








FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
14	2	3	HOLINESS	The Cross	56: The Way of 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 <input checked="" type="checkbox"/>	Spatial S	Kinaesthetic K	Musical M <input checked="" type="checkbox"/>	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: Most blessed Lord, send the grace of Your Holy Spirit on me to strengthen me that I may learn well the subject I am about to study and by it become a better person for Your glory, the comfort of my family and the benefit of Your Church and our Nation. Amen

Starter: Ask the students to say the first word that comes to their mind when you say the word 'cross'..

Learning objectives: To understand that our own cross is expressed in the sympathy and compassion for the sufferings of the others and serving them in their needs. It is also the price we pay for unconditional life transforming love and the price Christ paid to save us all from our sins.

Core Activities and Learning

1. Exhibit the Icon of the Crucifixion. What does the icon teach us? Ask the students to tell you what they see in the icon? Ask them how Jesus' hands look? As Cyril of Jerusalem said (Catechetical lecture 13) "He stretched out His hands on the Cross, that He might embrace the ends of the world; for this Golgotha is the very centre of the earth".
2. Reflection: Our Lord Jesus Christ said to His disciples, we all are His followers and disciples: "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me" (Mathew 16:24). What does this mean to take up our cross? What can be our cross?
3. Lord Jesus Christ sacrificed Himself on the Cross, innocent and sinless, because of His love to the mankind. So as His followers we should do the same. To bear your cross means firstly to share the suffering of the others, to relieve their sufferings and then to think about our own personal hardships as a strengthening to serve God.
4. Read the story from an unknown author about our personal cross (see the resource sheet). Then discuss with the students: When do we behave as the troubled man of the story? What is the lesson from this story? What do we learn from it? Read the words of elder Ephraim of Katounakia.
5. Activity: Brainstorm ways to complete the following sentences (on the resource sheet)
6. End piece: sing together "Before Thy Cross we bow down in worship, O Master, and Thy holy Resurrection we glorify" or say the prayer after study:

I thank You, Lord our God, that again on this occasion You have opened my eyes to the light of Your wisdom. You have gladdened my heart with the knowledge of truth. I entreat You, Lord, help me always to do Your will. Bless my soul and body, my words and deeds. Enable me to grow in grace, virtue and good habits, that Your name may be glorified, Father, Son and Holy Spirit, now and forever. Amen.

Resources: Resource Sheet 56 Icon of Crucifixion: crucifixion_icon.jpg

Review: We should take our cross with humility. God expressed His love on the Cross personally, and we should, therefore, sacrifice ourselves for others also in self-giving love, harming no one.

Follow Up: Remind students that if you bear the cross with love then it will be very light. Get them to think during the following week of opportunities to love others sacrificially.