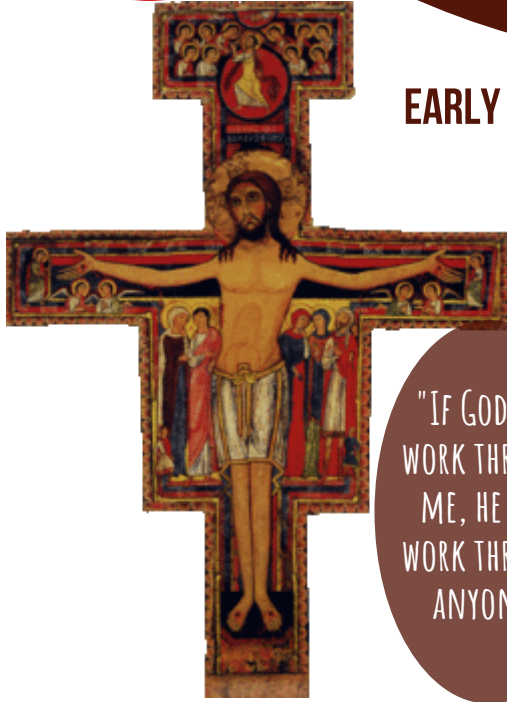




# St Francis of Assisi

"START BY DOING WHAT'S NECESSARY; THEN DO WHAT'S POSSIBLE; AND SUDDENLY YOU ARE DOING THE IMPOSSIBLE."



## EARLY LIFE

St Francis was born in Assisi, Italy in 1181, the son of a wealthy cloth merchant. Francis grew up in a lifestyle of nobility, wanting for nothing, at least materially. He longed for glory in battle, but was met with capture and disgrace instead.

## CONVERSION

A profound encounter with a leper, whose very appearance repulsed him but he felt drawn to embracing, opened his heart to serving the poorest of the poor. Hearing the voice of God speak to him saying "Go rebuild my church, which is falling in ruins", in a dilapidated church from the Cross of San Damiano, Francis initially felt his mission was to physically restore this broken down building. Selling his father's cloth to do so angered his father greatly, but led to Francis renouncing his wealth and inheritance to pursue what he felt God was calling him to do.

"IF GOD CAN WORK THROUGH ME, HE CAN WORK THROUGH ANYONE"

## HIS MISSION

He later realised his mission was to rebuild the Catholic church which had weakened in faith and been divided by corruption, and he founded the Franciscan Order, still in existence today. Francis received the Stigmata, the wounds of Christ. His fervant love for the poor, for nature and above all for Christ Jesus filled the deepest longings of his heart in a way his material wealth never had.

## DEATH AND LEGACY

He died on October 3, 1226 and his feastday is October 4th. His radical life has inspired countless hearts ever since. St Francis is patron saint of animals, ecology, merchants and those suffering from eye disease.

WATCH SAINTS SERIES: ST. FRANCIS OF ASSISI (up to 5:15 mins)



Did you know?  
St Francis is also credited with creating the first crib, arranging a live nativity scene in a cave!

- What is your initial response to the life of St Francis?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- If you could ask him one question, what would it be?  
\_\_\_\_\_  
\_\_\_\_\_

QUESTIONS TO REFLECT ON:

- Do you ever wonder if there's more out there, or feel like there's a void in your heart that just doesn't seem to be filled by material things?
- What do you think the Lord wants you to do with your life? Have you ever asked Him, like St Francis did? You might not hear a voice speaking from a Cross, as Francis heard, but if you sincerely seek God's will in your life, you will find it!
- Do you ever struggle to do what is right out of fear of what others might say about you? Why do you think that is / is not the case?

- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



# ST FRANCIS OF ASSISI

LOOK UP MATTHEW 10:9 - HOW DOES THIS QUOTE RELATE TO THE LIFE OF FRANCIS?



---

---

---

## INTERNET TREASURE HUNT! SEE WHO CAN ANSWER THE FASTEST!

1. Why did Francis receive that name from his father, Bernadone?
2. Which city held St. Francis of Assisi a prisoner of war for more than a year?
3. Was St Francis an ordained priest?
4. What was the name of the song that Francis wrote in 1224 to honor God's image in creation?
5. Where did St Francis rebuild a little church after he heard the voice of God?
6. There is another famous Saint from Assisi who was an early follower of St Francis - name her!
7. What Muslim Sultan did Francis go to meet at the height of the Crusades in 1219?
8. Name the town where St Francis is said to have tamed a vicious wolf which was killing people and sheep.
9. Which Pope had a dream about St Francis and his order saving the church from falling into ruin?
10. What do the three knots on a Franciscan rope belt (cincture) symbolise?



*Lord, make me an instrument of your peace:*

*where there is hatred, let me sow love;*

*where there is injury, pardon;*

*where there is doubt, faith;*

*where there is despair, hope;*

*where there is darkness, light;*

*where there is sadness, joy.*

*O divine Master, grant that I may not so much seek*

*to be consoled as to console,*

*to be understood as to understand,*

*to be loved as to love.*

*For it is in giving that we receive,*

*it is in pardoning that we are pardoned,*

*and it is in dying that we are born to eternal life.*

*Amen.*

## DOODLE PRAYER

Allow yourself some space to sit and reflect on this prayer of St Francis. You might prefer to play some music in the background, or just sit in silence. Read through the prayer below, silently. Allow ideas, thoughts and images that come to you as you pray to form part of your doodle prayer. Where in your life can you live out these ideals? What situations need light, pardon, joy? Ask the Holy Spirit to guide your heart and your thoughts. This is a particular space you are creating for God in your life today. Speak, and listen.

