



3rd Sunday of Lent

Exodus 3: 1-8 a, 13-15

Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. And Moses said, "I will turn aside to see this great sight, why the bush is not burned." When the Lord saw that he turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground." And he said, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have surely seen the affliction of my people who are in Egypt and have heard their cry because of their taskmasters. I know their sufferings, and I have come down to deliver them out of the hand of the Egyptians and to bring them up out of that land to a good and broad land, a land flowing with milk and honey (...)"

Then Moses said to God, "If I come to the people of Israel and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I am who I am." And he said, "Say this to the people of Israel: 'I am has sent me to you.'" God also said to Moses, "Say this to the people of Israel: 'The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.' This is my name forever, and thus I am to be remembered throughout all generations.

Some things to think about...

This story teaches us that God chooses ordinary people, like Moses, to do extraordinary things. Even when we feel unsure or scared, God is always with us and can use us to help others. Just like Moses in the Bible, the key figures of the St Vincent de Paul Society were ordinary people who became heroes by answering God's call to help those in need.

St Vincent de Paul and Blessed Frédéric Ozanam, for example, weren't famous or powerful—they were simply people who saw the suffering around them and wanted to make a difference. They began helping the poor, visiting the sick, and offering care to anyone who needed it. They showed us that being a hero doesn't mean doing something grand or spectacular—it means doing what we can, with love and kindness, for others. Like Moses, they may have felt unsure at times, but they trusted in God's guidance and did extraordinary things by serving those right in front of them.

Activity

Complete the activity on the next page with your Mini Vinnies group.

Teacher's Notes

God doesn't choose His heroes based on how strong, brave, or famous they are. In fact, He often chooses ordinary people, like Moses, who might feel scared or unsure. Moses was just a farmer when God called him to rescue a country! Even when Moses asked, "Why me?" God didn't mind. Instead, He promised, "I will be with you."

Being a hero for God doesn't mean being perfect or powerful—it means being willing to answer His call. So, when God chooses, He looks for hearts that are ready to serve, not people with superpowers.



Activity: Moses, Mini Vinnies, and Me: Ordinary Heroes

Aim of activity: To help children understand that, like Moses, God can use ordinary people to do His work, and they can be heroes in their own way through the Mini Vinnies mission.

What you will need:

- Paper
- Pencils or felt tips

Instructions:

Discussion (5 minutes):

Having shared the story of Moses, ask the children, "Who do you think God might choose to do His work? Would He pick someone powerful, famous, or strong?"

Connect this to the Mini Vinnies' mission: "The Mini Vinnies are just like Moses—they are ordinary children who can do great things by helping others in their community. They show love and kindness, just like Jesus, by helping those in need."

Activity (10-15 minutes):

Give each child a piece of paper, pencils and felt tips.

Ask them to draw a picture of themselves or someone they know helping others, like visiting the elderly, collecting food for those in need, or simply being kind at school.

On the top of the page, they can write, "God can use *anyone* to do His work!"

Reflection (5 minutes):

After everyone has finished their drawings, gather the children together and ask: "How can you be a Mini Vinnie hero in your school or community?"

Encourage them to think of small acts of kindness, like sharing, helping a friend, or helping those who are lonely, that align with the Mini Vinnies mission of service to others.

Closing thoughts:

Remind the children that just like Moses, they don't need to be famous or powerful to do God's work. As Mini Vinnies, they can be everyday heroes by helping others in big or small ways. All God needs is a willing heart, and He can use anyone to spread His love and kindness.