









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
8	2	3	HOLINESS	HELPING	27: Helping others by feeling for them.

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: The Lord's Prayer.

Starter: Ask children if they know what the words empathy and compassion mean? Allow their answers.

Learning objectives: To learn the importance of helping other people by feeling for them.

Core Activities and Learning

Explain that **Empathy** is the ability to put oneself in another's shoes. To identify with and understand another's feelings, and

Compassion is the desire to help with another's problem or suffering.

It's easy to show empathy and compassion to those we like or love. The challenge is giving those gifts to everyone around us like Jesus did.

Refer to one of the Commandments of God, which is "Love your neighbour as yourself." **Mark 12:31.**

Say that Jesus loved and felt for all the people He met and He showed His compassion by teaching people, healing people, listening to their problems etc.

Share examples of how Jesus was feeling for all the people.

Mark 8:2-3 (KJV) "I have compassion on the multitude, because they have now been with me three days, and have nothing to eat: And if I send them away fasting to their own houses, they will faint by the way: for divers of them came from far."

Matthew 11:28-30 (KJV)" Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."

Discuss how members of the group have been able to help others by empathy or compassion.

Group activity: Print the picture on the link below. The "emotions" tree will help us to identify what others are feeling by facial expression and body language and to decide who might need our help or understanding. Label the figures with examples of empathy.

http://www.abschools.k12.wi.us/images/ace/78978/6d08a41af7a6584c38415243f96ad9e7.jpg?sc_id=54671

Resources: Mark 12:31, Mark 8:2-3, Matthew 11:28-30

Review: Empathy and compassion are the only ways to help people who are struggling in life.

Follow Up: Identify someone this week (or a situation involving more than one person) where you can turn empathy and compassion into practical help.