## YOU CAN BE A GAME CHANGER LIKE ST FRANCIS OF ASSISI!

- Live simply! Have you collected too much clutter? Give something away this week that you don't need!
- Ask God what His plan for you is - and be open to hearing it!
- How can you bring the Gospel message to others this week?
- St Francis was known to be always joyful, even when suffering. Don't forget to wear a smile!
- Be respectful of the environment: appreciate God's gift of nature and our call to be good stewards.
- Check out the [YouTube Channel](#) of the Franciscan Friars of the Renewal. Did you know that these friars are based in Moyross, Limerick and in Derry City? (And there are Franciscan Sisters of the Renewal in Drogheda too!)



## Game-Changer Playlist!

Listen to the following songs, all based on the words and prayers of St Francis himself!

- [Lord make me an instrument of your peace](#) (Sarah McLachlan)
- [All Creatures of our God and King](#) (David Crowder Band)
- [Doxology \(Anthem Lights\)](#)
- [The Humility of God](#) (Fr Stan Fortuna CFR)



*“A single sunbeam is  
enough to drive away  
many shadows.”*

- St Francis of Assisi -

*“We have been called  
to heal wounds,  
to unite what has Fallen apart,  
and to bring home  
those who have lost their way.”*

- St Francis of Assisi -





*“Start by doing  
what is necessary,  
then what  
is possible,  
and suddenly  
you are doing  
the impossible.”*



*“All the darkness in the world cannot extinguish the light of a single candle.”*



- St Francis of Assisi -

*“Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
when there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
and where there is sadness, joy.  
Grant that I may not so much seek  
to be consoled as to console;  
to be understood, as to understand,  
to be loved as to love:  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.”*





LIFE TEEN GUIDE TO  
PRAYING THE ROSARY!



## HOW TO PRAY THE ROSARY



# Praying the Rosary

Sr Clare Crockett loved to pray the rosary and teach others to do the same. Do you know how to pray the Rosary? Maybe you could start praying one decade every day? A decade only takes about two minutes!



THERE'S AN APP FOR THAT!  
CHECK OUT THE FREE LAUDATE APP



### Make the Sign of the Cross

**The Apostle's Creed:** I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### Pray for the Pope's Intentions

Recite one Our Father, three Hail Mary's and a Glory Be.

### For each decade:

Pray one Our Father, ten Hail Mary's and one Glory Be.

After each decade: Pray the Fatima Prayer.

### Decide which mysteries you will be meditating on.

Announce the mystery before each decade

e.g. "The first Joyful Mystery, The Annunciation"

## The Rosary Prayers

### Our Father,

Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.

### Hail Mary,

full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

### Glory be

to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, Amen.

### [Fatima Prayer]

**O my Jesus,** forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of your mercy

### THE JOYFUL MYSTERIES

The Annunciation  
The Visitation  
The Birth of Jesus  
The Presentation of Jesus in the temple  
The Finding of the Child Jesus in the temple

### THE LUMINOUS MYSTERIES

The Baptism in the River Jordan  
The Wedding Feast at Cana  
The Proclamation of the kingdom of God and the call to conversion  
The Transfiguration  
The Institution of the Holy Eucharist

### THE SORROWFUL MYSTERIES

The Agony in the Garden  
The Scourging at the Pillar  
The Crowning with Thorns  
The Carrying of the Cross  
The Crucifixion & Death of our Lord

### THE GLORIOUS MYSTERIES

The Resurrection  
The Ascension  
The Descent of the Holy Spirit  
The Assumption of Our Lady into Heaven  
The Coronation of Our Lady

"THERE IS NO PROBLEM, I TELL YOU. NO MATTER HOW DIFFICULT IT IS, THAT WE CANNOT SOLVE BY THE PRAYER OF THE HOLY ROSARY." - SR LUCIA OF FATIMA -

### After five decades:

**Hail Holy Queen,** Mother of Mercy, hail our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, your eyes of mercy towards us, and after this our exile, show unto us the Blessed Fruit of your womb Jesus. O, clement, O loving, O sweet Virgin Mary. Pray for us Oh Most Holy Mother of God - that we may be made worthy of the promises of Christ.

**Let us pray,** O God whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life, grant we beseech You, that meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise through the same Christ our Lord.

**May the Divine Assistance remain always with us** - and may the souls of the faithful departed through the mercy of God, rest in peace.

MEDITATING ON THE MYSTERIES OF THE ROSARY HAS BEEN DESCRIBED LIKE FLICKING BACK THROUGH A PHOTO ALBUM OF JESUS AND MARY'S LIFE WITH OUR LADY, AND BEING ABLE TO PUT YOURSELF INTO THOSE SCENES TOO! WATCH FR PATRICK CAHILL EXPLAIN THIS ANALOGY IN THIS ASCEND YM CLIP ON YOUTUBE



CLICK THE LINKS  
ABOVE TO PRAY WITH  
THE YOUNG PEOPLE AT  
HOLY FAMILY MISSION!

