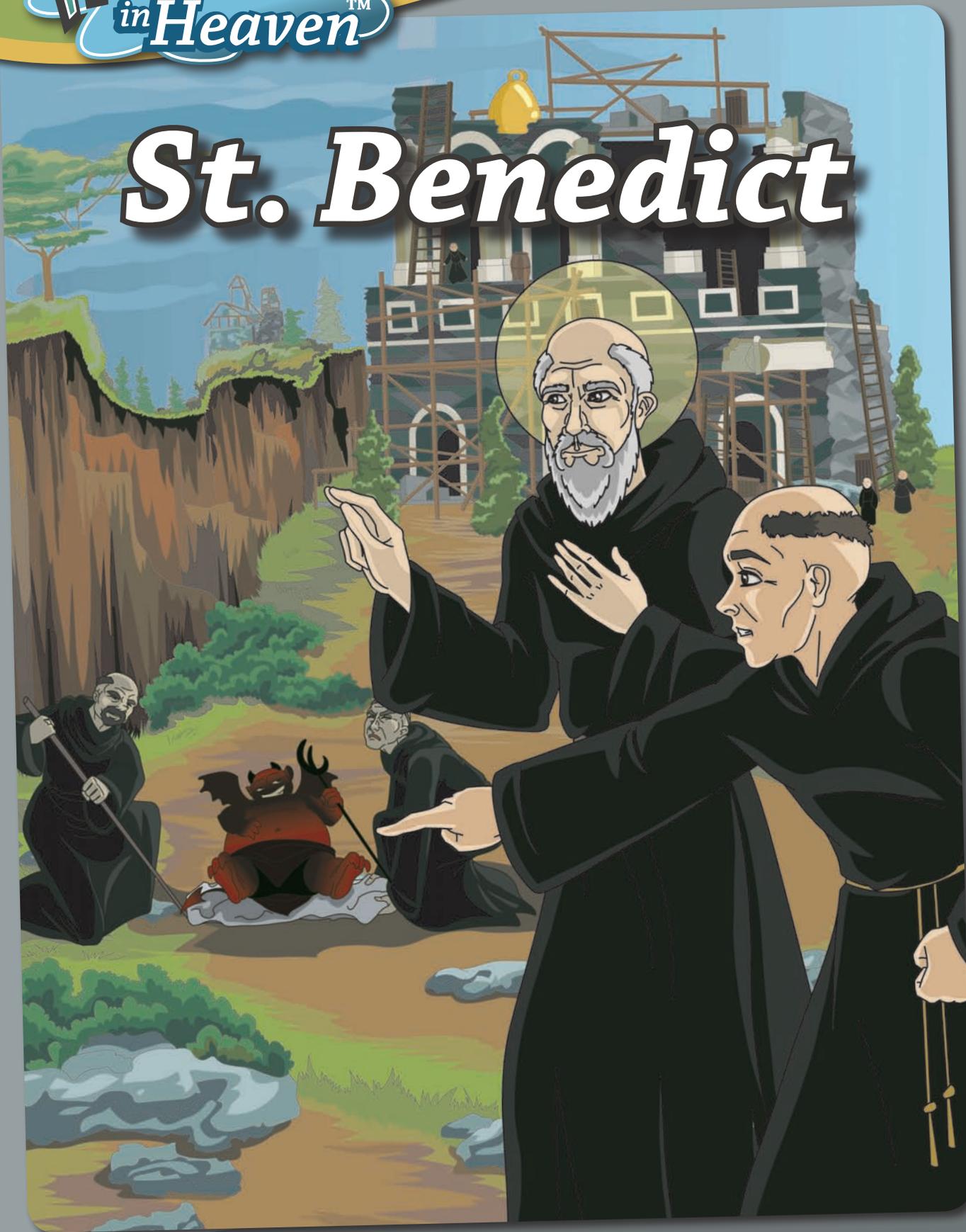




A Catholic Vacation  
Bible School Program  
by Tammy Gabrelcik

# St. Benedict





# ***St. Benedict***

***A Catholic Vacation Bible School Program***

*By Tammy Gabrelcik*



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**St. Benedict**

# Lesson Plan

**Preparation** Prepare a large circle to represent a plate. Write "Ora et Labora" and "Pray and Work" in large letters on the circle. Cut the circle into various sizes and pieces, like a puzzle. Keep the pieces in a box or bag. Read the following story to the children. Afterwards pass out one piece of the circle to each child. Show one piece of the puzzle that is the outer edge of the plate. Ask all children that have a curved outer piece to come forward and stand in a circle. Allow them time to put their pieces of the plate in place on the ground. Call the age groups up after this and let the small groups put their pieces in place. If this takes too long, leave the pieces on the floor and allow the teachers to bring their groups back during a free time to work on the broken plate. At closing circle discuss what Ora et Labora means.

