









FOLLOWERS - LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
12	3	6	MISSION	SUFFERING	46 Taking up our Cross

Use the syllabus framework to complete above. Infants: 20 minutes; Juniors: 30 minutes; Middles & Seniors: 45 minutes
(Mod. = Module Number, Module Theme - in the heading, Module Title - uppercase in the cell, Lesson Num [NO. column] and Title)

							
Verbal V <input checked="" type="checkbox"/>	Logical L <input checked="" type="checkbox"/>	Spatial S	Kinaesthetic K	Musical M	Intra - personal P1 <input checked="" type="checkbox"/>	Inter - personal P2 <input checked="" type="checkbox"/>	Natural N

Tick the appropriate box(es) above [copy this:] for the modes of learning being used in this session.

Prayer: Most blessed Lord, send the grace of Your Holy Spirit on me to strengthen me that I may learn well the subject I am about to study and by it become a better person for Your glory, the comfort of my family and the benefit of Your Church and our Nation. Amen.

Starter: Separate students on two groups. Ask one group to make 2 sentences with the word "suffering", the other one should make sentences with the word "cross".

Learning objectives: 1. To appreciate that taking up our cross means give love to others and share the suffering of others. 2. To become acquainted with the life of Mother Gabriela, a person from our present days, who fulfilled the Lord's words for taking up our cross.

Core Activities and Learning

1. Reflection: Read "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me" (Mathew 16:24) and write it on a board. Ask students "What does this mean: to take up our cross?" and write down the answers.
2. The Lord Jesus Christ sacrificed Himself on the Cross, innocent and sinless, because of His love for mankind. So, as His followers, we should do the same. To take up your cross means firstly to share the suffering of the others, to ease their sufferings; the second concerns our personal trials. Saints did this during their lives, but there are people in our own days that do the same. Read the life's story of Mother Gabriela (in the Resource Sheet). What is the lesson we learn from her life's story?
3. Read the words of St. Theophan (in the Resource Sheet). What does this mean "to unite our personal cross with the Cross of Christ"?
4. Activity: "Love: The Unity of the Cross"

Resources: Resource Sheet, white board/ flipchart, paper crosses/hearts, pencils.

Review: God expressed His love on the Cross, and we should firstly share the sufferings of other.

Follow up: Encourage students to share the suffering of others. Reflect: How is suffering redeemed through sharing? "Bear one another's burdens, and so fulfil the law of Christ." (Galatians 6:2)