









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	4	CELEBRATIONS.	FASTING IN THE CHURCH YEAR	21: Little Lent (Advent)

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:** We praise You, we bless You, We give thanks to You and we pray to You, Lord our God. – Divine Liturgy.

**Starter:** Ask the children to share the things an athlete must do to prepare for a race. Linking this into the self discipline required for a fast.

**Learning objectives:** To learn why we fast before major celebrations of the Church's year, and in this case, Advent before Christmas.

### Core Activities and Learning

**Ask** children: "What are the two main celebrations of the Church's Year?"

**Say** that we fast before major Church Feasts especially Pascha (Easter); Saints Peter and Paul; Dormition of the Mother of God and the Nativity of our Lord.

**Explain** why it is good for Christians to fast before the feasts:

- we learn to say no to ourselves so that we can say yes to God.
- Self-denial in fasting before a feast makes us appreciate and value the feast even more.
- we can honour the fast, spend more time in prayer, and make a conscious effort to love our neighbours as ourselves.
- the time of prayer and fasting before Nativity reminds us that we, as Orthodox Christians, are given the immense and unthinkable blessing, privilege, and honour of receiving the Incarnate Christ, the Word made flesh and especially in Holy Communion.

St. Symeon of Thessaloniki (ca. A.D. 1381–1429) wrote: "The Nativity Forty-day Fast represents the fast undertaken by Moses, who — having fasted for forty days and forty nights — received the Commandments of God, written on stone tablets. And we, fasting for forty days, will reflect upon and receive from the Virgin the living Word — not written upon stone, but born, incarnate — and we will commune of His Divine Body.'

### Craft activity:

Ask the children to design a greetings card entitled: "Have a blessed Advent!" Have them decorate it appropriately to show they have understood the positive aspect of fasting before Christmas. Suggest they include references to prayer and giving to the poor and the homeless.

**Resources:** Supplies: card, scissors, colouring pens or pencils.

**Review:** Fasts train us in goodness and help us to celebrate the feasts that follow them.

**Follow Up:.** Think about the things you do that are not pleasing to God and your parents.

Pray to God for help so that you may overcome them.