

# ST BERNADETTE

## Dignity

### Word of the Week

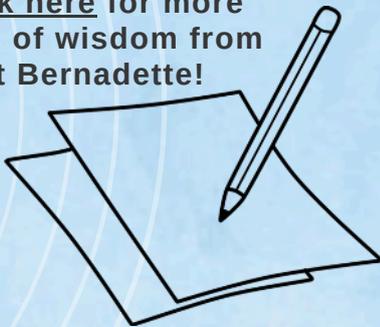
Luke 12: 6-7

**[Jesus said] Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.**

This week's Word of the Week reminds us of our intrinsic worth and value in the eyes of God. It reassures us of our inherent dignity, emphasizing that God values each person deeply and intimately. This scripture passage is a powerful reminder of our worth and the call to uphold the dignity of every person.

- How does it feel to know that God cares about every detail of your life, even the little things?
- How do you think knowing your worth to God can help you treat others with kindness and respect?
- In what ways can you show that you value others, especially those who might feel forgotten or ignored?

[Click here](#) for more words of wisdom from St Bernadette!



**"I shall spend every moment loving. One who loves does not notice her trials."**

**St Bernadette**

### Prayer for the Week

Dear St. Bernadette,

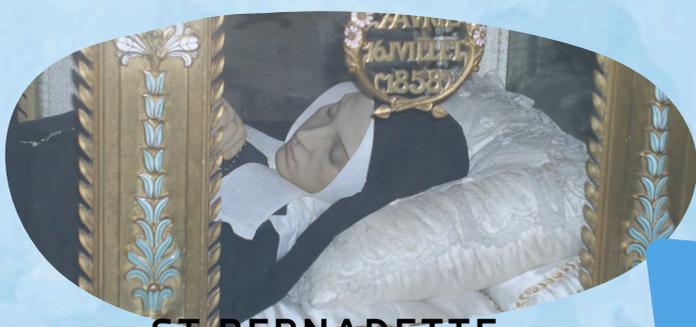
You showed us that God sees the worth in every person, no matter how simple they are. Help us to remember that we are loved and valued by God, even the smallest details of our lives matter to Him. Teach us to live with dignity, knowing we are never forgotten and to treat others with the same love and respect.

Amen.

St Bernadette...

**PRAY FOR US!**





## ST BERNADETTE

St Bernadette, born in 1844 in France, had a remarkable life marked by visions of the Virgin Mary. Despite facing scepticism and ridicule, she remained steadfast in her faith. The Virgin Mary instructed her to dig a spring, which became a source of healing at Lourdes. Bernadette's simple devotion and humility captured the hearts of many. She faced hardships but never wavered in her belief. Later in life, she joined a convent, living a life of prayer and service until her death at 35. Bernadette's story continues to inspire many with its message of faith and perseverance.

"If one dream should fall and break into a thousand pieces...never be afraid to pick one of those pieces up and begin again. That's the beauty of being alive...We can always start all over again. Enjoy God's amazing opportunities bestowed on us. Have faith in Him always."

St Bernadette



[Click here to find out more about St Bernadette's incorruptible body \(one of the miracles that led to her becoming a saint\).](#)

[Click here to connect to the live stream of the Grotto in Lourdes the place where Our Lady appeared to Bernadette.](#)



It is tradition to take petitions to Lourdes. Taking petitions to Lourdes means bringing your prayers and intentions to the place where many believe the Virgin Mary appeared to St. Bernadette. People come to Lourdes hoping for healing, peace, or guidance, and they bring their personal requests, or "petitions," to God. Take a moment of silence to think about what people, situations, problems are on your heart at this moment. As you watch the live stream of the Grotto at Lourdes offer your petitions to God.

Remember God listens to all our hopes and struggles, no matter how big or small.



## DIGNITY

St Bernadette teaches us about the Catholic Social Teaching principle of dignity through her life of humility perseverance and respect for God's will. Despite her poor background and ill health, she was chosen by the Virgin Mary to receive the apparitions at Lourdes. Bernadette's experience highlights the inherent dignity of every person, regardless of social status or personal circumstance. Her life reminds us that human dignity is not based on worldly measures of success or power but on our identity as children of God. St Bernadette's unwavering faith and humility in accepting her mission, even in the face of scepticism and differing, demonstrates that every person has inherent worth and a unique role in God's plan. This reflects the CST principle that every person is valuable and deserving of respect and care, simply because they are created in the image and likeness of God.



## Take a moment...

Take a moment to prayerfully reflect on the questions below. You can reflect in silence or quietly share ideas in small groups or as a whole class.

St. Bernadette faced many challenges, including doubts from others. How can you be brave like her and stay true to your beliefs, even when it's hard?

St. Bernadette lived humbly, showing respect and care for others. How can you serve those around you in a humble way, just like she did?

St. Bernadette saw the value in everyone, even when others doubted her. How can you see the goodness in people and encourage them, especially those who may feel unnoticed?

Let us pray...

Dear God, thank You for the example of St. Bernadette, who trusted in You and lived a humble life of faith. Help me to be brave like her, standing strong in my beliefs even when others doubt or question me. Guide me to serve others with kindness and humility, and to see the goodness in everyone, just as she did. Fill my heart with Your love so that I can treat others with respect, reminding them of their value and worth. May I follow St. Bernadette's example of faith and dignity, shining Your light in the world around me.

Amen.

Paul Baloche - The Same Love

[Listen here](#)



This beautiful song reminds us that we are all called by God no matter how unworthy we might feel.