**Story** St. Benedict was born into a very wealthy family in the year 480.

When he was older, he was sent to a school to learn great things. At school he saw his friends choosing sinful things to do with their time. Benedict decided to leave school and go away to be alone. He went to the church of St. Peter. At this place others lived there also. They all were dedicated to prayer.

One day a friend of St. Benedict had borrowed a plate to use. The plate was dropped and it shattered. His friend was very upset. St. Benedict took the pieces of the plate and prayed over it. The plate was fixed perfectly. Everyone was so excited that they hung the plate outside the church for all to see.

Many people came to see St. Benedict when they heard about the great gifts of grace that St. Benedict had been given. St. Benedict did not want praise, so he secretly left the church and went to live in a cave to be alone and to pray.

Not far off from this cave was a monastery whose abbot had died. The monks went to St. Benedict to ask him to be their abbot. He did not want to because he thought he would be too strict with them. The monks continued to beg St. Benedict until he finally agreed.

## Lesson Plan (Continued)

When Benedict began to have the monks live by his strict rule, they became angry. They plotted to kill him by poisoning the wine. When they brought the wine for a blessing, St. Benedict made the sign of the cross and the bottle broke into pieces. Benedict then knew their plan and left the monastery. He moved back into the cave to be alone once again.

Nearby, other monks were building rooms out of stones. They tried and tried lifting up a particular stone to use for their building. When two then three could not lift the stone, they yelled for more help. Still the stone would not budge! They knew that the devil was causing trouble for them. They summoned St. Benedict. Benedict arrived and began to pray. He gave his blessing and praised God; the stone became easy to lift. It almost seemed weightless.

St. Benedict became so well loved. Peasants begged him to start monasteries and schools for them. Soon three hundred boys and men were living under the Benedictine Rule. These men and boys would live each day for work and praying. Benedict traveled to many places and opened more schools and monasteries.

At each place Benedict converted the whole area and filled the school with students to learn about the Holy Faith. He filled monasteries with men to teach about the Christian ways. He performed many miracles. After he died, his body was placed in a tomb. Many more miracles have been granted at his tomb through the intercession of the holy St. Benedict.

Today we have the St. Benedict medal to wear as protection. This little sacramental is a special gift to use in our faith. When wearing it one is reminded that St. Benedict is watching over us and praying for our needs. His medal is a prayer of exorcism against Satan, a prayer of strength in times of temptations and a prayer that the cross will be our guide and light. Everyone should have a St. Benedict medal and be sure to have it blessed by your priest.

**Note:** After the story and puzzle activity, put on a skit with the "Saint Now" song. Dress up like a Benedictine and lip sync. Add puppets as back up for some fun.



**St. Benedict**

# Saint Now

Ooo, He's a saint, now.  
He's might, mighty praying each day and night.

And He's a saint now.  
He's Benedict the Patron saint of  
School kids and poison.  
Ooo, He's a saint now.

He's the one, the very one  
Who makes Satan run and run.

Well, he left his town to pray alone  
And this is how his story goes.

He knows he's got everything  
With Jesus Christ  
As his king, yeah, yeah.

## Chorus

Now Benedict, he made a cool rule yeah  
All they did was work and pray  
Oh what a winning plan

## Chorus

The prayers he says, his holy ways  
Make the devil stay far away  
The Holy Cross may it be my light  
May St. Benedict pray for us each night.

## Chorus

Shake it down , shake it down now.



