Gudula was born into a profoundly Christian family: her father, the Count Witger, became a monk, her mother was Saint Amalberga, and her sister Raineld also became a saint, as well as her cousins Gertrude of Nivelles and Begga, the daughters of Saints Pipino of Landen and Ida of Nivelles.

The young Gudula was educated in the monastery of Nivelles under the guidance of the cousin Saint Gertrude, who was also her Godmother. At the death of her cousin she returned to live in the castle of her parents in Hamme, in Brabante. Here she dedicated herself to prayer, fasting, and works of charity. Every day at dawn she would go all the way, four kilometers from home, to the church in Moorsel to be awake in prayer.

One day, during the journey from the castle of her father to the church, she had an apparition of the devil who tried to impede her from going to church and he began to blow on the lantern she held in her hands to illuminate the road. In that moment an Angel appeared who immediately rekindled the lantern. The next day the devil tried again to extinguish the lantern of Gudula but an Angel appeared and relit the lantern. Gudula died around the year 712.