








## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
17	2	3	HOLINESS	Holiness in the Church	75: Gentleness and Self-Control

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:** Trisagion Prayers

**Starter:** “Self Control – unaided, the self cannot control the self.” Do you agree?

**Learning objectives:**

1. To understand the problematic nature of self-control without divine grace, a firm resolve and accountability.
2. To appreciate the therapeutic value of gentleness exercised in the name of Christ.

### Core Activities and Learning

1. SELF-CONTROL: How do we resolved the paradox of the self not being able to control the self?

<sup>12</sup>Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; <sup>13</sup>for it is God who works in you both to will and to do for His good pleasure.

How does this text clarify the problem and offer a solution?

2. PRIVATE EXERCISE: On a small piece of paper given to each student, he or she writes a down an aspect of life over which he or she would like more control. This is put away privately in a purse, wallet or bag. This task is performed in absolute silence (3 minutes).
3. GENTLENESS: Perhaps this fruit of the Spirit is best paralleled in the Beatitude (Matthew 5:5): “Blessed are the meek for they shall inherit the earth.” The essential meanings convey humility, gentleness, without exercising power over others. Powerlessness is the status. Humility the attitude. Gentleness the behaviour.

Activity: Get the students to think about one or two people they personally know who are “gentle” in this sense. Without naming these individuals the students, in turn, should describe their characters.

How can we develop a spirit of gentleness more strongly in our lives?

**Resources:** Note paper, pens.

**Review:** Holiness requires that we exercise self-discipline and put God and others before ourselves. We need to rely on God in our efforts to acquire a spirit of humility and gentleness, two of the fruits of the Holy Spirit working in our lives.

**Follow Up:** See Private Exercise (2-above). This week, try to make some progress on your personal target.