









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
12	2	1	WORSHIP	BASIC SERVICE PATTERNS	48: The Hours of Prayer

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 <input checked="" type="checkbox"/>	Spatial S	Kinaesthetic K	Musical M	Intra - personal P1	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:** Trisagion prayers

**Starter:** the leader needs a small, light ball. Throws it to a student and he/she identifies objects/sacred vessels that can be seen in the Church. Then this student throws the ball to a classmate and repeats the process.

**Learning objectives:**

1. To be acquainted with the Hours of Prayer – their order and themes.
2. To be acquainted with some of the readings, especially the prayers in the end of the Hour services and the prayer “Thou Who at all times and at every hour...”.

### Core Activities and Learning

1. Explanation: In addition to the services of Vespers and Matins, there are also the services of the Hours. These services are chanted in monasteries but are seldom used in parish churches. However, in a modified form they are ideal for use at home. We have first, third, sixth and ninth hours, which correspond to an ancient counting of time.
2. Explanation: The Hours have common order – they consist of three psalms, a troparion and the prayer “Thou Who at all times and at every hour...” and the final prayer, specific for every hour. Every hour has also its theme (see more in the resource sheet). Before the Nativity, Theophany and on Great Friday we have special Hour services, called Royal Hours.
3. Activity: read the prayer “Thou Who at all times and at every hour...”. Discussion: what is the theme of this prayer? What we are praying for?
4. Activity: read some of the psalms, included in the Hours.
5. Activity: separate students into groups (2 or 4). Give to every group prayers (see in the Resource Sheet 48). Ask students to define the theme of the Hour.
6. Activity: end the words (see the Resource Sheet).
7. End piece: “O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy most pure Mother, our holy and God-bearing fathers, and all the saints, have mercy on us and save us, for Thou art good and the Lover of mankind.”

**Resources:** Resource Sheet 48, work sheets for the students, pencils, small ball

**Review:** the services of the Hours express the idea of psalm verse “Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice.” (Ps.54:18/NKJV – 55:17). Every Hour has its theme and special prayers.

**Follow Up:** encourage students to read the Psalter over a period of a month.