Saint Oda of Scotland

The Princess Who Chose Jesus

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

Central truth Oda's traditional story contrasts a royal future with her desire for a life of prayer. Her crown becomes a symbol for choosing faithfulness over prestige, while her quiet life still includes love for others.

Learning goals Children will explain the meaning of Oda's crown, distinguish her particular vocation from everyone's calling to love, and identify what deserves first place in an ordinary choice.

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: Are the most impressive-looking things always the most important? Watch for the crown, the quiet shelter, and Oda's reason for choosing her path.

Watch and notice

Notice Oda's prayer at Lambert's tomb, the expectations when she returns, and the simple life she chooses. Listen for how she continues to love others.

Talk together | 6-8 minutes

1. What did Oda ask in her prayer at the tomb?
She asked Jesus for sight while also asking to belong to him whatever happened. Her relationship with God did not begin only when she was healed.

2. Why did her father hope she would marry?
In the story, a royal marriage could bring power or alliances. Oda believed she was called to give her life to God in another way.

3. What does the crown beneath Oda's feet represent?
Choosing her calling above royal honors. It does not mean that every crown, family, or marriage is bad.

4. Did Oda's hidden life mean she stopped caring about people?
No. She prayed for others and helped those who came to her. Solitude and love of neighbor can belong together.

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 the crown as a sign of status and a simple shelter as a sign of Oda's chosen life. Ask them to explain meanings, not just identify objects.

Read & Write Children interpret the crown, name care within Oda's quiet life, and apply the idea of priorities without copying her adult life choices.

Adapt by readiness

Ages 7-8: compare a showy prize with an ordinary act of kindness. Ask which choice helps someone.

Ages 9-11: discuss different good vocations, including marriage and consecrated life. A calling should be discerned freely, with prayer and wise guidance.

What deserves first place? | Optional 4 minutes

Offer a choice: finish decorating a prize for yourself or first help someone whose supplies spilled. Discuss what matters in that moment and why. Explain that enjoying beauty is good, while people and responsibilities also deserve attention.

Look for understanding Look for the crown's symbolic meaning and recognition that everyone can follow Jesus without becoming a hermit.

Closing prayer Jesus, help us recognize what matters most. Guide our choices, teach us to love, and help each person answer your call. Saint Oda, pray for us. Amen.

At home Choose a brief, comfortable quiet time for prayer with your family. Then return to a shared responsibility with care.

Handout answer notes The crown represents royal status set aside for Oda's calling. She prayed and helped visitors. Accept an ordinary, safe choice of care over attention or prestige.

Teach with care

Present this as an old devotional account with uncertain historical details. Oda has full dignity before and after receiving sight; blindness does not mean someone is far from God. Oda's healing, royal background, and magpie stories are transmitted as legend. Healing is not a reward that proves greater faith. Children should not imitate leaving home. Marriage is a holy vocation; Oda's particular choice does not make other callings inferior.

Words to explain Vocation: a calling from God to love and serve. Hermit: someone called to a life especially devoted to solitude and prayer. Pilgrimage: a journey made for prayer and devotion.

Sources for the leader

Local devotion and story: Parochie Heilige Oda: Who is Oda? (Dutch)

Treasures and the heart: Matthew 6:19-21

A crown and a quiet home

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Objects in Oda's story help us understand her choice.

Name _____

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

1 Draw a crown. Tell what it represents in Oda's story.

2 Draw Oda's simple home and a way she could care for others.

Tell What mattered most to Oda?

Pray Jesus, help me recognize what matters most. Amen.

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

Choosing what matters

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Think about Oda's calling and your own daily choices.

Name _____

1 Read the symbol

What does the crown beneath Oda's feet mean?

It shows ...

2 Love in a quiet life

How could Oda love others while living as a hermit?

She could ...

3 Choose a priority

Name one ordinary choice where kindness matters more than looking impressive.

I could choose ...

Pray Jesus, help me recognize what matters most. Amen.

Go deeper Can two people follow Jesus faithfully through different vocations? Explain.