**St. Benedict**

Appropriate for:  
**Preschool, Grade K**

# Prayer Can

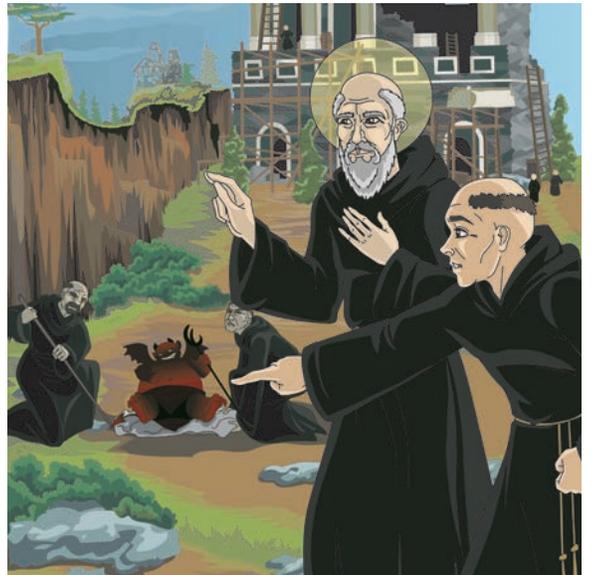
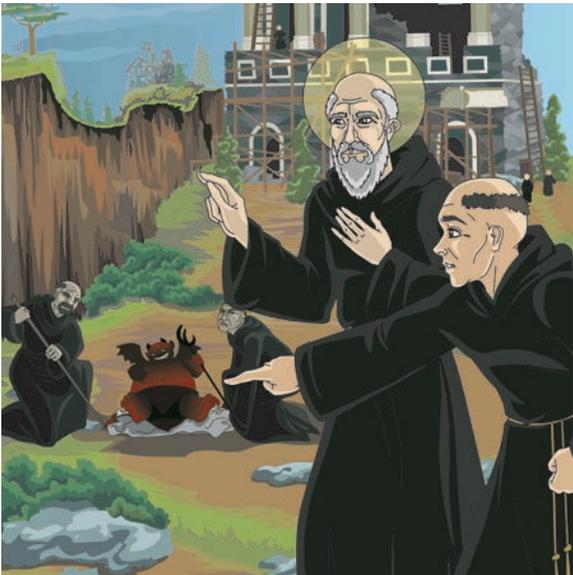
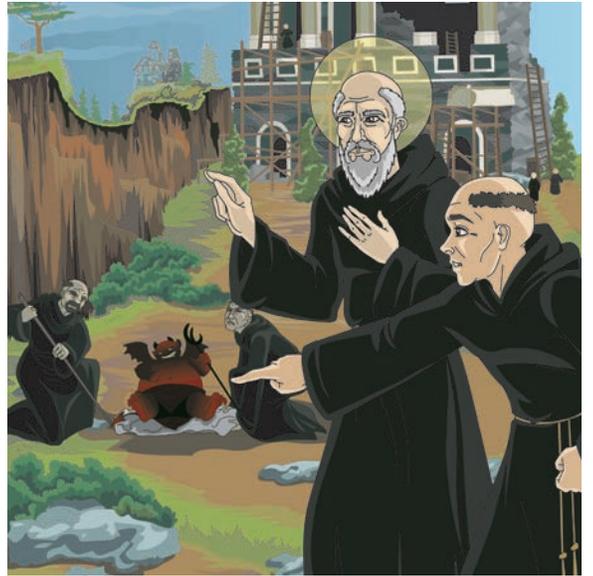
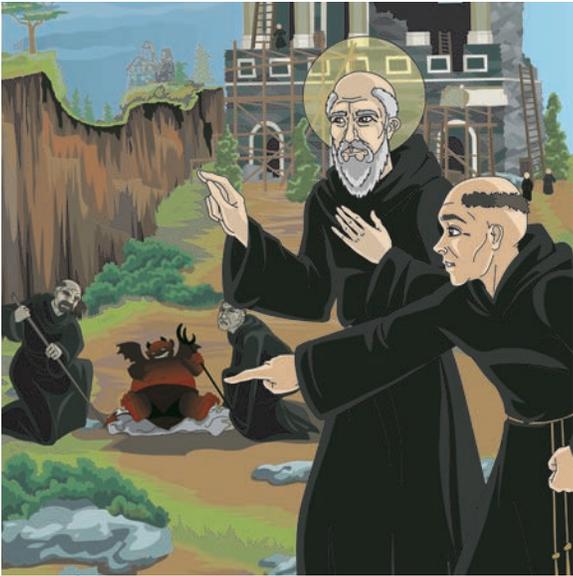
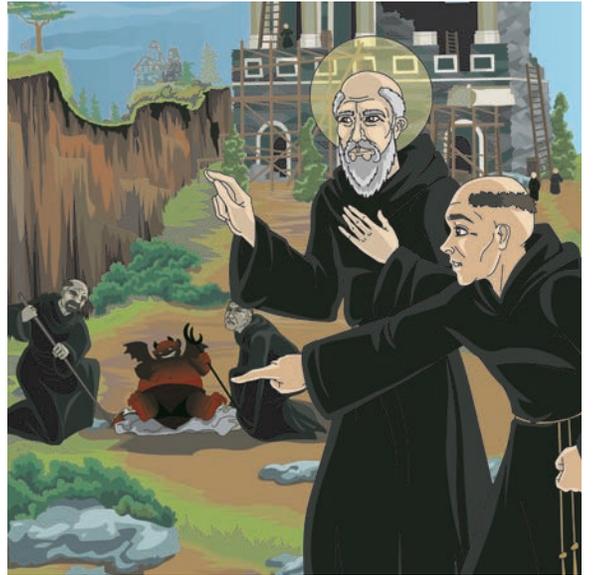
- Supplies**
- Coffee can any size one per child
  - Old religious calendars
  - Decoupage
  - Paint brushes
  - Paper towels for clean up
  - Small cups
  - One print-out of St. Benedict (page 7)
  - One permanent marker

- Set Up**
1. Clean coffee cans inside and out.
  2. Cut old calendars apart and trim pictures to different sizes and shapes.
  3. Pour decoupage into small cups and place one paint brush per child in each cup.

