

Living Faith Kids

Daily Devotions for Africa



bayard Publications

FEBRUARY 2024 • N° 23

Dear young friends of Jesus,

This year, on February 14th, we celebrate Ash Wednesday, which is the start of Lent. On this day, people get ashes in the shape of a cross on their foreheads. It reminds us that we are human, and one day we will return to dust. The words said are either “Remember that you are dust, and to dust you shall return” or “Repent and believe in the Gospel.”

Getting ashes helps us remember to be humble and realize that we won't live forever. It's a way to think about saying sorry for things we've done wrong and remembering that God is merciful. Lent is like a special time before Easter, where we think, say sorry, and get ready for Easter.

During the 40 days of Lent, we do three things: we eat less (fasting), spend time talking to God (prayer), and give to others (almsgiving). Doing these things helps us have a good journey with Christ and grow in our faith.

*May God's love and peace of Christ be
with you always.*

Welcome to

Living Faith Kids

Daily Devotions for Africa

With this magazine, we can...

Read words from the Bible

God speaks to us in Scriptures. So each day, we pick a short quote from one of the daily Mass readings in order to think and pray about.

Pray with daily devotions

Daily prayer is a great way to get to know God better. Each reflection can help us to pray with the Word of God—every day!



Discover, learn, play and love

Our Catholic faith is like a big treasure chest waiting for us to discover. Here we will find games, activities, puzzles and more to help us learn about the sacraments, saints, feast days, the Mass and more. Have fun!

Reading the Bible

Our daily devotions begin with a passage from the Bible. Want to read more? The CITATION (sigh-TAY-shun) will guide you to the reading in three easy steps:

BOOK ☒ Psalm 47:2

CHAPTER

VERSE

1: Book. The Bible is divided into books. Check your Bible for a list of titles.

Psalm 47:2 is from the Book of Psalms.

2: Chapter. The first number is the chapter. Bibles usually show book and chapter at the top of each page.

*Psalm 47:2 is in
Chapter 47 of the Book of Psalms.*



3: Verse. Last are the verse number(s). Verses are usually a sentence or two long. The tiny numbers are hidden inside the text.

Psalm 47:2 is verse 2 of Chapter 47.

Ready? Set? Go!

Practice by looking up Psalm 47:2.

So they went out and preached that men should repent.

Mark 6 : 12

Thursday

February 1

FOURTH WEEK IN ORDINARY TIME

The reason for the Disciples' preaching was that people may repent and believe in Jesus Christ. Why is it necessary to believe in Jesus Christ? It is because He came into the world to save us from our sins. So, only those who repent are to be saved on the last day. But repentance is something we need to do on daily basis because after believing in Jesus Christ sometimes we sin against him.

Lord give me the grace for repentance. Amen.

1 Kings 2:1-4.10-12 / Psalms 1 Chronicles 29:10b.11ab.11d-12a.12bcd /

Mark 6:7-13.

And the child grew and became strong, filled with wisdom; and the favour of God was upon him.

Luke 2: 40

Friday

February 2

THE PRESENTATION OF THE LORD

Today is the feast of the Presentation of the Lord. Many of us were presented to the Lord after our birth. The reason behind this presentation is to thank God for giving us life. It is equally to put us into God's hands. Whoever is put into God's hand grows in wisdom and God's favour because God is with him or her. Let us always remain close to God in prayer so that He will continue to remain on our side as we grow up.

Dear Lord, please help me to remain close to you through my prayers. Amen.

Malachi 3:1-4; (or Hebrews 2:14-18) / Psalms 24:7.8.9.10 /

Luke 2:22-40 (or 2:22-32)

As he landed he saw a great throng, and he had compassion on them, because they were like sheep without shepherd.

Mark 6: 34

Saturday February 3

FOURTH WEEK IN ORDINARY TIME

Our Lord Jesus Christ is the king of compassion. He comes to the help of those who seek him in truth. It is because of his compassion that he multiplied bread and fish for the people who were following him. Do we have compassion on our friends who are in need? The compassion of Jesus should teach us how to be compassionate to our fellow human beings.

Oh God, my Lord help me to be compassionate towards my neighbors. Amen.

1 Kings 3:4-13 / Psalms 119:9.10.11.12.13.14./ **Mark 6:30-34.**

...Woe to me if I don't preach the Gospel!

