









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
18	2	3	HOLINESS	The Desert Fathers and Mothers	76: St Anthony the Great

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	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: Trisagion Prayers

Starter: Share 3 things you would find it most difficult to give up.

Learning objectives: To have a good appreciation of the life and witness of St Anthony the Great and his significant enduring contribution to the life of the Church.

Core Activities and Learning

Saint Resource Page: - http://www.goarch.org/chapel/saints_view?contentid=389

1. The Leader asks the group to share what they know about the Life of St Anthony the Great.
2. The Leader reads the synaxarion entry (above).
3. Not everyone is called to be a monk but what can monastic fathers such as St Anthony and all who have followed after him teach us? (DISCUSSION)
4. IDENTIFY – the attachments that can become obstacles to following Christ in a radical way (Cf Matthew 19:21, the Gospel reading St Anthony heard in Church before he went off into the desert).
5. Key to St Anthony's asceticism was withdrawal into a lonely place (following Christ's own example to retire into solitude to commune with and pray to His Heavenly Father). In St Anthony's time this "lonely place" was the Egyptian desert – a very extreme environment. Where might such places of solitude be found today? How necessary is it, do you think, that a hermit spends time in a monastic community first? What are the dangers of going straight off and immediately into "the desert" on one's own? (DISCUSSION).
6. IDEAS – How might the monastic life be encouraged in a parish situation; after all, all monks begin their Christian life in a parish.

Resources: Web Site (above), New Testament

Review: The gospel call is there to be followed radically and totally; not half-heartedly and mixed with a thousand deadly compromises.

Follow Up: How can I follow Christ more whole-heartedly?