



FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
3	1	2	WORSHIP	What we do in Church	3: Signing with the Cross

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	Inter - personal P2	Natural N

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

Prayer: In the Name of the Father, the Son, and the Holy Spirit. Help us, O Lord, our God and defend us by the might of Thy Holy Cross, in whose honour You made us to rejoice through Christ our Lord. Amen

Starter:

Mystery Bag. Take a bag into the classroom that contains the holy Cross, pass it round and let the children feel the Cross keeping their eyes closed. The first child to guess what it is, is the winner.

Learning objectives:

To learn to sign themselves with the sign of the Cross and find out the importance of the Cross in their lives.

To understand there are many reasons the cross is significant for our faith and we are saying so many things by making the sign of the Cross.

Core Activities and Learning

1. The teacher will tell children that the Cross shows how much God loves us. Jesus stretches His arms out on the Cross as if to tell us "This is how much I love you!" Explain to the children that the cross is the central symbol for Christians. The Cross is an instrument of the world's salvation by the crucified Christ, and also the witness to the fact that we cannot be Christians unless we live with the cross. "If any man would come after me, let him deny himself and take up his cross and follow me" (Mk 8.34).

The teacher demonstrates and explains how we make the sign of the cross: We place our first two fingers and thumb together to form a sign of the Holy Trinity and cross ourselves from the head to the chest and from shoulder to shoulder, right to left saying; "In the name of the Father, and of the Son, and of the Holy Spirit. Amen." The teacher will explain to children this shows that the cross is the inspiration, power and indeed the very content of our lives as Christians and that our mind, heart and strength must be given to the love of God and man.

Children will be encouraged to practice signing themselves with the sign of the cross then children will be invited to find the sign of the cross throughout the church building: in the altar, icons, on the holy vessels, stands, tables, and vestments. Children will be shown the icons of the Exaltation of the Holy Cross and the Crucifixion and then will be invited to discover the importance of the Cross in our life and discuss the message (ask questions to help children describe what they see and guide them to find the meaning of the icons).

2. The teacher will explain to children there are so many reasons the cross is significant to our faith, so many grounds for making the sign of the cross, and so many things we are saying by making that sign.

Pray. We begin and end our prayers with the Sign of the Cross.

Affirm the Trinity. In invoking the name of God the Father, the Son, and the Holy Spirit, we are affirming our belief in the Trinity.

Commit the whole self to Christ. In moving our hands from our foreheads to our hearts and then both shoulders, we are asking God's blessing for our mind, our very bodies. The Sign of the Cross commits us, body and soul, mind and heart to Christ.

Remember the Passion of Our Lord. In tracing out the outlines of a cross on ourselves, we are remembering Christ's crucifixion. Wherever we sign ourselves with the sign of the Cross we are saying "I am a Christian. I call on the power and the mercy of the Cross of Christ. I try to sanctify myself and to live remembering the sacrifice of Jesus".

Re-affirm our Baptism. In using the same words with which we were baptized, the Sign of the Cross is a "summing up and re-acceptance of our baptism.

The Cross is the **sign of our faith** – our faith can be symbolically affirmed by making this simple sacred gesture and is a **sign of love** – the cross of Christ is the ultimate sign of the depth of God's love.

We make the Sign of the Cross, when we receive Jesus the Holy Eucharist. We are given God's blessing when the Sign of the Cross is made over us. We in turn make this Sign over ourselves and by this we are reminded that there is no greater blessing than the love of Jesus.

3. Create a origami cross. The teacher will demonstrate and then help children to make their own SIMPLE origami cross. Colouring pages will be offered to children to colour their own version of a cross.

Resources:

Holy Cross, Icon of the Crucifixion (crucifixion.jpg), the Icon of the Exaltation of the Holy Cross (exaltation.jpg), pictures that illustrate children making the sign of the cross, white print paper

Review:

The cross shows how much God loves us. We make the sign of the cross to show how much we love God.

Follow Up:

In the next session we will learn more about saying our prayers. Ask the children to bring a favourite prayer.