child a scrap of paper to draw a small light. Invite an action it can represent: including someone, telling the truth, or helping with a task. Gather the lights as a reminder of different gifts, without ranking them.

Look for understanding Look for an actual act of care and a link from Lucy's example to Jesus. Encourage a specific action rather than only saying 'be nice.'

Closing prayer Jesus, Light of the World, help us notice those who need care. Let your love shine through our words and actions. Saint Lucy, pray for us. Amen.

At home Offer one quiet kindness without seeking praise. At prayer, thank Jesus for someone whose kindness has helped your family.

Handout answer notes Accept food shared, care for the sick, prayer for her mother, or another supported detail. The candles point to Jesus and his love reflected in Lucy. Look for a concrete, respectful kindness.

Teach with care

Use paper lights or an unlit picture of a candle. Explain briefly that Lucy lived when Christians could be punished for their faith; avoid graphic detail. The healing and unmovable-Lucy episodes belong to devotional tradition. Her martyrdom is not an invitation to seek danger. Use paper or battery lights; do not put flames on a child's head or reenact threats. Prayer for healing is not a promise of a particular outcome.

Words to explain Martyr: someone killed for remaining faithful to Christ. Persecution: mistreating people because of their faith. Symbol: something visible that helps us think about a deeper meaning.

Sources for the leader

Life and tradition: [Vatican News: Saint Lucy](#)

Let your light shine: [Matthew 5:14-16](#)

Three ways to carry the light

Saint Lucy of Syracuse

Jesus' love can shine through ordinary actions.

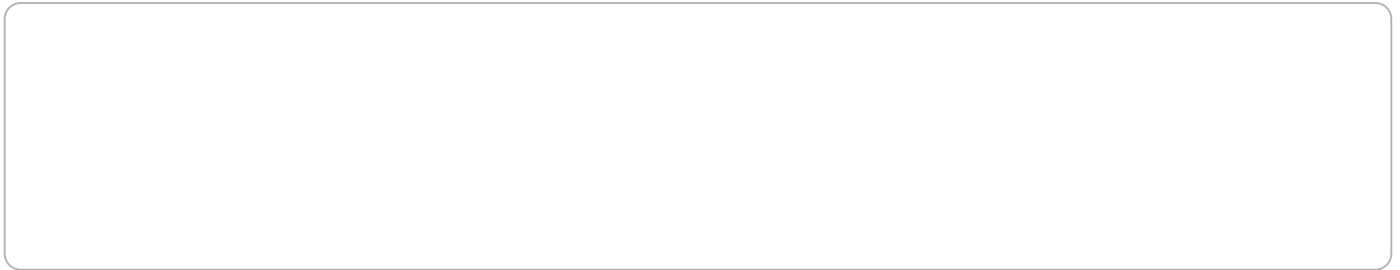
Name _____

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

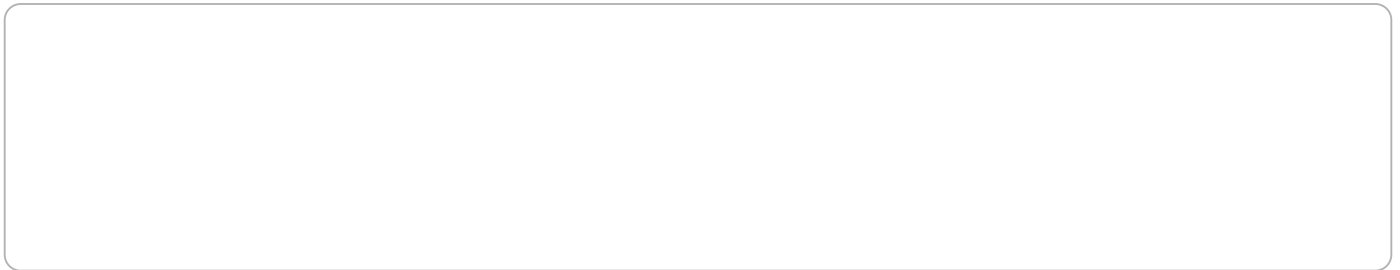
1 SHARE: Draw a kindness Lucy offered.



2 PRAY: Draw someone you can pray for.



3 BE BRAVE: Draw a good choice you can make.



Tell Which picture reminds you of something Lucy did?

Pray Jesus, let your love shine through my choices. Amen.

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

The light behind the candles

Saint Lucy of Syracuse

Connect Lucy's story, the feast-day lights, and daily life.

Name _____

1 Remember quiet love

Name a way Lucy cared for someone without asking for praise.

Lucy showed love when ...

2 Explain the symbol

Whom do Saint Lucy's feast-day candles help us remember?

The candles point us toward ...

3 Make it practical

What small kindness could bring help or comfort to someone?

One action I can take is ...

Pray Jesus, let your love shine through my choices. Amen.

Go deeper Does an act of kindness matter if nobody sees you do it? Why?