

FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
3	1	2	WORSHIP	What we do in Church	4: Saying our prayers

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: Dear God, this church is a family. Help us to learn together and to worship together, to play together and to pray together, to come and to reach out to everyone with family love! Amen.

Starter:

Ask the children to share the names of people or situations that we should pray for.

Learning objectives:

To learn that prayer is talking to God and that the purpose of prayer is to have communion with God and to be made capable of doing His will. To learn more about prayers and to begin to understand the need to have a routine of prayer.

Core Activities and Learning

- The teacher will tell the children that prayer is essential to our Christian life. Jesus Christ Himself prayed and taught us to pray. We pray in the Holy Spirit, through Jesus the Son of God, and in His name, to God the Father. We call God “our Father” because Jesus has taught us to do so. We have the capability of addressing God as Father because we are made sons of God by the Holy Spirit. In the Church, we also address prayers to Christ and the Holy Spirit, the Divine Persons who are one with God the Father and exist eternally in perfect unity with Him, sharing His divine being and will.
- In the Church, we also pray to the saints – not in the same way as we pray to the Persons of the Holy Trinity, but as our helpers, intercessors, and fellow-members of the Church who are already glorified with God in his divine presence. Foremost among the saints and first among the humans who are glorified in God’s Kingdom is Mary, the Theotokos and Queen of Heaven, the leader among our saintly intercessors before God. We can also pray to the our guardian angel.

Discussion Questions: i. What is prayer? (*Prayer is spiritual communication between ourselves and God.*) / ii. Can you pray when you are in trouble? (Yes.) / iii. Can you pray when you are happy? (Yes.) / iv. What is another name for happy prayers? (*Praises.*) / v. Why is it important to talk with God? (*God wants us to know Him. / God really does answer prayer. / God loves us through prayer. / We love God through prayer.*) / vi. What are some of the examples of why to pray mentioned in James 5:13-16? (*When you are in trouble, when you are happy, when you are sick, to show faith, for confession of sin, and to pray for others.*)

The teacher will explain to children that sometimes prayer is a dialogue with God. It is a dialogue of silence, carried on in the quiet of our hearts. In the Orthodox Church a more ancient and traditional definition of prayer calls it the lifting of the mind and heart to God, the standing in His presence, the constant awareness and remembrance of His name, His existence, His power and His love. The teacher will explain to children that the purpose of prayer is to have communion with God and to be made capable of doing His will. We pray to be able grow spiritually and to know God and to do His commandments.

Praying is not merely repeating the words of prayers. Saying prayers is not the same as praying. Prayer should be done secretly, briefly, regularly, without many words, with trust in God that He hears us, and with the willingness to do what God shows us to do. We pray regularly in the morning, evening and at meal times, before completing a certain task, as well as having a brief prayer which can be repeated throughout the day (e.g. the Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me, a sinner!”). In Church, we pray with others, we pray all together as one body in the unity of one mind, one heart and one soul. In the Church, each one must put his own person with his own personal uniqueness into the common prayer of Christ with his Body. This is what enriches the prayer of the Church and makes it meaningful and beautiful.

Prayer hands craft activity: The children will be invited to draw around their hands, both right and left (offer help if needed), then to cut out the prayer hands. Then encourage them to draw/ write a little prayer to God/ Mother of God on a small piece of paper. Place the prayer cards between the prayer hands and use a key ring or a paper clip to keep them in place. Children can use the prayer hands and they say their prayers.

Resources:

pictures that illustrate praying at home, praying in church, paper card, pencils, scissors, key rings/ paper clips

Review:

In prayer, we bring all the things that are in our hearts to God. We lift these and ourselves to God in His Presence.

Follow Up:

In the next session we will learn more about the Holy Communion. What do you feel like when you receive Communion?