









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	3	HOLINESS	FASTING	25: Getting help with 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: When you are sick, where do you go for help? When there is a spiritual problem, to whom do you go?

Learning objectives: To learn that it is necessary to get help during the fasting periods of the Church.

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 can 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 or help out at home.

Refer to the Church working in the same way as a hospital, with doctors and nurses of the spirit.

Say that if we pray during the fasting, God will bless and strengthen our effort to abstain from some things that are not spiritually and physically good for us because they have too strong a hold on us.

Say that we need the help and support of the Church to be able to remain obedient to God and have spiritual guidance in matters like the fasting.

Ask children, if they have identified a person in the Church that can help them with the fasting.

Ask children, who else do they think can help outside the Church?

Refer to the importance of the family support during that period.

Craft activity:

<https://docs.google.com/file/d/0B0RweH-3Ryl0RFhJREIZekNXX3M/edit>

Note to Leader re Craft Activity: Make sure that the children identify Wednesday and Friday as fasting days and any other day according to the Calendar of a given week.

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

Supplies: colouring pens and pencils.

Review: The Church, our Christian friends and our family can help us during the fasting period.

Follow Up: Did you make any fasting effort last week? Did anyone help you?