

FEBRUARY MARIAN TEACHING PACKET

Our Lady of Lourdes

TEACHER OVERVIEW

Featured Feast--Our Lady of Lourdes (February 11)

The Church honors the Blessed Virgin Mary under the title **Our Lady of Lourdes**.

In 1858, Mary appeared to a young girl named **St. Bernadette Soubirous** in Lourdes, France. During these apparitions, Mary encouraged prayer, penance, and trust in God.

Today Lourdes is one of the most important pilgrimage sites in the world and is known for its association with healing and faith.

Walking in Faith and Trust

February focuses on one of the most beloved Marian apparitions in Church history. Through Our Lady's appearance to St. Bernadette at Lourdes, France, we learn that faith means trusting God even when we do not fully understand His plan.

Mary's message at Lourdes continues to inspire people around the world to pray, seek healing, and grow closer to Jesus.

Marian Virtue—Faith

Faith is believing in God, trusting His promises, and following Him even when we cannot see the whole path ahead.

Mary's Example

Mary showed tremendous faith when:

- She accepted God's plan at the Annunciation.
- She trusted Jesus throughout His life.
- She remained faithful at the foot of the Cross.
- She appeared at Lourdes to guide people closer to her Son.

Prayer Focus--Prayer for the Sick

Because Lourdes is closely connected with healing, February's prayer focus will be praying for those who are suffering physically, emotionally, or spiritually.

Objectives: Students will:

- ✓ Learn about Our Lady of Lourdes
- ✓ Discover the story of St. Bernadette
- ✓ Reflect on Mary's message of prayer
- ✓ Practice the virtue of faith
- ✓ Pray for those who are sick

Essential Question--How does faith help us trust God during difficult times?

Key Vocabulary

- Lourdes
- Faith
- Grotto
- Bernadette
- Healing
- Prayer

Symbols Associated with Our Lady of Lourdes

- 💙 White robe
- 💙 Rosary
- 💙 Spring of water
- 💙 Blue sash
- 💙 Grotto cave
- 💙 Roses at her feet

Video link: https://www.youtube.com/watch?v=8VG7whJzftQ

Monthly Challenge--How can I show faith this month?

- ☐ Pray even when life is difficult.
- ☐ Show kindness to someone in need.
- ☐ Trust God during challenges.
- ☐ Pray for those who are sick.
- ☐ Attend Mass faithfully.

Prayer for the month

Lord Jesus,
You are the Divine Healer.
Through the intercession of Mary, Our Lady of Lourdes, bring comfort to those who are sick.
Strengthen doctors, nurses, caregivers, and families.
Help us to trust in Your loving care each day.
Amen.

K-2 LESSON

Mary Appears at Lourdes

Teacher Read-Aloud

Our Lady of Lourdes

A long time ago, a young girl named **Bernadette** lived in France. One day, Mary appeared to Bernadette near a cave called a grotto. Mary asked people to pray and trust God. Bernadette listened carefully and believed Mary's message.Soon, a spring of water appeared at Lourdes. Many people came to pray and ask God for healing.
Today, people from all over the world still visit Lourdes to pray.

Discuss Together

1. Who appeared to Bernadette?

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2. What did Mary ask people to do?

---

3. Why is prayer important?

Prayer Corner Activity

Place an empty vase and a supply of artificial flowers, in the classroom prayer corner. Encourage the students to place a flower in the vase each time they offer a prayer for someone who is sick or in need.





FEBRUARY K-2 WORKSHEET

OUR LADY OF LOURDES

Name _____Date _____

Trace the Virtue

FAITH FAITH FAITH

Circle the Correct Picture

Who appeared to Bernadette?

○ 🌹 Mary ○ 🚢 Noah ○ 👑 King David

Faith means:

○ Trusting God ○ Being mean ○ Ignoring others

Lourdes is a place where people:

○ Pray ○ Shop ○ Play soccer

Match the Pictures

Draw a line.

👧 Bernadette	Mother of Jesus
🙏 Prayer	Saw Mary
💙 Mary	Talking to God

K-2 ACTIVITY PAGE
Growing in Faith

Name: _____

Circle Things That Help Us Grow Closer to God

☐ Prayer

☐ Fighting

☐ Kindness

☐ Helping Others

☐ Going to Mass

☐ Listening to Parents and Teachers

☐ Hitting a classmate

☐ Refusing to help

Draw a Picture

Draw yourself praying to Mary for someone you love.

