

Saint Josephine Bakhita

From Slavery to True Freedom

Ages about 7-11 | Video 5:59 | Group lesson about 25-35 minutes

Central truth Bakhita was always precious to God. Her freedom, her choice to follow Jesus, and her generous welcome remind us to respect every person's dignity.

Learning goals Children will name the injustice done to Bakhita, identify a choice she made in freedom, and distinguish forgiveness from saying that harm is acceptable.

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

Say: Every person matters before anyone praises them or gives them a job. Invite children to notice when Bakhita's voice and choices are finally respected.

Watch and notice

Watch the story without reenacting its frightening parts. Pause after Bakhita chooses to stay with the sisters, if useful, and ask what she wants others to hear.

Talk together | 6-8 minutes

1. Was Bakhita less valuable when people treated her as property?

No. Other people's wrongdoing could not remove her God-given dignity. Slavery was wrong; she never deserved it.

2. What did she choose when asked to leave the sisters?

She wanted to stay, learn the faith, and prepare for Baptism. Her freedom to make that choice mattered.

3. How did she use ordinary work to welcome people?

She cooked, sewed, and received people at the door. Her presence helped others experience kindness and care.

4. Did forgiving her captors mean that what they did was good?

No. Forgiveness did not excuse slavery or erase pain. God can bring good after evil without making the evil right.

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 Josephine Bakhita

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 a free choice Bakhita made, then people treating one another with respect. Keep drawings focused on agency, welcome, and hope.

Read & Write Children explain why Bakhita already had dignity, recall her own choice, and respond to a mistaken idea about forgiveness. Oral answers are welcome.

Adapt by readiness

Ages 7-8: use the words 'People are never things.' Focus on being heard, learning, and receiving care.

Ages 9-11: distinguish forgiveness from permission for harm or renewed trust. Discuss how Bakhita's firm 'no' and her later kindness belong together.

Respect a person's voice | Optional 4 minutes

Read three ordinary choices: asking before borrowing, listening when someone says no to a hug, and including someone's idea. Children explain how each respects a person. Use fictional examples, not accounts of private experiences.

Look for understanding Listen for dignity that exists before Baptism or achievement, a choice Bakhita made, and recognition that forgiveness does not make harm acceptable.

Closing prayer God, you know and love every person. Protect those who are mistreated. Help us respect each other's voices and bring kindness where we can. Saint Josephine Bakhita, pray for us. Amen.

At home With an adult, notice one way your family shows respect: listening, asking permission, or making room for another person's choice.

Handout answer notes Her dignity came from being made in God's image. She chose to stay and learn the faith. Forgiveness does not excuse harm, remove the need for justice, or require returning to danger.

Teach with care

Preview the story for your group. Say that Bakhita was taken from her family and treated unjustly. No child needs to share personal harm; allow a quiet alternative if needed. Never reenact enslavement or require a child to forgive, meet, or return to someone unsafe. Seeking protection is right. Painful memories or anger do not mean failed faith. Bakhita's baptism deepened her life in Christ; it did not give her human worth for the first time.

Words to explain Dignity: the worth every person has as someone made in God's image. Slavery: treating a person as property; it is always wrong. Religious sister: a woman who gives her life to God in a religious community.

Sources for the leader

Life and vocation: [Holy See: Josephine Bakhita biography](#)

Human dignity: [Genesis 1:26-27](#)

Precious, heard, and free

Saint Josephine Bakhita

Bakhita was always precious to God.

Name _____

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

1 Draw Bakhita choosing to learn about Jesus.



2 Draw people listening to and respecting one another.



Tell How can you show that someone's words and choices matter?

Pray God, help us treat every person with respect. Amen.

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

A dignity no one could take

Saint Josephine Bakhita

Think about Bakhita's courage, choices, and kindness.

Name _____

1 Explain dignity

Was Bakhita precious to God before she became a sister? Why?

Every person matters because ...

2 Hear her voice

What important choice did Bakhita make while staying with the sisters?

She chose to ...

3 Think carefully

Someone says, 'Forgiveness means the hurt was all right.' What would you explain?

Forgiveness does not mean ...

Pray God, help us treat every person with respect. Amen.

Go deeper How can a firm, respectful 'no' protect a person's dignity?