









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	3	HOLINESS	FASTING	24: Fasting in the Church's Year.

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: Who likes sweets and chocolate? Could you sacrifice for a short time these sweet delights to show your love and obedience to God?

Learning objectives: To learn about the fasting in the Church's Year.

Core Activities and Learning

Explain fasting. In your answer, you can highlight the fact that fasting means more than simply abstaining from foods. It also may include limiting entertainment, for instance, or keeping ourselves away from watching too many hours TV or playing video games. Say how by abstaining from some things we are able to focus more in God. For example, instead of watching TV for two hours, we can use this time to pray, learn some prayers, read the Bible or the life of a Saint. Emphasise that as Christians we can still enjoy ourselves without neglecting time for God.

Refer to the fasting dates based on Church Tradition:

The Great Lent, The Nativity Fast (Advent), The Apostles' Fast, The Dormition Fast

Emphasise the spiritual preparation that we enter during these two major fasting periods, as we try our best to focus on God by going to Church, praying, fasting, read the Holy Scriptures and lives of our Saints.

Group activity:

1. Thinking time: Give the children 5 minutes to think of a time when they could have been greedy but were not. What did they learn from this? Share some ideas.
2. Fun Activity: go to this site: <http://www.themistermen.co.uk/> Print off some examples or show the children on the laptop. Distribute paper and pens and get them to design a "Mr (or Miss) Greedy" and a "Mr (or Miss) Generous". When finished gather them up and display them separately on 2 boards.
3. Question and Answer time: Why do we fast and feast at different times of the year. Why does this help us to love and serve God. Think also about the connection between fasting and giving to the poor (almsgiving).

Resources: <https://orthodoxwiki.org/Fasting>.

Review: Which are the four big fasting periods in the Orthodox Church?

Follow Up: Share with your parents something you would like to give up during a fasting period.