









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
11	2	3	HOLINESS	PRAYER	43: Praying in the Church

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:** "O Heavenly King ...."

**Starter:** Take a sheet of A3 paper. Each student folds it in half, tears down the fold and places the two halves on top of each other, passing the sheets to the next student. Repeat this until the papers are too thick to be torn. (The papers, of course, must be torn together, not individually). Ask the students what this teaches us about the fellowship of the Church.

**Learning objectives:** To understand that praying in the Church means to take part in the *whole* service. Orthodox worship is a prayer from the beginning to the end and we have to listen to the words and prayerfully take them into our hearts. To understand that in the Orthodox Church we pray the whole Liturgy and apply it to our lives.

### Core Activities and Learning

1. Discussion: Why do we pray in Church? How do we pray in Church? Why is it so important to listen every word?
2. The Leader explains that in the Church Christians pray together as one body in the unity of one mind, one heart and one soul.
3. Activity: separate the students into two groups. How do we go about praying the whole Liturgy? What do we have to do? What skills do we have to learn? Then a representative of each group shares their findings.
4. Activity: The students return to their two groups. Two readers are chosen, one for each group, who will practice quietly the reading of the prayer below. One group is sent to a different room (preferably with a second adult). When they are ready, the Readers slowly and quietly reads out the prayer in each group. The first group maintains strict silence and listens carefully but the second group can talk or the Leader will try and distract them. At the end, after a short pause, ask the students to write down what they remembered and what they understood from the reading of the prayer in each group. Ask them how they felt about this as an exercise in attentiveness and listening. (This, of course, is why the deacon says: "Let us attend" in the Liturgy!) Discuss across the whole group what they have learned about praying the whole Liturgy (or any other service) in church.
5. We go to church to be together, to sing together, to learn together from the Holy Gospel, to have Holy Communion together and ALL of this should be immersed in prayer in the heart. The leader talks about the importance of common prayer and that we should listen carefully because this is the way we can pray the whole Liturgy together.

**Prayer of Activity in (4) above:**

*"Shine in our hearts, O Master Who loves mankind, the pure light of Your divine knowledge, and open the eyes of our mind that we may understand the proclamation of Your Gospel. Instill in us also reverence for Your blessed commandments so that, having trampled down all carnal\* desires, we may lead a spiritual life, both thinking and doing all those things that are pleasing to You. For You, Christ our God, are the illumination of our souls and bodies, and to You we offer up glory, together with Your Father, Who is without beginning, and Your all-holy, good, and life-creating Spirit, now and forever and to the ages of ages. Amen."*

*\* if preferred for understanding, substitute: "ungodly" for "carnal."*

**Resources:** Notepaper, pens, 2 or 3 A3 sheets

**Review:** Praying in Church is our offering to God and it brings Lord's blessings upon us.

**Follow Up:** Encourage students to participate in the services according to what they have learned in this lesson.