









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
11	2	3	HOLINESS	PRAYER (3)	42: Praying at home

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	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:** 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:** A time of silent reflection: When was the last time you prayed? How many times a day do you pray? Where do you usually pray? At the end remind the students that God waits patiently for us to pray, to connect with Him.

**Learning objectives:** Every Christian without exception should aspire to pray unceasingly, even if it takes a long time to get there! Orthodox Christians engage in corporal and personal. Every Orthodox Christian should have a dedicated place in his/hers home in which to pray.

### Core Activities and Learning

1. The Leader start with a reading from St John Chrysostom: *"He who is able to pray correctly, even if he is the poorest of all people, is essentially the richest. And he who does not have proper prayer, is the poorest of all, even if he sits on a royal throne."* Explain that the prayer is one of the most important parts of our Christian life.
2. Activity 1: The students answer the questions on the work sheet. Except for the first question ("How do we pray?") they can work together as a group. The Leader may need to assist the students – particularly with the first question as they may be unused to writing their own prayers.
3. Question (for sharing in the group): What things helpful to prayer should go in our icon corner at home? 15T1M2S65.
4. Activity 2: give to the students blank sheets of card and art materials. Ask them to design a prayer card for a special situation in someone's life. The card should contain a prayer on the inside folded page. The card can be completed as a follow up task if there is not enough time in the lesson.
5. End piece: One minute in silence.

**Resources:** Activity Sheet 42, card, art materials.

**Review:** Prayer is adoration, confession and thanksgiving to God. It is both a conversation and an act of love between God and the believer.

**Follow Up:** Complete the prayer card.