









## FOLLOWERS – LESSON PLAN

Use the syllabus framework to complete above. Infants: 20 minutes; Juniors: 30 minutes; Middles & Seniors: 45 minutes

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title		
5	2	3	HOLINESS	Prayer (1)	13: How we should pray		

*(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:** Set our hearts on fire with love for You, O Christ our God, and teach us how to pray with all of our heart, in every way, anytime and anywhere. We know You'll always hear and answer our prayers. Amen.

**Starter:**

Remind the children that they can talk to God as they would their best friends. God wants to hear what each person has to say. Invite each child to thank God for one good thing that happened in the past week.

**Learning objectives:**

To learn that the prayer is prayer is the elevation of the mind and the heart to God.

To learn about the prayer as an encounter with the Living God and as a dialogue as we can receive the response of God Himself.

To understand that our whole life should be a life of prayer.

**Core Activities and Learning**

1. The teacher will encourage children to recall that prayer is the elevation of the mind and the heart to God in praise, in thanksgiving, and in petition for the spiritual and material goods we need. Our Lord Jesus Christ commanded us to enter into our inner room and there pray to God the Father in secret. This inner room means the heart, the core of our being. The Apostle Paul says that we must always pray in our spirit. He asks us to pray unceasingly. We, as Orthodox Christians, engage in both personal prayer and Church prayer. Our individual prayer life is balanced with participation in the liturgical services of the Church where the whole community gathers for prayer and worship.

2. The teacher will encourage children to participate in a discussion about how we say our prayers, introduce visuals and holy icons and cross to offer support to children and engage them in the discussion.

We make the sign of the cross regularly to acknowledge the presence of our Lord. This signifies Christ's suffering, Crucifixion and Resurrection for our salvation. This reminds us that we are called to follow in the steps of Christ. This helps us bear our sorrows and struggles in His name. This keeps the image of the cross in front of us. This is a very simple way to make a prayer anytime during the day. Whenever we are feeling distraught we stop and make the sign of the cross. We sign ourselves with the sign of the cross before we have our meal. We make it in Church whenever there is reference to the Holy Trinity, Christ, Theotokos or a saint or loved one. Signing ourselves with the sign of the cross will bring us back to remembrance of God so the Holy Spirit can help us.

3. The teacher will explain to the children that prayer is an encounter with the Living God. Through prayer we know that God participates in everything that takes place in our lives. The main content of prayer should always be standing before God, encounter with Him. We need to pray in order to be with God, to come into contact with God, to feel God's presence.

4. The teacher will explain to the children that prayer is a dialogue. It includes not only our own turning towards God, but also the response of God Himself. As in every dialogue, in prayer it is important not only to speak out and express oneself, but also to listen to the response. God's response does not always come directly in the minutes of prayer; sometimes it happens somewhat later. It can happen, for example, that we ask God for immediate help, but it only comes after several hours or days. But we understand that it took place because we asked God for help in prayer.

**5. Activity – Thankyou / Please Lord**

Sit the children in a circle with the Leader in the circle as well. Rehearse signing with the cross. Ask each child to think quietly (no talking) about one thing to thank God for and one thing to ask God for. The prayer begins either "Thank you Lord for ... " or "Please Lord .... " Each child says a thank you prayer then on the second cycle a please prayer. After each prayer, each child makes the sign of the cross. All the children should pray each prayer in his or her heart. This is group prayer, not just personal prayer.

**Resources:**

Icon of Jesus praying in the garden of Gethsemane, pictures illustrating children praying, pictures that illustrate prayer in church. Use these resource locations: -

Line Drawings: [https://1drv.ms/f/s!AiWFS1XPHpoKqclmPMT\\_tYha9-DqHQ](https://1drv.ms/f/s!AiWFS1XPHpoKqclmPMT_tYha9-DqHQ)

Colour Icons: [https://1drv.ms/f/s!AiWFS1XPHpoKqclmPMT\\_uQxYQwSc8a5Q](https://1drv.ms/f/s!AiWFS1XPHpoKqclmPMT_uQxYQwSc8a5Q)

**Review:**

Praise God, Confess your sins, Thank God and Pray for others. This is the prayer pattern we should follow.

**Follow Up:**

Encourage the children to say a prayer of thanksgiving every day.