Write a prayer to Mary:

_____-

_____
_____-

_____

K-2 COLORING PAGE

Our Lady of Lourdes



GRADES 3-5 LESSON

The Story of Lourdes

Marian Virtue: Faith

Prayer Focus: Prayer for the Sick

Saint Spotlight: St. Bernadette

Length: 40–45 Minutes

Learning Objectives--Students will:

- Learn about the apparitions of Our Lady of Lourdes.
- Understand the virtue of faith.
- Discover the story of St. Bernadette.
- Learn why Lourdes is an important pilgrimage site.
- Practice praying for those who are sick.
- Reflect on ways to trust God in everyday life.

Opening Prayer

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Mary, Our Lady of Lourdes, help us grow in faith and trust. Teach us to turn to Jesus in times of joy and difficulty. Bless all who are sick and help us become signs of God's love to others.

Amen.

Introduction

Every February, the Church celebrates the Feast of **Our Lady of Lourdes** on February 11. In 1858, Mary appeared to a young girl named **St. Bernadette Soubirous** in Lourdes, France. Mary asked people to pray, trust God, and turn their hearts toward Jesus. Today, millions of pilgrims travel to Lourdes seeking healing, hope, and a deeper faith.

Scripture Connection

John 2:5

"Do whatever He tells you." These words spoken by Mary at the Wedding Feast of Cana remind us that true faith means trusting Jesus and following Him.

Understanding Faith

Faith is:

- Believing in God
- Trusting His promises
- Following Jesus
- Praying even in difficult times

Mary's Example

Mary showed faith when:

✓ She accepted God's plan.
✓ She followed Jesus throughout His life.
✓ She remained faithful at the Cross.
✓ She appeared at Lourdes to encourage prayer and conversion of heart.

Reflection

Why do you think Mary asked people to pray?

Vocabulary

Faith Trusting God and believing in Him.

Lourdes A town in France where Mary appeared.

Bernadette The young girl who saw Mary.

Healing God helping people in body, mind, or spirit.

Discussion Questions

1. Who appeared to Bernadette?
2. What virtue are we learning this month?
3. What does faith mean?
4. Who can we pray for when they are sick?
5. How can we trust God each day?

Faith Action--This week I can show faith by:

☐ Saying my prayers
☐ Going to Mass
☐ Trusting God when I worry
☐ Being kind to someone
☐ Praying for someone who is alone

GRADES 3-5 ACTIVITY
Faith in Action

Name: _____

Complete the Sentences

Faith means:

_____

_____

I show faith when I:

_____

_____

My Prayer

Write a prayer for someone who is sick.

_____

_____

_____

_____

_____

Prayer Focus--Prayer for the Sick

Dear Jesus,

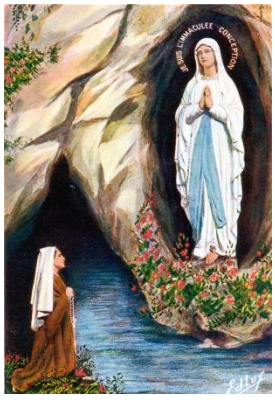
Please bless people who are sick.

Give them comfort and strength.

Help doctors, nurses, and families care for them.

Through the prayers of Our Lady of Lourdes, bring them peace.

Amen.



St. Bernadette

Bernadette was a humble young girl. She listened carefully to Mary's message.
Even when others doubted her, she remained faithful. Her courage and trust continue to inspire us today.

Answer the Questions

1. Where did Mary appear to Bernadette?

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2. What did Mary ask people to do?