1 Cor 9:16

Sunday

February 4



FIFTH SUNDAY IN ORDINARY TIME

Preaching the Gospel is the primary role of every Christian. But preaching the Gospel does not necessarily mean carrying the Bible around to preach. The most important thing about preaching the Gospel is living the Gospel. When we live our lives according to the Gospel, people will follow our examples. That is also preaching the Gospel.

Dear Lord please help me to live a life that is worthy of your Gospel. Amen!

Job 7:1-4.6-7/ Psalms 147:1-2.3-4.5-6. /1 Corinthians 9:16-19.22-23 /

Mark 1:29-39

Wherever he came, in villages, cities, or country, they laid the sick in the market places, and begged him that they might touch the fringe of his garment; and as many as touched it were made well.. Mark 6:56

Monday

February 5

SAINT AGATHA, VIRGIN AND MARTYR MEMORIAL

One of the reasons people were following Jesus while He was on earth is because He was performing miracles. He was curing the sick to the extent that touching His cloth alone was enough for a sick person to be cured. So, people struggled just to touch Him. Jesus is no longer with us physically but He is always with us in the spirit. We no longer need to touch His cloth, we only need to kneel down and pray to Him; He listens to his children.

Dear Lord, please hear my prayer.

1 Kings 8:1-7.9-13 / Psalms 132:6-7.8-10. / Mark 6:53-56

'This people honours me with their lips, but their hearts are far from me...'

Mark 7:6

Tuesday

February 6

FIFTH WEEK IN ORDINARY TIME

"Do you realize that our words carry a lot of weight? Sometimes, we might say things just because we've heard them from others, but what truly matters is what comes from our hearts. Take, for instance, when we tell our moms, 'I love you'—those words come straight from the heart. In the same way, Jesus wants us to be sincere when we talk about Him. It's about truly believing and meaning every word we say about Him."

My Lord Jesus, help me to trust and believe in you. Amen.

1 Kings 8:22-23.27-30 / Psalms 84:3.4.5. and 10.11. /

Mark 7:1-13.

“What comes out of a man is what defiles a man.”

Mark 7:20

Wednesday February 7

FIFTH WEEK IN ORDINARY TIME

“Jesus teaches us that our actions reveal our true selves. When we say hurtful things, tell lies, fight, or engage in other harmful behaviors, we become unholy. These actions distance us from being the children of God. God is close to those who strive to be holy. Let’s be mindful of our thoughts and actions, choosing to stay close to God by doing what is right.”

Dear Lord, may my words and deeds reflect the holiness that draws us closer to You. Amen.

1 Kings 10:1-10 / Psalms 37:5-6.30-31.39-40. / **Mark 7:14-23.**

And he said to her “ for this saying you may go your way; the demon has left your daughter.”

Mark 7:29

Thursday

February 8

FIFTH WEEK IN ORDINARY TIME

“Words hold great power, and in Jesus’ name, we can command demons to leave and cast out evil. God has given our words the power to receive what we ask for in faith. Just like the woman who sought Jesus’s help for her possessed daughter and persisted in faith, let’s also make our requests to God with unwavering faith, trusting that He will answer our prayers.”

“Lord, may my requests be answered according to Your will. Amen.”

“He has done all things well; he even makes the deaf hear and mute speak.”

Mark 7: 37

Friday

February 9

FIFTH WEEK IN ORDINARY TIME

“When Jesus healed a blind man, people praised Him. The blind man didn’t come to Jesus on his own—others brought him. Today, our task is to bring people to Jesus Christ. Some are still spiritually blind due to their sins, and we can assist them by guiding them closer to God.”

“Dear God, help me to guide those in need, leading them to the healing presence of Your Son, Jesus. Amen.”

1 Kings 11:29-32; 12:19 / Psalms 81:10-11a.12-13.14-15. / **Mark 7:31-37.**

O Lord remember us with the favour you show to your people.

Psalms 106 : 4

Saturday

February 10

SAINT SCHOLASTICA, VIRGIN

In the past, God brought out the people of Israel from the land of Egypt. He gave them the land of Cana full of milk and honey. Our God is a loving God. If we believe in Him strongly, then He can even do more than what He did to the people of the past. This is because He is the God whose power does not have limits. What He did in the past, He can do more in the present only if we believe.

Dear Lord, help me to love you and to believe in your providence. Amen.

1 Kings 12:26-32; 13:33-34; / Psalms 106:6-7ab.19-20.21-22. / Mark 8:1-10.

Brethren: Whether you eat or drink, or whatever you do, do all to the glory of God.

