

February 8

Memorial of Saint Josephine Bakhita

World Day against Human Trafficking



SEE

The Church remembers Saint Josephine Bakhita, a Sudanese woman who suffered slavery in her childhood and, upon encountering faith, became a symbol of hope and liberation. Her life challenges us not to remain indifferent to the suffering of those who today continue to be victims of human trafficking.

Human trafficking is one of the most serious forms of violence and slavery of the 21st century. Millions of people, especially women and children, are victims of sexual exploitation, labor exploitation, and organ trafficking.

This reality invites us to open our eyes and our hearts to so much silenced suffering.



JUDGE

“I have come that they may have life, and have it abundantly” (Jn 10:10). Jesus calls us to defend the life and dignity of every person.

The witness of Saint Josephine Bakhita, who suffered slavery and later found freedom in the love of God, inspires us to commit ourselves to the most vulnerable.

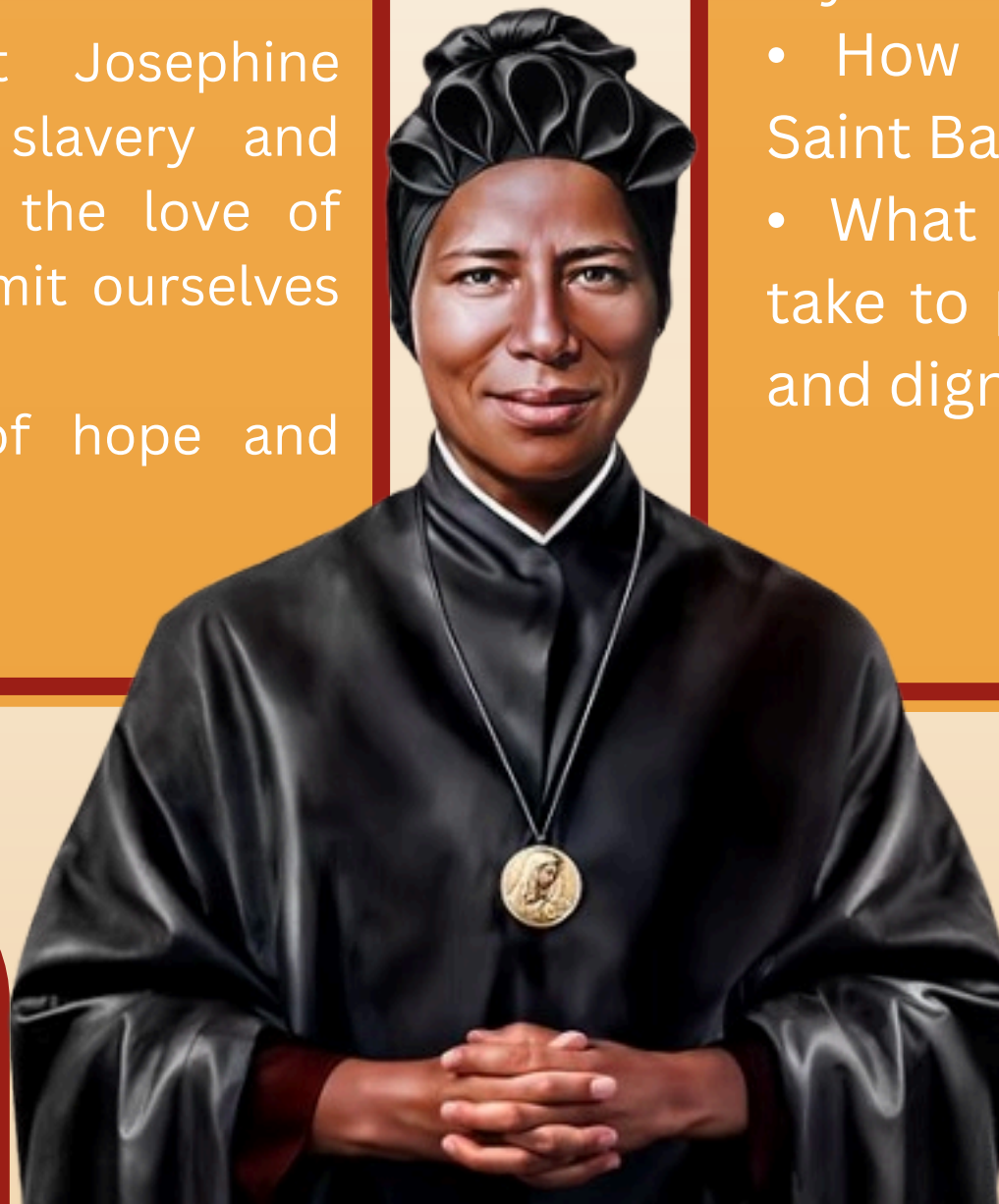
Her life is a beacon of hope and resilience.

Texto del párrafo



Questions for Reflection

- What forms of human trafficking or modern slavery do I know of in my surroundings?
- How does the testimony of Saint Bakhita challenge me?
- What concrete actions can I take to promote human freedom and dignity?



Prayer of Petition and Thanksgiving

God of life, we pray for all people who are victims of human trafficking. May they find paths of freedom and hope.

We give thanks for those who work for their rescue and accompaniment.

Inspire us to be instruments of your justice and compassion.



Final Prayer

Saint Josephine Bakhita, intercede for those who are still enslaved today.

May your example of faith and forgiveness encourage us to build a world that is free, just, and fraternal.

Amen.



TO ACT

- Inform myself and raise awareness among others about human trafficking.
- Support organizations that fight against modern slavery.
- Promote safe and supportive spaces for vulnerable people.
- Pray and offer concrete gestures of solidarity.

To deepen understanding:

- <https://www.vatican.va>
- <https://www.talithakum.info>
- <https://www.redtratah.org>