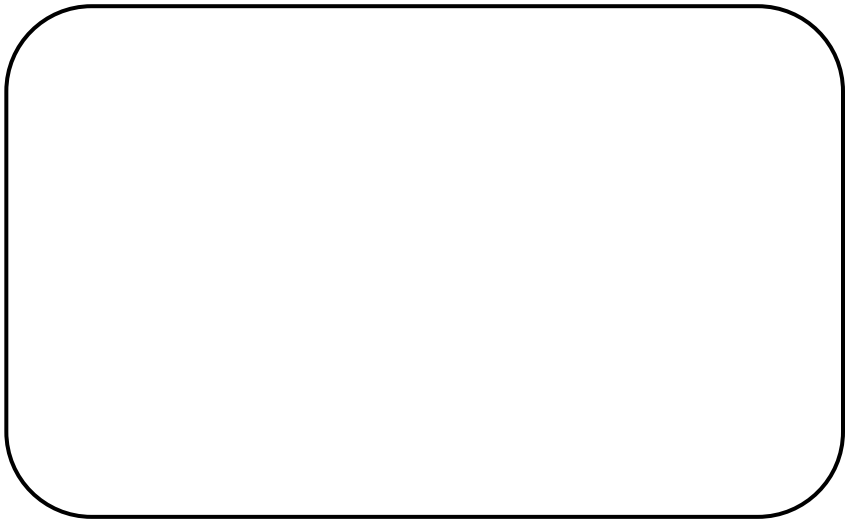
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3. What virtue did Bernadette show?

Draw

Draw Bernadette

praying at the grotto.



Think About It

How can we remain faithful when something is difficult?

GRADES 3-5 STUDENT WORKSHEET
Our Lady of Lourdes

Name _____Date _____

Part 1: Vocabulary Review

Complete the sentences.

1. Mary appeared in _____.
2. The young girl who saw Mary was _____.
3. The virtue for February is _____.
4. Lourdes is known as a place of prayer and _____.

Part 2: Scripture Reflection

Read:

"Do whatever He tells you." John 2:5

What do you think Mary is teaching us in this verse?

Part 3: True or False

Write T or F.

_____ Lourdes is in France.

_____ Bernadette was a queen.

_____ Faith means trusting God.

_____ Mary appeared at Lourdes.

_____ Catholics pray for the sick.

Part 4: Faith in Action

Check the actions that show faith.

☐ Praying daily

☐ Ignoring people in need

☐ Trusting God

☐ Attending Mass

☐ Helping others

☐ Being kind

Part 5: Saint Spotlight

St. Bernadette Fact Box

Age when Mary appeared to her:

Country where she lived:

Virtue she showed:

Part 6: Reflection

Write about a time when you needed faith.

Faith Like Bernadette--If Mary Appeared to You

Imagine you were Bernadette. How would you feel?

☐ Excited

☐ Amazed

☐ Nervous

☐ Grateful

Explain why:

GRADES 6-8 LESSON

Monthly Theme

Walking in Faith

On February 11, the Church celebrates the Feast of **Our Lady of Lourdes**.

In 1858, the Blessed Virgin Mary appeared eighteen times to a fourteen-year-old girl named **St. Bernadette Soubirous** in Lourdes, France.

Mary called people to prayer, penance, and trust in God. Through Bernadette's faithfulness, Lourdes became one of the most important pilgrimage sites in the world.

Today, millions of people visit Lourdes seeking healing, hope, and a deeper relationship with Jesus Christ.

Marian Virtue--Faith

Faith means trusting God even when we do not understand everything that is happening.

Examples of Faith:

☐ Trusting God during difficulties

☐ Following Jesus' teachings

☐ Praying regularly

☐ Remaining hopeful during challenges

Scripture Reflection John 2:5 "Do whatever He tells you."

Mary's words at Cana are also the message of Lourdes:

Listen to Jesus ***Trust Jesus.*** ***Follow Jesus.***

Think About It

1. Why do you think Mary chose Bernadette?
2. What makes faith difficult at times?
3. How does prayer strengthen faith?

Bernadette's Challenge

Many people doubted Bernadette's story. Imagine being in her situation.

How would you feel?

What would you do?

Faith Scenarios

Scenario 1

Someone you love is seriously ill. How can faith help during this situation?

Scenario 2

You are worried about an important test or project. How can prayer help you?

Scenario 3

A classmate is being left out. How can faith guide your actions?

Faith vs. Fear

Complete the chart.

Fear Says...	Faith Says...
I am alone.	_____
Nothing will change.	_____
I cannot do this.	_____
God has forgotten me.	_____

LOURDES INVESTIGATION

Fact Find -- Research and complete.

