









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	3	HOLINESS	FASTING	22: The aim of 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	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:** 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:** Face the Cookie. How well can you control your face muscles to get the cookie?

Objective: Using only your facial muscles, each player must move a cookie from the top of their head, down their face, and into their mouth without dropping the cookie. (Self-control gets the prize!)

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

### Core Activities and Learning

**Explain** why we fast.

**Outline** the following: We fast in order to discipline ourselves, to gain control of those things that we have allowed to get out of control. Giving up cookies or chocolate—unless one is controlled by these—is not fasting. We fast in order to get a grip on our lives and to regain control of those things that have got out of control e.g. eating too many sugary snacks that can make us fat and damage our health.

**Refer to** the example of Jesus, who fasted for 40 days and nights in the desert on **Matthew 4:1-3** "Then Jesus was led by the Spirit into the wilderness to be tempted[a] by the devil. After fasting forty days and forty nights, he was hungry."

**However, fasting is not just about food.** By controlling our desire for food we can get a grip on destructive attitudes and behaviours.

"Let the mouth also fast from disgraceful speech. For what does it profit if we abstain from fish and fowl and yet bite and devour the brothers and sisters." St John Chrysostom

**Complete Activity Sheet 22**

**Resources:** Activity Sheet 22, cookies (biscuits)

**Review:** Fasting strengthens our will to serve God and our neighbour.

**Follow Up:** Children to resolve to follow the Church's fast guidance with the agreement and support of their parents.