









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
12	2	3	HOLINESS	STRUGGLE	49: Divine help

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	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: Illumine our hearts, O Master Who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

Starter: Needed: a ball. Choose any player to start the game. He or she may say any letter of the alphabet and throws the ball to one of the other students. The next player has to catch the ball and say a word that starts with that letter but is connected with the word HELP. In few words he/she explains why he/she chose exactly this word.

Learning objectives: To understand what help God can give us if we ask why do we need it in our weakness.

Core Activities and Learning

- For Christians, it is more important to build not any earthly kingdom but the heavenly one. We live and work in the earthly kingdom and participate in its life with every one of our actions but our hearts are orientated to the Kingdom of God. Do you think we need help on the way to the Heavenly Kingdom? If we do why do we need it and what sort of help do we need?
- Leader reads 2 Corinthians 12:7-10 What is the basis for this in St Paul's experience?

And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. *Concerning this thing I pleaded with the Lord three times that it might depart from me. *And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. *Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.*

- Discussion: What is the main idea of this text? What do you think it tells us? How is the idea of divine help expressed?
- Explanation: the leader explains what a spiritual weakness and spiritual strength mean. God wants us to discover our inability to live without Him and that is why we have to become humble to receive His help. In our hopelessness we can see more clearly and deeply into our hearts and we can then recognise our weaknesses and our wickedness and ask for His help to overcome these things. We will receive much more than our efforts alone could provide. In other words we have to empty ourselves of any trust in ourselves and reliance on our own powers etc to be able to be filled with by the grace of God, His strength and His wisdom
- Discussion: Ask the students to what it is they have to empty themselves of in order to prepare for God's grace and help (for example: my own opinion, abilities, power, perspectives etc.) What makes it so difficult to trust God alone?
- End piece: Keep a minute in silence.

* NOTE We do not know what St Paul's thorn in the flesh was but it may have been a medical condition which might explain why St Luke, who was a doctor, accompanied him on many of his missionary journeys.

Resources: Print out the biblical text for the students, pencils, box, small paper notes/marbles.

Review: What is the most important thing we have to do if we want and need the Divine help in order to be able to receive it?

Follow Up: Encourage the students to reflect on their weaknesses and how do they feel about being weak in themselves but strong in God.