- Directions**
1. Put names on the bottom of each child's can.
  2. Allow children to paint coffee cans with decoupage.
  3. Apply various pictures from the old calendars overlapping each image.
  4. Apply the picture of St. Benedict in the middle of the can.
  5. Brush a coat of decoupage over the pictures.
  6. Write "Pray for Us" on the lid of the coffee can.
  7. Optional: Decorate lid with collage papers or other decorative materials.
  8. Suggestion: Place in can, small pieces of paper to write names of people that you will be praying for each night. During family prayer time or family Rosary, place Prayer Can in a special place to allow all the family prayers to be heard for each person in the can.

\*Note: Check to see if the type of ink used to print out St. Benedict will smear with the decoupage. If it does smear do not apply decoupage over this printed picture.







**St. Benedict**

Appropriate for:  
**1<sup>st</sup> Grade & 2<sup>nd</sup> Grade**

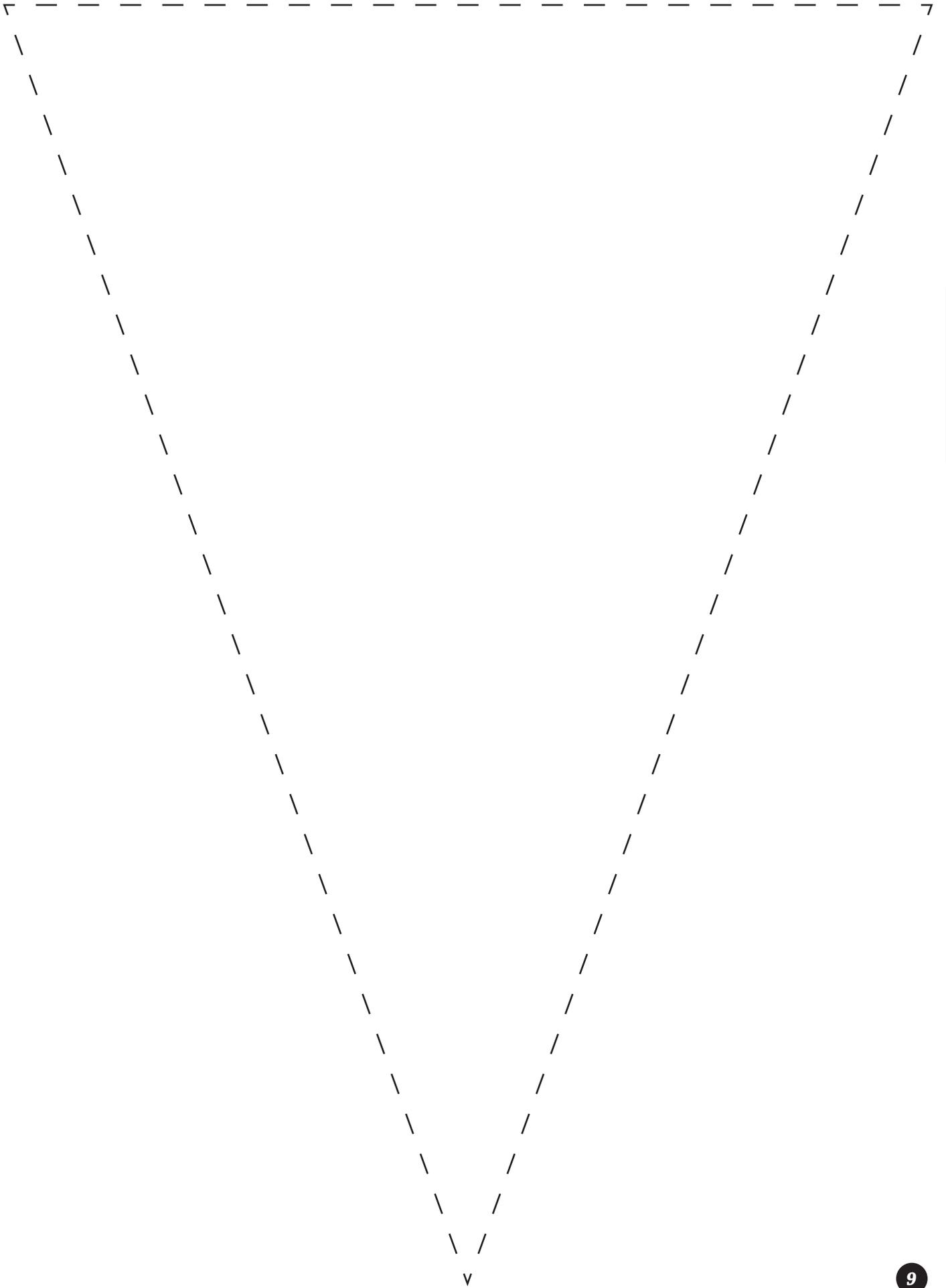
# St. Benedict Pendant

- Supplies**
- Dowel rods 12" one per child
  - Triangular shaped fabric cut to pattern (old white sheets work well) (page 9)
  - St. Benedict medal printed on iron paper (page 10)
  - Fabric paint
  - Glue
  - Paint brushes
  - Small cups
  - Masking tape
  - Permanent marker

- Set Up**
1. Pre-cut fabric according to pattern one per child.
  2. Print St. Benedict medal picture on iron-on paper one per child.
  3. Iron the medal picture on the fabric

- Directions**