1Cor 10: 31

Sunday

February 11



SIXTH SUNDAY IN ORDINARY TIME

"The Bible encourages us to do everything for the glory of God. How can we eat or drink to honor God? When we remember to pray before our meals, it becomes an act of eating and drinking to God's glory. Saying grace isn't just about blessing the food; it's also about thanking the Lord who provided the meal. Doing everything for the glory of God is a way of showing gratitude to God in our lives and in all that we do."

Dear God, I am grateful for Your provision. Amen.

Leviticus 13:1-2, 44-46 / Psalms 32:1-2.5.11. / 1 Corinthians 10:31—11:1.
Mark 1:40-45.

Show me compassion. Lord, that I may live.

Psalms 119:77a

Monday

February 12

SIXTH WEEK IN ORDINARY TIME

I share another verse to go along with our todays verse. (1kg 21) king Ahab offended the Lord and the Lord decided to take his life. But at a point, he repented and pleaded for God's forgiveness. When the Lord saw that he was sorry for his sins, the Lord had compassion on him and saved his life. We are like king Ahab whenever we sin against the Lord. The result of sin is death. But whenever we ask God for mercy, He is always ready to hear us.

Dear Lord, please have mercy on me. Amen

Blessed is the man who endures trial, for when he has stood the test he will receive the crown of life which God has promised to those who love him.

James 1:12

Tuesday

February 13

SIXTH WEEK IN ORDINARY TIME

"Before we excel in school and grow in intelligence, we must put in effort and work hard. Just like in our studies, to be good Christians, we may face challenges, especially during tough times in our families. By staying focused on God through these trials, we allow Him to guide us to victory over difficulties."

Heavenly Father, help me to trust that with Your guidance, we will overcome difficulties and find victory. Amen."

1 James 1:12-18 / Psalms 94:12-13a.14-15.18-19 / Mark 8:14-21

“Even now,” says the LORD, “return to me with all your heart, with fasting, with weeping, and with mourning; and tear your hearts and not your garments.”

Joel 2:12



Wednesday

February 14

ASH WEDNESDAY

Imagine being told that you will die in the next 40 days. What will we do? Aren't you going to repent your sins so that when you die you can go to heaven? Yes! The next 40 days are considered the Lenten Season. This is the time to do penance for the sins we and others have committed. We do so by fasting, praying and giving out good things to the poor.

Dear Lord, please grant me a generous heart. Amen.

Joel 2:12-18 / Psalms 51:3-4.5-6ab.12-14 and 17 / 2 Corinthians 5:20—6:2 /
Matthew 6:1-6.16-18.

And he said to all, "If any man would come after me, let him deny himself and take up his cross daily and follow me.

Luke 9:23

Thursday

February 15

THURSDAY AFTER ASH WEDNESDAY

"During Lent, we choose to give up something that brings us joy as a form of penance. Jesus teaches us to take up our own cross and follow Him, who also carries a cross. Carrying our cross involves letting go of the sins we enjoy. It means deciding daily when to pray, how to fast, and determining how much we can share with those in need." "Dear Lord, help me to dedicate our time in prayer, fasting, and generosity and to follow You more closely. Amen."

Deuteronomy 30:15-20 / Psalms 1:1-2.3.4 and 6 / Luke 9:22-25.

A broken and humbled heart, O God, you will not spurn. ”

Psalms 51: 19

Friday

February 16

FRIDAY AFTER ASH WEDNESDAY

”**Before we seek forgiveness from God,** there’s a crucial step to take. We need to genuinely feel remorse for the sins we’ve committed. God, who sees our hearts, knows when our sorrow is sincere. When we approach God with a humble heart full of true remorse, He joyfully welcomes us.”

“Dear God, grant me a sincere heart of repentance. Amen.”

Isaiah 58:1-9a / **Psalms 51:3-4.5-6ab.18-19** / Matthew 9:14-15.

Teach me O Lord, your way, so that I may walk in your truth.

Psalms 86: 11ab

Saturday

February 17

SATURDAY AFTER ASH WEDNESDAY

When a teacher is done teaching in class, the students go home and revise their lessons so that when exam comes they will succeed. It is the same for us, our Lord Jesus Christ has taught us a lot in the Bible. It is left for us to review it by reading the Bible, listening to homilies and teachings of faith. How often do we pay attention when a priest is preaching at the altar?

Heavenly Father, help me to be attentive to Your teachings and guidance

Isaiah 58:9c-14 / Psalms 86:1-2.3-4.5-6 / Luke 5:27-32.

