

MALAWI



OPTION FOR THE POOR AND VULNERABLE

GRADES 4-6

45 MINUTES

OBJECTIVE

Through the story of Alefa in Malawi, students will explore a Catholic social teaching principle, Option for the Poor and Vulnerable, and how they can care for others.

MATERIALS

Map, Alefa's story, Malawi Activity Sheet: Grades 4-6

DISCUSSION (15 MINUTES)

1. Locate Malawi on the map. Where is it?
2. Read Alefa's story.
3. Reflect:
 - What stood out to you in the story?
 - What challenges was Alefa experiencing?
 - Where do you see the Option for the Poor and Vulnerable illustrated in her story?

ACTIVITY (25 MINUTES)

1. Explain that Jesus tells us to give special care to those who are most in need. He reminds us of our Christian duty to stand up for others and help the poorest people.
2. Pass out Malawi Activity Sheet: Grades 4-6, which asks students to make a prayer chain of intentions from the Lenten season.

CLOSING PRAYER (5 MINUTES)

God of the journey,

Help us to walk as companions on the journey with our neighbors in need—seeking to see you in all we do.

Amen

AT HOME

1. Share your prayer chain with your family and hang it up to remind you of your Lenten journey.
2. Read and discuss the Lenten calendar daily reflection with your family at dinner.

IF YOU ONLY HAVE



1. Read Alefa's story.
2. Lead Discussion step 3.

MALAWI

OPTION FOR THE POOR AND VULNERABLE



Write a prayer intention in each space below.
Cut them out, to make a paper chain.

This Lent, I am praying for _____

because _____



This Lent, I am praying for _____

because _____



This Lent, I am praying for _____

because _____



This Lent, I am praying for _____

because _____