1. Apply glue to fabric with paint brush on the straight side of pendant.
  2. Roll fabric around dowel rod. Hold until fabric adheres (reinforce with tape if needed).
  3. Decorate with fabric paint.
  4. Write names on dowel rods.
  5. Let dry.









**St. Benedict**

Appropriate for:  
**3<sup>rd</sup> Grade & 4<sup>th</sup> Grade**

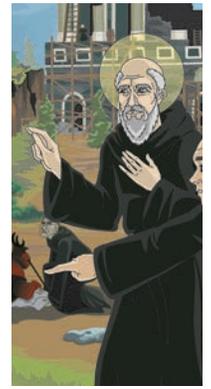
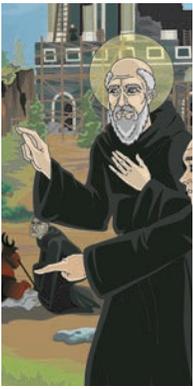
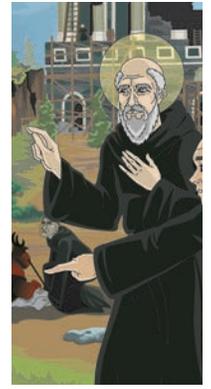
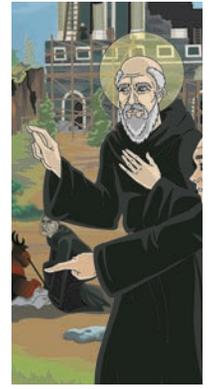
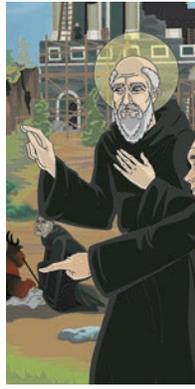
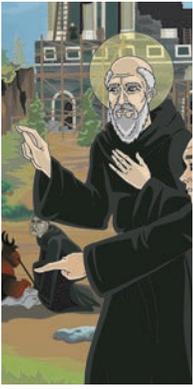
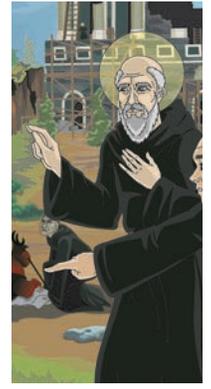
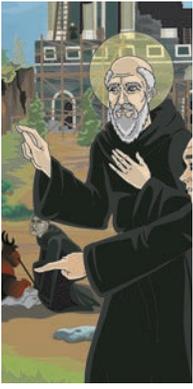
# Mint Box Medal Holder

- Supplies**
- Metal mint boxes with hinged lids any size one per child
  - Various colors of construction paper
  - Glue
  - Cups
  - Paint brushes
  - Picture of St. Benedict (page 12)
  - Permanent marker

- Set Up**
1. Cut construction paper of different colors into 1" x 2" pieces.
  2. Put glue and paint brushes in cups one per child.
  3. Place a mint box at each child's work area.

- Directions**
1. Write name on the bottom of the box.
  2. Tear construction paper into small pieces, random shapes.
  3. Apply glue to box and place different colors of the construction paper pieces covering the box. Cover the top and sides leave bottom plain.
  4. Glue St. Benedict on top of the colored lid.
  5. Apply a final coat of glue over all of the construction paper. It will dry clear and give the project a nice shine.
  6. Let dry.







