









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	3	HOLINESS	FASTING	21: What is fasting?

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 <input checked="" type="checkbox"/>	Kinaesthetic K	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:** Do you have a favourite food that is without meat?

**Learning objectives:** To learn about the meaning of fasting in the Orthodox Church.

### Core Activities and Learning

**Explain** fasting.

**Refer to** the things that we usually abstain from during fasting. This can not only be food but other things as well. Give examples e.g. we don't eat meat or drink wine or any other kind of alcohol; we don't eat unhealthy foods from a "take away", we don't spend money on things we don't need, we don't entertain ourselves with things that do not help us pray and focus on God.

As we control our appetites, we are more able to focus on and do good things such as serving other people, listening to our parents, teachers and any other adults that want the best for us. We can also help and listen to our friends, and of course the poor and those in need.

**Ask** children to share examples of things they believe are not good for them and they should try fast/abstain from.

**Craft activity: Fasting calendar.** Follow the link below and print the material you need. The children can colour and decorate their calendars, as they like. Ask children to bring the calendars to the next session so as they can write down the months and dates of fasting,

<https://mrprintables.com/printable-monthly-calendar-1.html>

**Resources:** <https://orthodoxwiki.org/Fasting>

**Review:** Fasting helps us to strengthen our wills to serve God.

**Follow Up:** Bring a fasting recipe next time to the class.