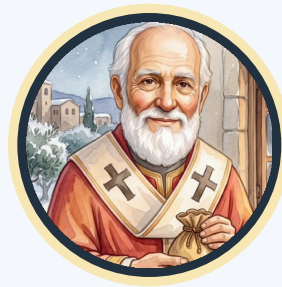




Be a Little Saint

Prayers and weekly challenges from five saints with big hearts



How to use these pages

- **Meet the saint.** Read the saint's story together, or share the short introduction at the top of their page.
- **Pray together.** Say the prayer slowly, and let children join in with the words they know.
- **Take the challenge.** Each page has three small ways to live the saint's virtue. Children tick each one when they have done it during the week.
- **Celebrate the feast day.** Use each saint's page on or near their feast day, or work through all five over five weeks.

Feast days

May 30	Saint Joan of Arc — Courage
August 11	Saint Clare of Assisi — Being a true and loyal friend
October 1	Saint Thérèse of Lisieux — Doing small things with great love
October 4	Saint Francis of Assisi — Loving all of God's creation
December 6	Saint Nicholas — Giving without expecting anything in return

These prayers and challenges come from the *Little Saints, Big Hearts* picture books by Joseph Glazier: true stories of the saints, told gently for ages 4 to 9. Find the books at littlesaintsbighearts.com.



Saint Francis of Assisi

Loving all of God's creation

Feast day: October 4

The joyful saint who gave away his riches to follow Jesus, cared for the poor, and loved every creature God made.

A Little Prayer

Dear God, thank you for the sun and the rain, for animals and people, and for everything you made. Help me to love your whole wide world the way Saint Francis did. Amen.

Be a Little Saint This Week

Tick each one when you have done it.

- ☐ Be gentle and kind to an animal today, just as Francis was.
- ☐ Give one of your toys or treats to someone who would love it.
- ☐ Go outside and say thank you to God for three things you can see.

My name: _____

Read the whole story in Francis and the Whole Wide World.



Saint Thérèse of Lisieux

Doing small things with great love

Feast day: October 1

A young French Carmelite sister who discovered her “Little Way”: doing the smallest, plainest things with the greatest love.

A Little Prayer

Dear God, I am small, but my love can be big. Help me to do the little things today – a kind word, a helping hand, a happy smile – all with great love, the way Saint Thérèse did. Amen.

Be a Little Saint This Week

Tick each one when you have done it.

- ☐ Do a small chore without being asked and without expecting anything in return.
- ☐ Be especially kind to everyone this week.
- ☐ Do everything this week with a happy heart and great love.

My name: _____

Read the whole story in Thérèse and the Little Way.



Saint Joan of Arc

Courage

Feast day: May 30

A French farm girl who heard God's call and bravely said yes, carrying her white banner for God and her country.

A Little Prayer

*Dear God, make me brave. When I am afraid to do what is right,
help me to say yes to you – with a big, brave heart, the way
Saint Joan did. Amen.*

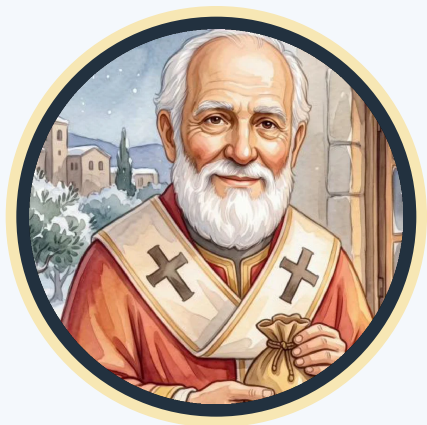
Be a Little Saint This Week

Tick each one when you have done it.

- ☐ Do the right thing even when it feels hard – like telling the truth, or standing up for someone who needs a friend.
- ☐ Say a kind hello to someone who looks left out or alone.
- ☐ When something good feels a little bit scary, take a deep breath, say a small prayer, and be brave.

My name: _____

Read the whole story in Joan and the Brave Heart.



Saint Nicholas

Giving without expecting anything in return

Feast day: December 6

A kind bishop who spent his life helping people in need, giving gladly and without expecting anything in return.

A Little Prayer

Dear God, thank you for all the good things you have given me. Help me to share them gladly, and without expecting anything in return, the way Saint Nicholas did – always giving from a heart full of love. Amen.

Be a Little Saint This Week

Tick each one when you have done it.

- ☐ Do something kind for someone today without expecting anything in return.
- ☐ With a grown-up's help, pick something of your own to give to a child who has less.
- ☐ Leave a little surprise for someone in your family to find – a note, a drawing, or a treat.

My name: _____

Read the whole story in Saint Nicholas and the Secret Gifts.



Saint Clare of Assisi

Being a true and loyal friend

Feast day: August 11

Saint Francis's dearest friend, who left her grand home to live simply for God and stayed faithful her whole life long.

A Little Prayer

Dear God, you are the truest friend of all. Help me to be a good and loyal friend – to stay close on happy days and hard days, to keep my promises, and to help the people I love be good and brave, the way Saint Clare did. Amen.

Be a Little Saint This Week

Tick each one when you have done it.

- ☐ Stay close to a friend who is having a hard day, and let them know you care.
- ☐ Keep a promise you have made, even when it turns out to be hard.
- ☐ After a quarrel, be the first to say sorry and make up.

My name: _____

Read the whole story in Clare, the Truest Friend.