



The Miraculous Medal: A Gift from Heaven

Leader's guide

Duration: 30–60 minutes

Aim of session: To introduce children to St. Catherine Labouré and the Miraculous Medal, helping them to understand its significance, reflecting on faith and humility, and create a personal prayer to take home.

What you will need:

- The Miraculous Medal: A Gift from Heaven PowerPoint slides
- Appendix 1: The Miraculous Medal: A Gift from Heaven (Colouring in sheet)
- Appendix 2: Prayer Template
- Appendix 3: Information Sheet
- Appendix 4: Worksheet for News Article: The Miraculous Medal: A Gift from Heaven
- Miraculous Medals (if available, one for each child to take home)

Steps for the session:

Slide 2: Opening Prayer

Heavenly Father,
we welcome you into our hearts today. Please fill us with your love, joy, and wisdom as we learn more about you. Help us to grow in faith and be brave enough to share your good news with everyone around us. Thank you for always guiding us and helping us to be kind to others. We're excited to learn more and be closer to you. Amen.

Slide 3: What's our focus today?

Today, we are going to learn about a special medal and a saint who helped bring it to us – St. Catherine Labouré! This medal is called the Miraculous Medal because it has brought many blessings and miracles to people who wear it with faith.

Slide 4: The Story of St. Catherine Labouré (10 minutes) – Video on PowerPoint

A long time ago in France, there was a young girl named Catherine. She loved God and wanted to serve Him. Catherine joined a group of nuns called the Daughters of Charity, which had been founded by St Vincent de Paul. She lived with them in a convent in Paris.

One night, while Catherine was sleeping, she was awakened by an angel. The angel took her to the convent chapel, which was glowing with candlelight. There, she saw a beautiful lady.

The lady said, "I am the Blessed Virgin Mary." Mary asked Catherine to have a special medal made with a design she would show her. Mary said that this medal would help people remember to pray and to trust in God. She promised that it would bring many blessings and even miracles.

Catherine listened carefully and later told the priest at the convent, just as Mary had asked. At first, the priest didn't believe her. But later, when the medal was made, miracles began to happen! This became known as the Miraculous Medal. It is still worn today as a sign of faith and God's protection.

Catherine spent the rest of her life praying and quietly helping others. She never looked for praise or attention. She became a saint because of her humble and faithful heart.



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Slide 5: A Tiny Medal with a Big Message

Talk through the appearance of the medal and even have one for each child to look at in more detail if available.

- The front of the medal has an image of Mary standing on a globe, with rays of light coming from her hands (showing the gifts and blessings Mary gives to the world).
- Around the edge are the words: "O Mary, conceived without sin, pray for us who have recourse to thee.", meaning "Mary, you were made special without sin. Please pray for us who ask for your help."
- On the back, there is a cross above the letter "M" (for Mary), and 12 stars surrounding it (representing the 12 apostles). This reminds us of Mary's role as the Mother of Jesus and our mother too.

Slides 6–11: Reflection and Discussion Questions

These questions could be discussed as a whole group or done in smaller groups.

Slide 12: Activity:

Choose the best activity for your particular group of children and for the amount of time you have:

- Appendix 1: Colour in the Miraculous Medal picture while thinking about the story of Mary and St. Catherine.
- Appendix 2: Write a prayer or message of hope for someone and gift this to them.
- Appendix 3 & 4: Write a news article to share with others about the Miraculous Medal and its' origins. An extra challenge - can you find out about a story of a miracle or answer to prayer from the use of the medal to include in your article?

Slide 13: Call to Action:

- As a group, could you gift some people a Miraculous Medal, along with a decorated prayer card?
- Could you prepare your own talk to your school or parish about the Miraculous Medal?

Slide 14: Closing Prayer

Invite one of the children to close your session by reading the prayer.

Slide 15: Prayer to say with the Miraculous Medal

This prayer will also be on the children's worksheet, which they can learn to say with their Miraculous Medal at home.



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