








## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
8	1	2	WORSHIP	PRAYER (2)	28: The Jesus Prayer & Prayer Rope.

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	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:** Bring a prayer rope and show it to the children. Ask them if they have seen it before and how it is used. Pray 3 Jesus Prayers for each child who holds the rope and a knot. The chotke should be passed from child to child quietly.

**Learning objectives:** To learn about the Jesus Prayer and the use of a prayer rope (chotke).

### Core Activities and Learning

**Ask** if anyone remember from the Gospels the parable of the Pharisee and the Tax Collector (Publican). Does anyone remember what did the tax collector prayed to God?

**Remind** children of the prayer of the tax collector. Similarly **refer to** the prayer of the blind beggar healed by Jesus. (Resource Sheet 28)

**Explain** what the prayer rope is and how we use it.

To stimulate answers the Leader may read extracts from the sections: 'Praying with a Prayer Rope' and 'The Jesus Prayer' from the book 'My Daily Orthodox Prayer Book' by Antony Coniaris.

**Craft activity: Draw a heart and write inside the words:**

**'Lord Jesus Christ, Son of God, have mercy on me the sinner!'**

**Explain** to children how these words can always be in our hearts and minds if we repeat them every day, carefully and with meaning – that is, applying the words to ourselves.

**Resources:** Resource Sheet 28 (Luke 18:9-14, Luke 18:35-39), 'My Daily Orthodox Prayer Book' by Antony Coniaris

**Review:** The prayer rope helps us to pray by keeping our attention on the prayer.

**Follow Up:** For next time, memorise the Jesus Prayer and use it.