**St. Benedict**

Appropriate for:  
**5<sup>th</sup> Grade & 6<sup>th</sup> Grade**

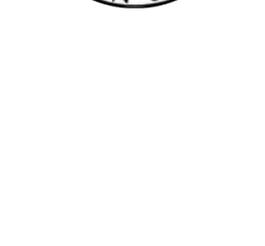
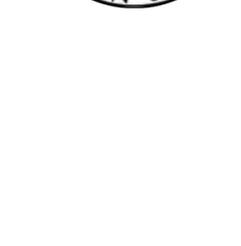
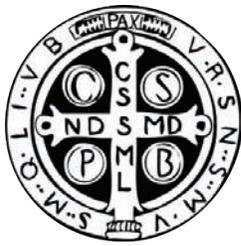
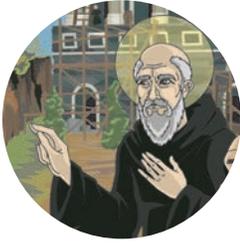
# Juice Lid Medal

- Supplies**
- 2 plastic juice jug lids approximately 1 3/4" in diameter per child
  - Ribbon 1/4" wide various colors
  - Masking tape
  - Glue
  - Paint brushes
  - Small cups for glue
  - Picture of St. Benedict (page 14)
  - Picture of St. Benedict medal front and back (page 14)
  - Construction paper
  - Scissors
  - 1 Permanent marker

- Set Up**
1. Print and pre-cut St. Benedict picture and St. Benedict medal picture, front and back.
  2. Put glue in small cups with paint brushes.

- Directions**
1. Give each child 2 plastic juice bottle lids washed and dried.
  2. Distribute two 2" pieces of masking tape.
  3. Have children stack lids with rims facing each other and tape a hinge on the inside and outside of the lids. The tape on the inside should be in the same place as the outside piece of tape. This gives more reinforcement on the hinge.
  4. Apply glue to the top of the lid and place St. Benedict picture on lid.
  5. Measure the diameter of the lids with the ribbon and cut to size.
  6. Glue ribbon on the edge of the top and bottom lids.
  7. Open lids and glue the St. Benedict medal picture on the inside of the two lids one on the top and the other on the bottom.
  8. Write name on the bottom of the lids.
  9. Let dry.







# St. Benedict

## Boom Boom Ain't it Great to Be Holy

Sing to the tune: Boom Boom Ain't it Great to be Crazy

C G C

1. Saint Be - ne - dict was a hol - y guy. Prayed in a cave, man - y  
 2. There was an ole devil and his job was bad. Held down a rock, made some  
 3. Way up - in Heaven, where the saints all go Bene dict is watching ov - er  
 4. Way down . here on . Earth so low, . Be - ne - dict real -ly

G F C G7 C

5

days . and nigh. The saint he grew in grace and love. He  
 monks . real mad. Saint Be - ne - dict he said some prayers. The  
 us . you know. Our love for him . and his way can  
 wants us to know, pray to him and ask him right now to

G C

8

did - mir - a - cles - through God a - bove. Boom, boom, ain't it great to be  
 dev - il took one look and got out of there.  
 help us be hol - y each and ev - ery day.  
 help us love the Lord and show us all how.

# Boom Boom Ain't it Great to Be Holy (Continued)

11      G                      C                      G                      F              C

hol - y. Boom, boom, ain't it great to be hol - y. Work and pray the

15      G7              C                      G              C              F              C

whole day through Boom, boom, ain't it great to be hol - y. Work and pray the

last time only

19      G7              C                      G              C

whole day through Boom, boom, ain't it great to be hol - y.

Music



**St. Benedict**

# St. Benedict Banana Bread

- Ingredients**
- 3 or 4 ripe bananas, smashed
  - 1/3 cup melted butter
  - 1 cup sugar (can easily reduce to 3/4 cup)
  - 1 egg, beaten
  - 1 teaspoon vanilla
  - 1 teaspoon baking soda
  - Pinch of salt
  - 1 1/2 cups of all-purpose flour

- Directions**
1. Preheat the oven to 350°F.
  2. With a wooden spoon, mix butter into the mashed bananas in a large mixing bowl.
  3. Mix in the sugar, egg, and vanilla.
  4. Add the baking soda and salt to the mixture and mix in.
  5. Add the flour last, mix.
  6. Pour mixture into a buttered 4x8 inch loaf pan.
  7. Bake for 1 hour.
  8. Cool on a rack.
  9. Remove from pan and slice to serve.

