





## FOLLOWERS – LESSON PLAN

| Age | Term | Mod. | Module Theme | Module Title           | Lesson Number and Title |
|-----|------|------|--------------|------------------------|-------------------------|
| 12  | 2    | 1    | WORSHIP      | BASIC SERVICE PATTERNS | 46: Matins              |

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)

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

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

**Prayer:** Trisagion Prayers

**Starter:** The leader writes on a board words “morning”. Students are separated into 2 groups. Every group has 2 minutes to make sentence with this word. The leader of the group reports the results.

**Learning objectives:**

1. To be acquainted with the most important parts of the Sunday Matins (in Greek Matins = Orthros).
2. To be acquainted with some of the readings, the Six Psalms, Ps. 50 and Great Doxology.

### Core Activities and Learning

1. Explanation: In the Orthodox Church we have different liturgical cycles – annual and daily. In the daily cycle we have services set at different times, 6am, 9am, 12 noon, 3pm, [the 4 Hours] 6pm [Vespers], 9pm [Compline], Midnight, Matins 3 am or later in monasteries – see DailyCycle.jpg.
2. Explanation: we have also different types of Matins – Sunday Matins, daily and feast-day matins. In this lesson we will look at Sunday Matins.
3. Explanation: the leader explains there is another name for this service, which comes from Greek language – Orthros; It opens with the reading of six morning psalms (Exaspsalmos) – it will be good if the group reads at least one of them.
4. Explanation: during the Matins we sing also troparia and litanies. The longest chant during Matins is the Canon – very rich chant and it consists of 9 nine parts or Odes. Each Ode is connected to a significant Song or Canticle from the Scripture (eg., the Magnificat [Mark 1:46-55]).
5. Activity: Read the Ode 1 of the Canon of Nativity (find it in the Resource Sheet), or choose another example.
6. Explanation about the Matins Resurrection Gospels: For Sundays we have Matins Gospels proclaiming Christ's Resurrection. (a good source: [https://en.wikipedia.org/wiki/Matins\\_Gospel](https://en.wikipedia.org/wiki/Matins_Gospel))
7. Explanation concerning the prayer “Having beheld the resurrection of Christ...” and Ps.50. During or shortly after the reading of the psalm, the priest, holding the holy Gospel Book, exits through the Royal Doors and, offers the Gospel Book to the people for veneration.
8. Activity: read “having beheld the resurrection of Christ...” and Ps.50.
9. Explanation about the Great Doxology.
10. Activity: read the Doxology.
11. Activity: finish the sentences (see the Resource Sheet).
12. End piece: prayer after learning. “Help us to greet the dawn of each new day with gratitude for the gift of life and opportunities to praise you Lord through our love and service, Amen.”

**Resources:** Resource and Activity Sheet 46, working sheets for the students, pencils, DailyCycle.jpg

**Review:** Sunday Matins is our preparation to the Divine Liturgy. In the mornings, the Church calls us to glorify the Lord at the start of the new day as a gift from Him.

**Follow Up:** encourage students to come early in the Church and participate in Matins; encourage them to learn to sing the Great Doxology.