

# Saint Francis of Assisi



## Word of the Week Luke 17:5-10

The apostles said to the Lord, “Increase our faith!”

And the Lord said, “If you had faith as a grain of a mustard seed, you could say to this mulberry tree, ‘Be rooted up and be planted in the sea’, and it would obey you.

Will any one of you who has a servant ploughing or keeping sheep, say to him when he has come in from the field, ‘Come at once and sit down at table’?

Will he not rather say to him, ‘Prepare supper for me, and put on your apron and serve me, till I eat and drink’?

Does he thank the servant because he did what was commanded? So, you also, when you have done all that is commanded you, say, ‘We are unworthy servants; we have only done what was our duty.’”

## What can we learn from the Word of the Week?

We can learn a lot from this small Bible passage. Firstly, we see how the apostles are asking Jesus about how to improve their faith. Jesus reassures them and lets them know that even a small amount of faith can accomplish great things.

Jesus uses the example of a servant who, after working all day, is not praised for doing what was expected. Instead, the servant simply says, “We are unworthy servants; we have only done our duty.” This challenges our mindset, which often seeks recognition and reward. Jesus reminds us that discipleship is not about being rewarded outwardly or only doing something to be rewarded—it’s about obedience, humility, and trust. We see how faith shows itself through trust, persistence and service to others. The passage reminds us of the importance of humility, service, faith and responsibility in our daily lives.

## St Francis

He was born in Assisi, Italy in 1181. He gave up wealth to live simply and follow Jesus. Francis loved animals and nature, he called them “brothers and sisters.”

He received the stigmata (wounds of Christ) in 1224.

St. Francis didn’t just talk about faith—he lived it with joy, courage, and compassion. He died in 1226 and was made a saint in 1228.

St Francis is a powerful example of the principle of the stewardship of creation. He has deep love and respect for all of God’s creatures and the natural world. He saw everything in creation as part of God’s beauty and goodness.



[Make me a Channel of Your Peace - A hymn of St Francis of Assisi](#)

**“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible”**

**St Francis was a great advocate for peace and these words, even though he did not pen them, are associated with him.**

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.

**“Live simply. Love deeply.**

**Care boldly.”**

God of all creation,

You made the earth and called it good.

Help us to care for the world like St. Francis did - with love, respect, and joy.

Teach us to protect animals, plants, and people. May we live simply and share generously.

Amen

Dear St. Francis,

You loved God and all His creatures.

Help me to be kind, peaceful, and caring.

Show me how to help others and protect nature.

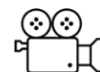
Pray for me, that I may follow Jesus with a happy heart.

Amen

### **Actions for the week ahead.**

St Francis valued simplicity and peace and showed a true care for God's creation. He was very prayerful and went out of his way to serve others with a joyful disposition. This week let us be more like St Francis in the actions we do.

- Create your own peace prayers in your form groups
- Live more simply
- Pick up some litter and bin it
- Use a re-usable bottle instead of a one-time-use bottle
- Go through your wardrobe and find an item of clothing to donate to charity
- Smile at someone who needs it today
- Be happy with less and share with others
- Be kind and solve problems calmly
- Take time to talk to God and listen in silence



[St. Francis of Assisi HD](#)

**“Remember that when you leave this earth, you can take with you nothing that you have received – only what you have given.”**



