









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
4	1	2	WORSHIP	Me in Church	7: My Patron Saint

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

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

**Prayer:** “Saint (Name), Holy Mother of God and all the saints, who have pleased God in Your lives; pray to Christ my Lord that I might live this day in peace love and humility. Pray unto God for me, O Holy Saint (Name), well-pleasing to God: for I turn to you, who are a speedy helper and intercessor for my soul.”

**Starter:** *Knock-Knock.* A child selected to be king will judge the abilities of the other kids to describe a situation that is pleasing to God. If accepted by the king, they can enter his pretend kingdom.

**Learning objectives:** To understand who a saint is and the reasons he or she is called such; to understand the importance for one’s own life of having a patron saint and celebrating his or her Name Day in the Church.

### Core Activities and Learning

A patron saint is regarded as the intercessor and advocate in heaven of a church, person, nation, craft, activity, class.

1. The teacher will tell the children a *Saint* is one who is holy, that is, set apart for God’s service. It is a person who has cooperated with God’s grace to the extent that his or her holiness is beyond doubt. In the Holy Scripture, the word *saint* is used to refer to those who have been set apart for the service of God, consecrated for his purposes. As such, all members of the Church are called saints, regardless of their personal holiness or sinlessness. It is still appropriate to use the term in this way.

The teacher will explain to children the church recognises as saints those whom God himself has glorified, seeing in their lives true love for God and His people. From the beginning, the Church recognised the righteous ancestors of Christ, forefathers, as grace-filled men and women whose lives were pleasing to God. Also the prophets who predicted Christ’s coming and the apostles and evangelists who proclaimed the Gospel were assumed to be saints. Next the martyrs and confessors who risked their lives and shed their blood in witness to Christ were also recognised as saints. Bishops and priests who proclaimed the true faith are recognized by the Church as saints. Today, as always, holy people, in all walks of life, can be recognized as saints. Prayer to the Saints is encouraged by the Orthodox Church, because physical death is not a defeat for a Christian. It is a glorious passage into heaven.

The Church is composed of all who are in Christ - in heaven and on earth. It is not limited in membership to those presently alive. Those in heaven with Christ are alive, in communion with God, worshipping God, doing their part in the Body of Christ. They actively pray to God for all those in the Church and perhaps, indeed, for the whole world. So we pray to the saints who have departed this life, seeking their prayers, even as we ask Christian friends on earth to pray for us. The Ever-Virgin Mary, our Lady, is called *Theotokos*, meaning “God-bearer” or “the Mother of God,” because she bore the Son of God in her womb and from her He took His humanity. Elizabeth, the mother of John the Baptist, recognised this reality when she called Mary, “the mother of my Lord” (Luke 1:43). Mary said of herself, “All generations will call me blessed” (Luke 1:48). So we, in our generation, call her blessed. Mary lived a chaste and holy life, and we honour her highly as the model of holiness, the first of the redeemed, the Mother of the new humanity in her Son.

2. The teacher will tell children that the Christian name given to a newly baptized child or adult is the name of the saint who will be that person’s patron saint throughout his life. By bearing the name of a saint, the Orthodox acquires an identity akin to that of the saint whose name he/she bears... By Orthodox tradition beginning with the early Church, we celebrate our name day on the day of the feast of the saints whose name we were given at Baptism. One’s date of birth appears to be of lesser importance than his name day. The former signifies one’s physical birth while the latter is the all-important day of his spiritual birth.

3. **ACTIVITY:** The children decorate some pre-prepared cards with the text: “My Patron Saint” – a simple picture, the date of their Name Day (the teacher may have to research this for them beforehand) and their own name inside. The children can be shown some icons of their patron saints to help them complete their cards.

**Resources:** Art materials, Cards (folded, pre-prepared)  
Followers Icon Store here ... <https://1drv.ms/f/s!AiWFS1XPHpoKgdJr-uQxYQwSc8a5Q>

**Review:** My patron saint is my friend and someone I should look up to as a follower of Christ. I celebrate my Name Day.

**Follow Up:** In the next session we will learn more about The Lord’s prayer. Say the Lord’s Prayer at home with your parents if possible during the next week.