**Discussion** What did St. Benedict eat when he lived in the cave? St. Benedict ate bread. A raven would bring him bread. Could you live on just one piece of bread each day?

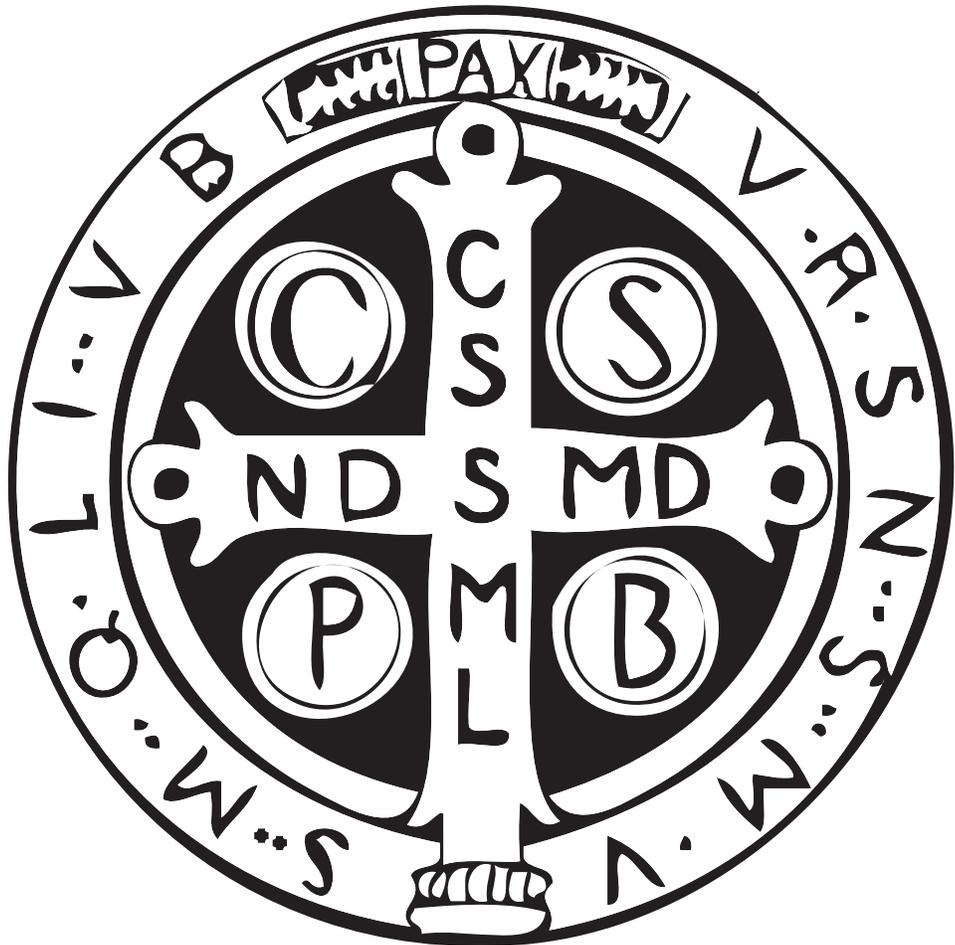
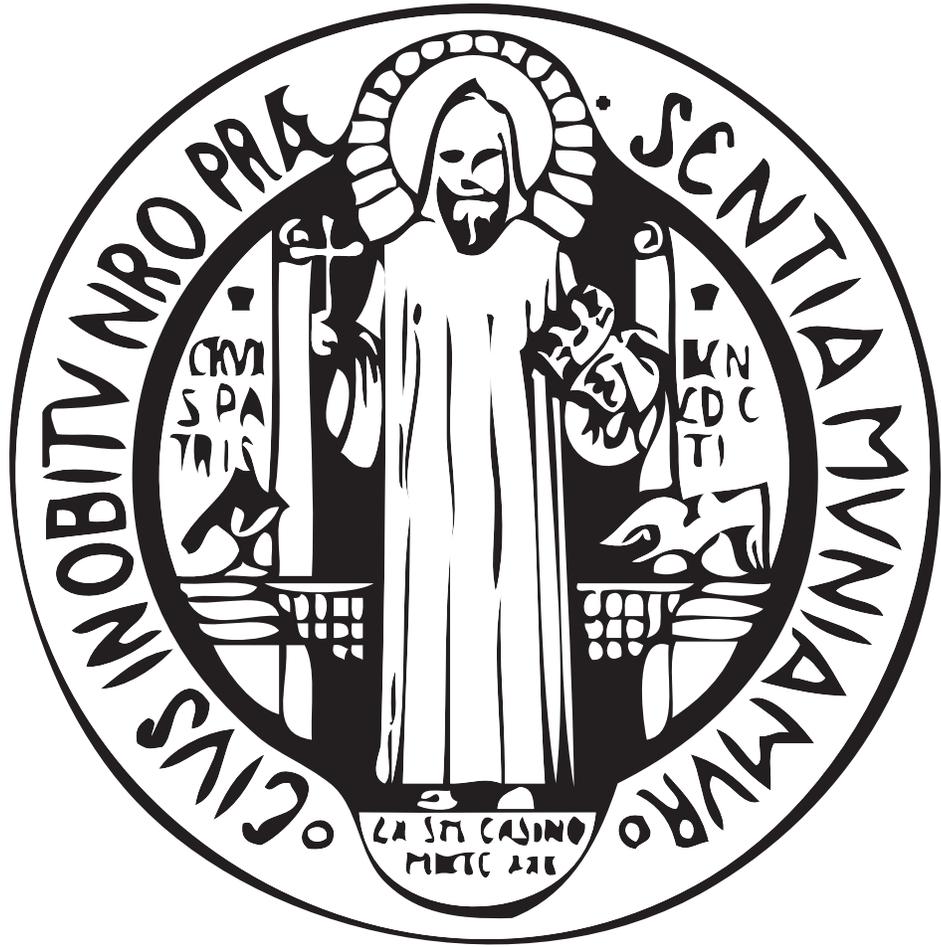


