









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
12	2	3	HOLINESS	STRUGGLE	50: Soul Friends

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: Soul friends are people who can help us on our journey toward the Kingdom of God. Ask the students who do they think their 'Soul friends' are.

Learning objectives: To explore spiritual parenting in the Church. To understand that as every person has a biological father and mother, Orthodox Christians are also called to have spiritual fathers and mothers to help and lead them in their spiritual journey.

Core Activities and Learning

1. The Leader explains spiritual fatherhood in the new Testament. For example St. Paul the Apostle being the spiritual father of the Churches he wrote to – the Corinthians, the Ephesians, the Thessalonians, etc. In 1 Corinthians 4:14, he tells them: "I do not write these things to reprimand you, but to advise you as my beloved children. For even if you have ten thousand teachers in Christ, you do not have many fathers; for I have begotten you in Jesus Christ, through the Gospel." Paul is not just a guide; he is the spiritual father of them all.
2. How is it for us now? Why do we need a spiritual father or mother? Orthodox Christians have (if they can) spiritual fathers and mothers who provide help and good counsel in their Christian lives and in carrying out spiritual warfare. It is a dangerous thing to fight with support and guidance. We can delude ourselves into thinking that we are doing good when, in fact, we are not.
3. Discussion: What should be our attitude toward soul friends? Should we always obey them or follow their advice?

Resources: Resource for Leader:

https://www.ancientfaith.com/podcasts/illuminatedheart/the_spiritual_guide_in_eastern_orthodoxy

Review: "If there is a mutual respect and Christian love, both will grow in Christ –the spiritual father and child."

Follow Up: Each time when you have difficulties or doubts, remember you can always ask your spiritual father or mother, the friend of your soul for help.