









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
11	2	3	HOLINESS	PRAYER	45: Praying with our bodies

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 <input checked="" type="checkbox"/>	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: Lord's Prayer

Starter: The Leader writes on a board the words "body" and "prayer". The students are separated into 2 groups. Each group has 2 minutes to write words connected to both. The leader of the group then reports group results. The winner is the group with more relevant words.

Learning objectives: How and why do we pray with our bodies? To understand that the man is a spiritual and physical being in the same time, and therefore participate in the prayer in spirit, and body in the same time.

Core Activities and Learning

- Praying with our bodies - these are the postures, gestures, and bodily positions that accompany our prayers. When, how and why do we make them? The leader distributes to the students images with different postures and asks them to say what they know already about these.
 - Kneeling
 - Small Prostration (metania)
 - Full Prostration
 - Raising/lifting hands
 - Standing
 - Kneeling
 - Sign of the cross
- Leader shows this video:- <https://www.youtube.com/watch?v=vFBH1Ws2VmY> (Revisit the point above)
- Discussion: The Importance of the body participation in the prayer (here the leader can make a point that the correct posture is important not because God wants it or will punish us for inaccuracy but because the position of the body affects the state of mind and determines the emotions or emotional state), Prayer is hard work. Here the leader can say that the prayer is never easy for the body. By making effort, (standing, bowing, kneeling) we bridle our flesh and control our passions. The Holy Fathers considered that difficulty in prayer, tiring the body, is the first step to true prayer. It was no accident that the ancient Fathers said: "If the body does not labour in prayer, then prayer will remain fruitless." In the Holy Scriptures, the typical posture of prayer is standing. Jesus said, "When you stand, praying..." (Mark 11:25)
- Activity: Ask the students to think for one thing they shouldn't do or it is not right to do during prayer (for example: do not shift from one foot to the other, do not do fussy movements, do not keep your hands in your pockets, cross your legs if sitting or put your hands behind your back etc). Write these on the board and discuss them. Why is this so important? During prayer we are standing in front of God and any frivolous behaviour is not appropriate.
- End piece: Stand up, bow your heads and keep a minute in silence. Full prostrations or metanias may also be used. Make sure you have an appropriate place in which to pray, preferably with icons and candles.

Resources: <https://www.youtube.com/watch?v=vFBH1Ws2VmY>

Notepaper for the students, pencils / pens, Icon: st-seraphim.jpg

Review: Why do we pray with our bodies?

Follow Up: Encourage students to talk about the way they pray with their bodies at home.