**St. Benedict**

# Huckle, Buckle, Benedict

**Supplies** • Print and color the St. Benedict medal (page 19). Glue it to a piece of cardboard to make it sturdy.

- How to Play**
1. Choose one child to hide the St. Benedict medal while the other children in the group close their eyes.
  2. When the medal is hidden let the children hunt for the St. Benedict medal.
  3. Who ever finds the medal yells "Huckle, Buckle, Benedict!"
  4. The child that finds it gets to hide it next.

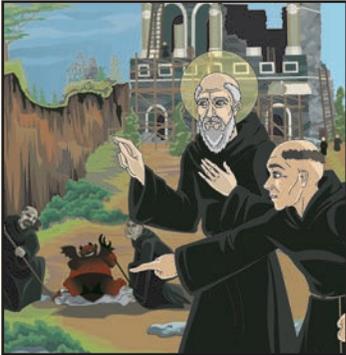




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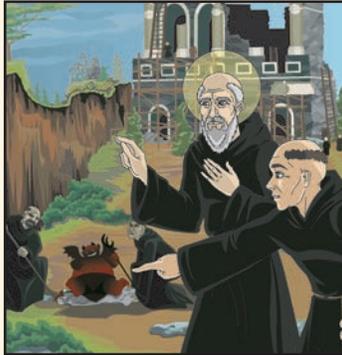
# Memory Verse

**St. Benedict**



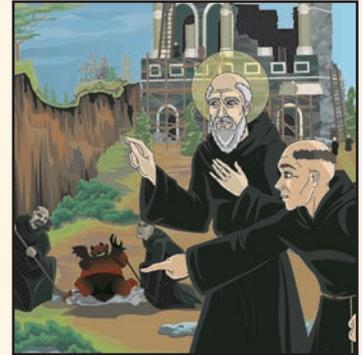
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"Indeed, the Son of God was revealed to destroy the works of the devil."  
-St. Joseph Edition NAB

**St. Benedict**



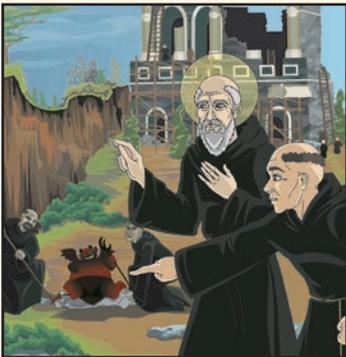
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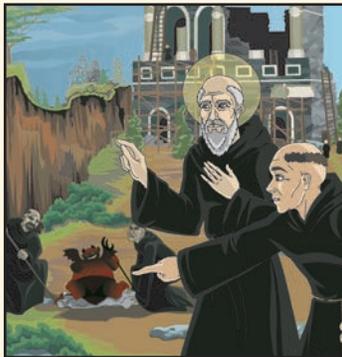
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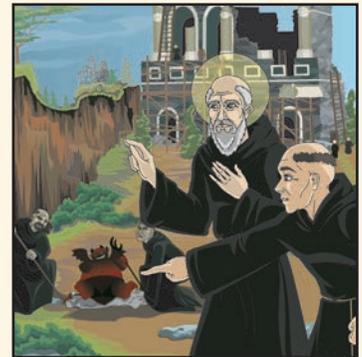
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