









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title		
4	2	3	HOLINESS	Saints as friends	7: Saints as helpers		

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 <input checked="" type="checkbox"/>	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: Almighty and Everlasting God, who lit the flame of Thy love in the hearts of the saints, grant unto us the same faith and power of love; that, as we rejoice in their triumphs we may profit by their examples, through Jesus Christ our Lord. Amen.

Starter:

Friends circle. Invite children to sit in a circle and play a Friends Game. Each child can take a turn at saying another child's name and why he is a good friend. Encourage children to name children who have not been named yet. Children may need ideas of what to say, such as "you are kind, you listen to your parents, you smile, you helped me," etc. After playing the game for a little while so everyone gets called on, invite children to pray in that circle and thank Jesus for being their best friend.

Learning objectives:

To learn that the Saints can help us in our spiritual lives and that by praying with the saints, we can grow closer to God.

To begin to comprehend that the saints offer our supplications and requests together with their own prayers to God for our salvation.

Core Activities and Learning

Children will be told that they will be learning about Saints as helpers.

1. The teacher will remind children that a saint is a person just like them and that God gave them the grace to do special things. All the saints were holy men and women. Some of the saints could work miracles, some could heal, some had the ability to be in two places at once. God knew these people, as He knows us, and gave them these abilities because God knew these people would do His Will.

The teacher will tell the children that God's Saints are near to believing hearts and, like the truest and kindest of friends, are ready in a moment to help the faithful who call upon them with faith and love. When we call upon the Saints in prayer, if we say their names from the heart, it already means that we are bringing them near to our hearts. If we call upon the saints with faith and love, then they will immediately hear us. The faith is the connecting element on our part, and love on theirs, as well as ours; for they are in God, and we are in God, the God who is Love. The Saints are our heavenly friends, able to hear to us and help us through their prayers. They can help us in our spiritual lives. By praying with the Saints, we can grow closer to God.

The teacher will ask the children to look at the icons of the saints on the walls and the iconostasis. Explain that the icons of Christ and the Theotokos are always at the front, as well as those of St. John the Baptist and the patron saint of the church. Help children find the icons depicting other saints that they know and if they can find an icon of the saint they are named after.

2. The teacher will remind children that the saints are those who, like us, worked out their salvation by allowing God's grace to transform them completely, by opening their hearts through prayer, and striving to love all of creation as God loves it. By doing so, they were granted the ability, the power – often in their own lifetimes – to manifest their cooperation with God's grace through miracles, prophecy, and healing. In coming to love God truly, they were able to have a share in God's power and compassion. They continue to share that power and compassion with us who are still in the middle of our own spiritual battles. The saints love us like God loves us, and they do it without losing their own particular personalities.

When we honour saints and ask them to pray for us we are not putting them in the place of Christ. They are close to God, so when they pray for us they seek our salvation from Christ. The teacher will explain that we glorify God when we seek in prayer the help and mediation of the saints, since the saints in their succession offer our supplications and requests together with their own prayers to God. When the saints pray for us, it is our salvation that they seek from Christ. They intercede with Him for our salvation. The teacher will tell children that the apostle Paul reminds us that the saints are our fellow citizens who can help us. *"Now therefore you are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God"* (Ephesians 2:19).

3. Read the life of Saint Nicholas to children. Saint Nicholas has lived a life which is a worthy example of how to faithfully follow Jesus Christ and, as part of the communion of saints, he intercedes on behalf of those who call upon him. He became known for his abundant mercy, providing for the poor and needy, he is a model of faith and the image of gentleness. He is most widely known as the patron saint of children, of sailors and ships offering safe voyage and protection from storms. Offer to children colouring pages of Saint Nicholas and colouring page of an icon of their patron saint.

Resources:

The icons in the temple referred to in this lesson, line icon of Saint Nicholas, (nicholas1.gif) coloured pencils, felt tip pens.

Review:

The saints are friends of God and want to help us on our own journey towards God.

Follow Up:

In the next session we will learn more about Saints as guides.