Beloved: Christ died for sins once for all,
the righteous for the unrighteous, that he
might bring us to God...

1 Peter 3: 18

Sunday

February 18



FIRST SUNDAY OF LENT

Before Jesus was born, priests used to sacrifice animals for the forgiveness of people's sins. When Christ arrived, He declared an end to the practice of sacrificing animals, choosing instead to be the one sacrificed for the sins of all humanity. This is what we are reminded on Good Friday. Through His sacrifice, He opened a direct pathway to God for us, allowing us to communicate with Him through our prayers.

Dear Jesus, help me to live according to Your teachings always.
Amen."

...You shall be holy; for I the Lord your God am holy.

Leviticus 19:1

Monday

February 19

FIRST WEEK IN LENT

Our Lord Jesus Christ asks us to be Holy as He himself is holy. Holiness is a process; it is a journey. In this journey, we can fall by committing sin but we rise again and continue the journey. The decision that is taken once for all is the decision to be holy. When we decide to engage in the process of holiness then God will always be there to carry us up when we fall.

Dear Lord, please help me to to attain holiness. Amen.

Leviticus 19:1-2.11-18 / Psalms 19:8.9.10.15 / Matthew 25:31-46.

...so shall my word be that goes forth from my mouth; it shall not return to me empty, but it shall accomplish that which I intend, and prosper in the thing for which I sent it.”

Isaiah 55: 11

Tuesday

February 20

FIRST WEEK IN LENT

When we promise something to somebody, we do so because we have that which we promise. We cannot promise to give someone what we do not have. It is the same with God. He promises that He will bless us and make us great Children. God has all the blessing we can think of. As we grow up, it is our duty first to believe in God's promises, pray and trust in Him.

Heavenly Father, help me to trust in your blessings. Amen

When God saw what they did, how they turned from their evil way, God repented of the evil which he had said he would do to them; and he did not do it.

Jonah 3:10

Wednesday February 21

FIRST WEEK IN LENT

When we sin, we attract God's anger and when we repent and ask Him for forgiveness, He forgives us. God does not like punishing His children. He is a loving God and a God of mercy. That is why He is ever happy when we return to Him asking for forgiveness. Therefore, we should be attentive to always seek His forgiveness through confession when we sin.

Dear Lord, help me to be remorseful for my sins and seek your forgiveness. Amen.

Jonah 3:1-10 / Psalms 51:34.12-13.18-19 / Luke 11:29-32.

"But who do you say that I am?" Simon Peter replied, "You are the Christ, the Son of the living God."

Matthew 16:15-16

Thursday

February 22

THE CHAIR OF SAINT PETER THE APOSTLE FEAST

Today, the Church is celebrating the position of St Peter as the leader of God's people.

Do we know him? He was one of the most courageous Apostles of Jesus. Although He betrayed Jesus during his passion, he felt sorry and pleaded for forgiveness. After he was forgiven, he received the order from Jesus to be the shepherd of God's people. So Peter is an example that all of us should follow so that God will reward us the way He rewarded him.

Dear Jesus, help me to become a good follower of Christ. Amen.

1 Peter 5:1-4 / Psalms 23:1-3a.4.5.6 / Matthew 16:13-19.

Thus says the Lord GOD: “If a wicked man turns away from all his sins which he has committed and keeps all my statutes and does what is lawful and right, he shall surely live
Ezekiel 18:21

Friday

February 23



FIRST WEEK IN LENT

As Lent begins, we are called to repent for our sins, recognizing that our sins can hinder our prayers from reaching God. Thankfully, God answers us when we seek forgiveness, prompting us to make decisions about our way of life. If we have not been truthful or respectful, now is the time to change and embrace a better path.

Dear God, help me to seek forgiveness, and make positive changes in my life. Amen.

Ezekiel 18:21-28 / Psalms 130:1-2,3-4,5-7a,7bc-8 / Matthew 5:20-26.

But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven...

Matthew 5: 44-45

Saturday

February 24

FIRST WEEK IN LENT

We are asked to love our enemies and pray for people who persecute us. A child of God is a child of love. To hate someone is to give room for sins in our lives. To love our enemies is to wish them well always. We also need to pray for their conversion. In our prayer, we should ask God to remove the heart of stone and give them the heart of love.

Dear Lord, thank you for your unconditional love.

Deuteronomy 26:16-19 / Psalms 119:1-2.4-5.7-8 / Matthew 5:43-48.

Bretheren: If God is for us, who is against us?

