









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
8	2	3	HOLINESS	HELPING.	30: Helping others by praying for them.

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 <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: The Lord's Prayer.

Starter: Ask the children in what ways they think we can offer help to someone?

Learning objectives: To learn the importance of helping others by praying for them.

Core Activities and Learning

Ask children Why prayer is important?

In your answer include the following:

- We connect with God.
- We show our love to God.
- We learn how to hear from God.
- Highlight the importance of praying for the Church, for the world, for everyone, not just for ourselves.
- In the Church, the priest prays for the world, for the government, for public servants, for the Church, the clergy, the congregation, other Orthodox Christians and for individuals.

Ask children if they have ever prayed for someone else?

In your teaching highlight the following points:

- "Prayer for others which is made gently and with deep love is selfless and has great spiritual benefit. It brings grace to the person who prays and also to the person for whom he is praying." Saint Porphyrios.
- We show our love and care for other people.
- We empathise with the situation and the problems of the people we pray for.
- We can keep a list of the names of people we want to pray for.
- Have a set time.
- Pray for our enemies. **Matthew 5:44** "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."
- If we don't know what to pray about, we can use the Jesus Prayer, as God knows how to show His mercy and help to that person.

Craft activity: Praying hands - Fold a sheet of paper in half, and draw around the child's hand positioning the thumb and forefinger slightly over the folded edge of the paper. As you are drawing the area which will become the 'heart' slightly curve the tip of the thumb up, so that you can see the shape of half a heart appearing... cut around the fingers, and unfold to create this lovely shape of hands holding a heart. Ask children to write the names of the people they want to pray for inside the two hand palms.

Resources: <http://www.orthodox.net/journal/2009-12-09-christian-life-skills-praying-for-others+the-jesus-prayer+to-pray-for-someone-more-diligently+praying-for-enemies.html>, **The Bible:** Matthew 5:44, "Wounded By Love" by Elder Porphyrios

Supplies: coloured paper, markers, scissors.

Review: Praying for other people is a good way of showing our love and care for them, as God knows everyone's needs and He will response accordingly.

Follow Up: Set time during the week to pray for the people you wrote their names down in your praying hands.