







## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
8	1	2	WORSHIP	PRAYER (2)	26: Prayer Books

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 <input checked="" type="checkbox"/>	Kinaesthetic K <input checked="" type="checkbox"/>	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:** “God be in my head and in my understanding. God be in my eyes and in my looking. God be in my mouth and in my speaking. God be in my heart and in my thinking.”

**Starter:** The Lord’s Prayer activity. Cut the six square pictures out of the image provided – one copy cut up for each child. Ask the children to place them in the right order.

**Learning objectives:** To learn why we have the Prayer Books and how we can use them.

### Core Activities and Learning

In the Orthodox Church, we have a rich tradition of prayers.

Ask the children:

#### Why do we have the Prayer books?

In your answer explain how we use them as a guide book in praying at different times of the day and on special occasions, including fasts and feasts. We also use them at the church for the Divine Liturgy, Matins and Vespers. Give a short explanation of Vespers and Matins if the children do not know what these are. By praying from the prayer books we not only connect with God but also learn how to live a good life with God’s love and in His peace. Prayer books are provided to use AS WELL AS our saying own prayers using our own words.

#### Do you have a prayer book?

**Bring** a Prayer Book, we suggest ‘My Daily Orthodox Prayer Book’ by Antony Coniaris, and pass it around the children, so as to familiarise themselves with the context of the book.

**Ask** from each one to find a prayer they like and read it to the rest of the group.

**Resources:** ‘My Daily Orthodox Prayer Book’ by Fr Antony Coniaris, our-father.jpg

**Review:** What are the main Prayer Books and why do we have them?

**Follow Up:** Memorise for the next time a prayer chosen from a Prayer Book. Parents can assist or maybe there are prayer books in the Church library or bookstall.