Country where Lourdes is located:_____

Year Mary appeared:_____

Name of visionary:

Title Mary used: _____

Number of apparitions: _____

Lourdes Symbols--Tell What each represents

Water_____ **Candle**_____

Rosary_____ **Roses**_____

Grotto_____

Why Lourdes?

Millions of people continue to visit Lourdes every year.

Why do you think this place remains important?

PILGRIMAGE CHALLENGE

Name _____

Plan a Pilgrimage to Lourdes

Imagine you are organizing a class pilgrimage.

Purpose of the Journey

Places to Visit

1.
2.
3.
4.

Prayers to Include

1.
2.
3.
4.

What Would Pilgrims Learn About Faith?

Pilgrim Journal

While visiting Lourdes, what would you pray for?

MARIAN REFLECTION JOURNAL

Name _____

My Faith Journey

A challenge I am facing:

A way I can trust God with this challenge:

A person I would like to pray for:

Why this person needs prayer:

Prayer for the Sick

Dear Jesus,

Amen.

FEBRUARY ENRICHMENT ACTIVITY
Healing Hands of Faith

Name _____

Our Lady of Lourdes reminds us to care for those who suffer.

List ways Christians bring healing to others:

Physical Healing

_____

_____

Emotional Healing

_____

_____

Spiritual Healing

_____

_____

_____

Faith in Action Challenge--Choose three acts of compassion this month.

☐ Pray for someone sick

☐ Write a card to someone who is suffering

☐ Help a family member

☐ Visit an elderly person

☐ Encourage a friend

☐ Perform an act of kindness anonymously

My three choices:

1. _____
2. _____
3. _____

Closing Prayer

Our Lady of Lourdes, strengthen our faith. Help us trust God in times of joy and in times of difficulty. Teach us to care for those who suffer and always lead us closer to Jesus. Amen

FEBRUARY FAMILY FAITH CONNECTION

Our Lady of Lourdes

Growing in Faith Together

Monthly Theme--Walking in Faith with Mary

During February, we honor **Our Lady of Lourdes**, remembering Mary's appearance to St. Bernadette in Lourdes, France. Mary's message was simple: pray, trust God, and turn our hearts toward Jesus.

As a family, we can learn from Bernadette's faith and Mary's example by trusting God during both joyful and difficult times.

Family Prayer

Prayer to Our Lady of Lourdes

Mary, Our Lady of Lourdes,
help our family grow in faith and trust.
Teach us to pray together, care for those who are suffering, and follow Jesus each day.
Bless those who are sick, comfort those who are lonely, and fill our hearts with hope.
Amen.

Family Discussion

Spend a few minutes talking together.

Faith Questions

1. What does faith mean to our family?

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2. When is it hardest to trust God?

---

3. How can prayer help us during difficult times?

---

4. Why do you think people travel to Lourdes?

Family Faith Challenge

Choose one or more activities to complete this month.

☐ Pray together each evening.

☐ Attend Mass as a family.

☐ Pray for someone who is sick.

☐ Send a get-well card.

☐ Call or visit an elderly relative.

☐ Pray a decade of the Rosary together.

☐ Read a Gospel story as a family.

☐ Light a candle and pray for a special intention.

Prayer for Someone in Need

As a family, write the name of someone you would like to pray for.

We are praying for:

Our prayer intention:

Lourdes Water Reflection

At Lourdes, many pilgrims visit the healing spring as a reminder of God's grace and healing love.

Think Together

Water reminds us of:

☐ Baptism

☐ New Life

☐ Healing

☐ God's Love

☐ Faith

Family Reflection

How has God blessed our family this year?

Acts of Compassion

Our Lady of Lourdes reminds us to care for others.

This month our family will:

☐ Help a neighbor.

☐ Make a card for someone who is ill.

☐ Donate to a charity.

☐ Pray for the sick.

☐ Perform a hidden act of kindness.

☐ Volunteer together.

Our special family act of kindness:

February Family Blessing

May Jesus bless our family with faith.

May Mary guide us with love.

May St. Bernadette inspire us to trust God.

May we bring hope and kindness to everyone we meet.

Amen.