Romans 8:31

Sunday

February 25

SECOND SUNDAY OF LENT

Think about the children of the president of a country. They are guarded whenever they go out. Nobody dares to attack them. It is the same with us spiritually. God is our Father who has given His Angels in charge of us that nothing planned against us will succeed. We are children of light. Our protection is assured by God.

Thank you dear Lord for your love and protection. Amen.

Genesis 22:1-2.9a.10-13.15-18 / Psalms 116:10 and 15.16-17.18-19.
Romans 8:31b-34 / Mark 9:2-10.

Jesus said to his disciples, “Be merciful, even as your Father is merciful. Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven.”

Luke 6:36-37

Monday

February 26

SECOND WEEK IN LENT

When we commit sins, we ask God for His mercy and forgiveness. However, why is it that when others offend us and seek forgiveness, we sometimes struggle to forgive? It's because we may not fully grasp what it means to be a child of God. A true child of God emulates their Father and doesn't harbor resentment in their heart, as God, our Father, doesn't do so.

Dear Lord, help me to imitate you in my actions and forgive as I am are forgiven. Amen.

To one whose way is blameless, I will show
the Salvation of God.

Psalms 50: 23

Tuesday

February 27

SECOND WEEK IN LENT

God assures us that when we sincerely strive to live according to His ways and lead a good, honest life, He will reveal His incredible and redeeming love to us as a reward for our efforts. Therefore, let's consistently aim to be kind, honest, and adhere to God's teachings, knowing that by doing so, we invite God's amazing love into our lives and receive guidance on a path leading to eternal closeness with Him.

Dear Lord, please lead me into your ways. Amen.

Isaiah 1:10.16-20 / Psalms 50:8-9.16bc-17.21 and 23 / Matthew 23:1-12

...whoever would be first among you must be your slave; even the Son of man came not to be served but to serve, and to give his life as a ransom for many.

Matthew 20:27-28

Wednesday

February 28

SECOND WEEK IN LENT

In class, when teachers ask us to select the class prefect or class prefect, everyone eagerly desires the role. However, when it comes to tasks like sweeping the compound or doing dishes, some of us may begin to make excuses. It's important to understand that being a leader in any role also means being a servant to others. The purpose of seeking leadership is to offer service to others, not to be served by them.

Dear Lord, help me to desire to serve others more than to be served. Amen.

Jeremiah 18:18-20 / Psalms 31:5-6.14.15-16 / **Matthew 20:17-28**

Thus says the LORD: “Cursed is the man who trusts in man and makes flesh his arm, whose heart turns away from the LORD.

Jeremiah 17: 5

Thursday

February 29

SECOND WEEK IN LENT

“God is telling us that it’s not good to rely only on ourselves or other people without trusting in Him. When we trust only in our own strength or in what people can do for us, and we forget about God, it’s like turning our hearts away from Him. God wants us to remember that He is always there to help and guide us, and we should trust in Him more than anything or anyone else.

Dear Lord, help me to put my trust in you at all times. Amen.

Jeremiah 17:5-10 / Psalms 1:1-2,3,4 and 6 / Luke 16:19-31.

N° 23 • February 2024

Living Faith Kids features daily devotions based on the daily Scripture readings, commentaries and illustrations. This quarterly pamphlet is mainly made for African children in order to help them grow in faith and wisdom. It also helps develop their habit of daily prayer and build their relationship with Jesus Christ and the Church. This is an important tool for our kids to take part in liturgical worship and parish life. It can therefore be used in our schools, catechesis classes and homes.

Editors for Africa; Virginia Kabugu, Editorial Secretary; Naomi Sawadogo
... Designer for Africa; Yves Boro ... Interior Art; Yves Boro...Cover Art.
Rev. Fr. Fabrice Adzakli; Harry Thuku
Bro. Nnaemeka Dominic MBAEZE... Contributing Writers.

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Marketing and Sales Manager: Virginia Kabugu

Published by Bayard Publications – Printed in Nairobi, Kenya,
address: P.O. BOX 58488 City Square 00200 Nairobi, Kenya,
phone: +254 727074304 – email: info@livingwithchrist-africa.com

IMPRIMATUR

+Rt Rev. Dominic Kimengich
Chairman, Commission for Liturgy
Kenya Conference of Catholic Bishops
February 15, 2018

“ ..and they found him and said to him, “Every one is searching for you.” And he said to them, “Let us go on to the next towns, that I may preach there also;...” ”

Mark 1:37-38



“ The laughter of a child is the light of a house. ”

African proverb