



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



Breakfast with Jesus: A Quiet Act of Leadership

Aim of session:

- To explore how Jesus leads by example—not with speeches or big actions, but with quiet care, preparing a meal and being there when his friends need him. This offers a new model of servant leadership for Mini Vinnies to reflect on.

Time: 20–25 minutes

Theme: Thoughtful leadership, being present, quiet service.

What you will need:

- Pencil (for planning or light sketching)
- Coloured pencils or felt tips (for drawing the beach breakfast scene)
- Postcard template (or half an A4 sheet of card, folded or cut to postcard size)
- One side blank for a drawing
- One side lined or blank for writing a short reflection
- Bible or printed text of John 21:12–14 (optional, for reference or to read aloud)

Steps for session:

Scene Reflection (3–4 minutes)

Read or summarise John 21:12–14, then discuss briefly:

"Jesus has died and risen. The disciples are confused and tired—they've been fishing all night. Jesus doesn't lecture them or tell them what to do. He makes breakfast. He sits with them. That's all."

Ask:

- Why do you think Jesus chose to cook for them rather than speak or perform a miracle?
- What does this tell us about the kind of leader Jesus is?
- Can being quietly caring be just as powerful as doing something big or loud?

Creative Response: Leadership Postcards from the Beach (12–15 minutes)

Each child creates a postcard as if they were one of the disciples at the breakfast on the beach. On one side they draw the scene—Jesus by the fire, the food, the disciples. On the other side they write a reflection (in character) on what they experienced and learned.

Prompts for writing (they choose one or two):

- What did I notice about Jesus today?
- How did it feel to be invited to breakfast by Him?
- What kind of leader do I want to be after this?

Closing Prayer (1–2 minutes)

"Jesus, you showed your love not with big words, but by simply being there and sharing a meal. Help us to be leaders like you—gentle, thoughtful, and ready to notice when someone needs care. May we lead by serving others with quiet love. Amen."

