

## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
3	1	2	WORSHIP	What we do in Church	5: Holy Communion

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	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:** Dear Lord, draw me closer to you in love when I receive Holy Communion, Amen.

**Starter:**

*Holy Communion jigsaw puzzle.* Create a jigsaw puzzle using a picture of children partaking of the Holy Communion. Children will be invited to fit the pieces together to make the jigsaw puzzle. Talk through what they are doing encouraging children to recognise what the picture illustrates.

**Learning objectives:**

To comprehend that the Holy Communion is a holy action of our Lord Jesus Christ to be part of our lives.

To learn that Holy Communion is the true Body and Blood of Jesus.

### Core Activities and Learning

1. The teacher will explain to children what is Holy Communion – a sacrament of our Orthodox Church. Explain sacrament – a holy act created by our Lord Jesus Christ. In the sacrament of Holy Communion, God's Grace (the gift of God's love) is brought into our lives by God the Holy Spirit. The teacher will tell and explain to children that the Holy Communion is the true Body and Blood of Jesus – the Son of God. The bread and wine prepared by our priest at the beginning of Divine Liturgy truly become the Body and Blood of Jesus. The teacher will explain how can bread and wine become the Body and Blood of Jesus. Our priest who is chosen by God to continue the work of Jesus, asks God the Holy Spirit to come to the Altar to change the bread and wine into the Body and Blood of Jesus. It is hard to understand how this change happens because our human eyes cannot see it taking place. God acts in our lives in many ways without being seen by us. The teacher will tell children that we can receive Holy Communion from the time we are baptised throughout our whole life. We can do so each time Divine Liturgy is served.

The teacher will show to children pictures that illustrate the receiving of the sacrament of the Holy Communion. Encourage discussion and talk about what they can see. Children will be encouraged to remember and make sense of their own experiences when taking the Holy Communion.

The teacher will tell children what do they have to do before receiving Holy Communion. We can only receive the Holy Communion after saying the prayers in Church, but as we get older, we begin to understand more clearly what is right and what is wrong. Our priest will help us decide when this come will come in our life. The teacher will tell the children that if we want Jesus to be part of our life, we must receive His Body and Blood into our own body through Holy Communion. Jesus tells us we can live better lives on earth and later in Heaven if we receive His Body and Blood in Holy Communion.

The children will be told why we receive Holy Communion at Divine Liturgy. All the prayers and Bible readings during the Liturgy help us to get ready for receiving Jesus in Holy Communion. Then the children will be told how they receive Holy Communion. When the priest turns to the people with the cup – the Chalice – and invites us to Holy Communion we walk before the Iconostasis and after saying the Communion prayer with the priest he will give us the Body and Blood of Jesus - Holy Communion. After receiving Communion, we return to our place to say the prayer after receiving the Holy Communion.

Each time we receive Jesus' Body and Blood into our own body, we become better and stronger followers of Jesus.

2. The sacrament of the Holy Eucharist is also called Holy Communion since it is the mystical communion of men with God, with each other, and with all men and all things in him through Christ and the Spirit.

The teacher will tell the children that Jesus said *"I am the living bread which came down from heaven; if anyone eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh (Jn 6.51)."*

By eating and drinking the bread and wine which are consecrated by the Holy Spirit, we have true communion with God through Christ who is himself "the bread of life" (John 6.34, 41).

3. *Holy Communion craft activity.* Children will be invited to create a collage using chalice cut out shapes they have made themselves, then will be encouraged to decorate the chalice with felt tip pens, decorative gem embellishments and glitter. Children are invited to write their own name on their collage.

**Resources:**

Icon of the Mystical Supper, pictures that illustrate receiving the Holy Communion, chalice cut out shapes, felt tip pens, decorative gem embellishments and glitter

**Review:**

Jesus Christ comes to us in Holy Communion to strengthen our lives and make our hearts and minds more loving.

**Follow Up:**

The next time you receive Holy Communion ask Jesus to make Himself close to you as you receive Him.