



St Vincent
de Paul Society
England and Wales
Turning Concern into Action



Be the Good News

Aim of session:

- To help children understand that Jesus calls us to bring Good News to the poor, and to explore how we can do this in our everyday lives by showing love, kindness, and hope—just like St Vincent de Paul and Blessed Frédéric Ozanam.

Time: 20–25 minutes

Theme: Living out Jesus' message through Vincentian action

What you will need:

- A Bible or printed copy of Luke 4:16–22 (child-friendly version optional)
- Paper (A4 or similar – one sheet per child)
- Pencils for tracing hands
- Colouring pens or crayons for decorating
- A display board, wall space, or large sheet of paper (optional – for the “We are the Good News” display)
- (Optional) Sticky tack or tape to attach handprints to a display

Steps for session:

Gospel Reflection (5 minutes)

Read aloud Luke 4:16–22 or a simplified version:

“The Spirit of the Lord is upon me, because he has anointed me to bring Good News to the poor...”

Talk together:

- **What is the Good News that Jesus talks about?**
- That God loves everyone, no matter who they are.
- That the poor, the sick, and the lonely are not forgotten.
- That Jesus came to bring hope, healing, and freedom.
- That God is close to those who are suffering and wants us to help them.
- **Who needs to hear that they are loved and accepted today?**
- People who feel lonely or left out.
- People living in poverty or without a home.
- Children who are bullied or don't have friends.
- Elderly people who don't get many visitors.
- Anyone who feels sad, worried, or unloved.





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Be the Good News ...continued

Explain:

Jesus showed love to the poor, the lonely, and the hurting. St Vincent de Paul and Blessed Frédéric Ozanam listened to these words and chose to live them out. We can too—by showing kindness and love to others.

Think–Pair–Share (5 minutes)

Ask:

How can we be Good News to others?

Examples might include:

- Smiling and saying kind words
- Helping someone who is struggling
- Spending time with someone who feels left out
- Listening carefully to others

Activity: Good News Hands (10 minutes)

You will need: Paper, pencils, colouring pens

Instructions:

1. Trace around your hand on a sheet of paper.
2. Inside the hand, write or draw one way you can be Good News to someone this week.
3. Decorate the outside of the hand with words like hope, love, kindness or symbols of the Holy Spirit (dove, flame, cross).

Optional: Display the hands together on a board titled “We are the Good News!” at your Tea with the SVP event.

Closing Prayer (1–2 minutes)

“Jesus, you brought Good News to the poor. Help us to follow your example, like St Vincent and Blessed Frédéric. May we bring hope, love, and joy to those around us. Amen.”

