

## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	3	HOLINESS	FASTING	23: Weekly 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 <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:** 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:** Have you ever fasted with your family? How did you find it? (Share in the group).

**Learning objectives:** To learn about the weekly fasting cycle in the Orthodox Church.

### Core Activities and Learning

**Say** that some children keep with their families the fasting days of Wednesday and Friday.

**Explain why** we fast during these two days in the week.

Orthodox Christians regularly fast on Wednesdays and Fridays to commemorate, respectively, Christ's betrayal by Judas Iscariot and His Crucifixion. Christ out of His love for all, sacrificed Himself; so also should we learn to sacrifice for others through fasting. This also strengthens us to make the right decisions in life.

**Ask the students** if they could do a small thing, like not eating meat during these two days, to please God and show respect to their mother and father, who might have prepared a fasting meal for the family. (Be sensitive to the fact that either, or even both, their parents may not be Orthodox.

**Craft activity:** bring some play dough and clays and let children play by making some foods that can be eaten on fasting days and others that can't. Animals may be made in the clay for the fish and the animal meats. The children can produce these models as a group activity.

**Resources:** <https://orthodoxwiki.org/Fasting>.  
clay or play dough

**Review:** We fast to strengthen our wills to serve God by sacrificing our own desires and wants for others.

**Follow Up:** Share with a class next time a fasting dessert.