









FOLLOWERS – LESSON PLAN

| Age | Term | Mod. | Module Theme | Module Title | Lesson Number and Title |
|-----|------|------|--------------|----------------------|-------------------------|
| 13 | 1 | 2 | WORSHIP | SENSES AND MATERIALS | 51: Prospora |

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 <input checked="" type="checkbox"/> | Logical <input checked="" type="checkbox"/> | Spatial <input checked="" type="checkbox"/> | Kinaesthetic K | Musical M | Intra - personal <input checked="" type="checkbox"/> | Inter - personal P2 <input checked="" type="checkbox"/> | Natural N <input checked="" type="checkbox"/> |

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

Prayer: The Lord's Prayer

Starter: Students write on pieces of paper what comes first to their minds when they say bread and then share among the group.

Learning objectives:

1. To learn what prospora is.
2. To know how it is used and when.

Core Activities and Learning

1. Leader connects the students' answers in the Starter Task with the "bread" from the Lord's Prayer and then moves on to the bread / Body of Christ in the Liturgy – Prospora is an offering from the people for the Liturgy. Here the leader can read: (John 6:51) and (1 Cor. 11:24) [See Resource Sheet] and explains the meaning of offering bread representing life and when once consumed becomes part of us. Explains what the word prospora means and what prospora is, what it is made from, why it is always leavened, why two layers, stamped on the top, baked by faithful as an offering (with the wine also).
2. Distribute images of the two prospora styles (Byzantine and Russian) and explain the similarities and differences. Here the Leader can talk about the idea of transformation that is more or less central to the bread baking. What is prospora made from and what the ingredients symbolise, what meaning they have in the Scriptures ... for example the wheat is a symbol of resurrection and life, the water reminds us how Christ sanctifies the water on His baptism in the Jordan river and also what He says to the Samaritan woman that the water He offers becoming a fountain of living water inside us. The salt because He calls us "the salt of the earth" (Mat. 5:13) and that the world is a better place by our presence in it. And the yeast – can we make bread without yeast? What will happen if we don't have it? Yeast is alive and it transforms/makes the bread. It reminds us of the breath of life that God created us through, transforming us from clay to living souls. Leader explains in detail what the stamps mean. and what happens in the Proskomedie at the Table of Preparation. Images of the Proskomedie and instruments are distributed / or show them an actual prospora (preferable). Here the Leader can talk about the symbolical meaning of the sacred instruments used and actions performed in the Proskomedie.
3. Collect in all the work sheets, notes etc, and put them in the student files.
4. Activity: Separate the students into two groups. One group receives a picture of the prospora parts and they should name them. The other group receives a picture with the proskomedie instruments and they should name them (the leader can ask here for their symbolical meaning). Every group shows their results.
5. End piece: Keep one minute in silence together.

Resources: Resource Sheet, Graphics Sheet, Pens and pencils

Review: Prospora is the people's offering and part of it becomes the Body of Christ. The rest is distributed at the end of the Liturgy as the Antidoron.

Follow Up: to think about the meaning and purpose of offering