The Quiet Helpers

A Story of Guardian Angels

Ages about 7-11 | Video 9:56 | Group lesson about 25-35 minutes

Central truth Clara learns that guardian angels serve God and help us on the way to holiness. The road, cookie, and dark hallway connect prayer with wise choices, honesty, and trust.

Learning goals Children will explain that angels serve rather than replace God, identify Clara's free choices, and combine prayer with sensible help-seeking.

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: Who helps you make a wise choice? Watch how Clara receives help and still has to choose what she will do.

Watch and notice

Use the road, extra cookie, and hallway as three remembering moments. For a shorter lesson, pause after the cookie and discuss before watching the ending.

Talk together | 6-8 minutes

1. Who visibly helps Clara at the busy road?
Daniel stops her, and Father Miguel talks with her. God's care does not make looking carefully or listening to responsible people unnecessary.

2. Does her angel force Clara to return the cookie?
No. Clara pauses, asks whose cookie it is, and returns it to Mateo. Guidance supports a good choice without turning her into a puppet.

3. What changes when Clara prays in the dark hallway?
The hallway stays dark, but she remembers God's care. Prayer can bring courage even when the surroundings do not change.

4. Why does Father Miguel say the angel leads toward Jesus?
Angels are God's creatures and servants. They help us worship and follow God; they are not substitutes for him.

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 Children draw one wise road choice, Clara returning the cookie, and a safe response to feeling afraid. The pictures connect prayer with action.

Read & Write Children identify help received and choices made, explain why the cookie belongs to Mateo, and create a prayer-and-action response to fear.

Adapt by readiness

Ages 7-8: retell the three moments with stop, return, and pray. An adult can model a safe choice.

Ages 9-11: distinguish help from control. Discuss why we cannot know that every thought or coincidence is an angel's message.

Help received; choice made | Optional 4 minutes

Name one story moment. Children tell what help Clara receives and what she chooses. Try an ordinary example of their own, such as a reminder to share. End by thanking God for both guidance and freedom.

Look for understanding Look for God as the source of care, angels as servants, and Clara making real choices. Trust should accompany practical safety.

Closing prayer God, thank you for the help you give us. Help us choose good, ask for help, and follow Jesus. Guardian angels, guide us in God's love. Amen.

At home Pray the Angel of God prayer with an adult. Name one wise habit that helps you care for yourself or others.

Handout answer notes Daniel stops Clara; she learns to stop and check safely. The cookie belongs to Mateo. Accept prayer with a light, caregiver, or another sensible source of support.

Teach with care

Introduce Clara, Daniel, and Father Miguel. This is a fictional teaching story. Children do not need to identify invisible causes behind everyday events. Angelic care is not a promise that accidents or suffering never happen. Clara's imagined whisper is not a method for detecting angels. Children may turn on a light or wake a caregiver when afraid; needing help is not weak faith. Angels are not people who have died.

Words to explain Angel: a spiritual creature who serves God. Guardian: one who watches over and cares for another. Freedom: the ability to make choices for which we are responsible.

Sources for the leader

Angels and their care: Catechism of the Catholic Church, 328-336

Jesus and the little ones: Matthew 18:10

Three moments, three choices

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Clara receives help and learns to choose wisely.

Name _____

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

1 AT THE ROAD: stop and check with a trusted helper.

2 AT THE TABLE: return Mateo's cookie.

3 WHEN AFRAID: pray and choose a safe next step.

Tell What help did Clara receive? What did she choose?

Pray God, help me listen, choose good, and ask for help. Amen.

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

Guided, not forced

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Think about Clara's help and her own choices.

Name _____

1 Notice the help

At the road, who helps Clara and what must she learn to do?

Daniel ...

2 Choose honestly

Why was returning the extra cookie the right choice?

The cookie ...

3 Pray and act

You feel afraid in the dark. Write a short prayer and a safe next step.

God, please ...

Pray God, help me listen, choose good, and ask for help. Amen.

Go deeper How can someone help you do good without making the choice for you?