

## FOLLOWERS - LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	4	CELEBRATIONS	FASTING IN THE CHURCH YEAR	22: Great Lent (1 <sup>st</sup> and 2 <sup>nd</sup> Sunday)

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:** Christ my God, set my heart on fire with love in You, that in its flame I may love You with all my heart, with all my mind, and with all my soul and with all my strength, and my neighbour as myself, so that by keeping Your commandments I may glorify You the Giver of every good and perfect gift. Amen.

**Starter:** From the beginning, Orthodox Christians have used icons in worship. What is an icon? How do we use it? Share ideas.

**Learning objectives:** To learn what we celebrate on the first two Sundays of the Great Lent and why.

### Core Activities and Learning

**Briefly explain:** An icon is a holy image that we use during prayer, as a reminder of the All-Holy Trinity (God), the Panagia, (the Ever-Virgin Mary, Theotokos), of holy people (Saints) or holy events, such as the Twelve Holy Feast days of the Church.

**Explain** to children that the first Sunday in Lent is known as the Sunday of Orthodoxy. For over 100 years, icons were banished from Christian worship by the Iconoclasts and either destroyed or desecrated. On this day, we commemorate the triumph of Orthodoxy in the restoration of the holy icons to their proper veneration in the life of the Church. This restoration took place at the beginning of Great Lent in the year 843 AD. Every year, at the Sunday of Orthodoxy, we have a procession of the icons around the church to celebrate the restoration of images in the Church.

**Ask** children Do we worship icons? No, we don't. We venerate icons, which means we honour them.

**Explain** that back in the year 726 AD, a heresy arose in the Church which undermined belief in the Incarnation..

**Ask** children, do you know what a heresy is? A heresy is a wrong teaching. One wrong teaching that arose in the year 726 was known as "iconoclasm." That meant the destruction of icons. Why did iconoclasm happen? Sadly, because some people thought the Christians were worshiping icons. Even some people who called themselves Christians thought it was wrong to venerate icons. However, to venerate means to respect or honour. It does not mean to worship. We worship only God. The heresy also rejected Orthodox belief that the coming of Christ in the flesh has made it both possible and desirable to depict Him (and the saints) in Christian art.

**Say** that the second Sunday of Lent was acclaimed as a second Triumph of Orthodoxy, as we celebrate the teachings of St. Gregory Palamas, the condemnation of St. Gregory's enemies and the vindication of his teachings by the Church.

One of the main teachings of St Gregory is that everyone can experience God.

**Discuss with the group** the words of the St: 'every day we should stand in awe of Him, as He is with us, and do what is pleasing before Him. If we are unable now to perceive Him with our physical eyes, we can, if we are watchful, see Him continuously with the eyes of our understanding, and not just see Him, but reap great benefits from Him. This vision destroys all sin, demolishes all evil, and drives away everything bad. It gives birth to purity and dispassion, and bestows eternal life'. + St. Gregory Palamas

**Group activity:** Bring the icon of the Sunday of Orthodoxy. Ask children to describe what they see. Input to what they say. For your answer, you can see the link below.

[http://lent.goarch.org/sunday\\_of\\_orthodoxy/learn/](http://lent.goarch.org/sunday_of_orthodoxy/learn/)

**Resources:** <http://otftd.blogspot.co.uk/2013/03/a-lesson-on-sunday-of-orthodoxy.html>  
[http://lent.goarch.org/sunday\\_of\\_orthodoxy/learn/](http://lent.goarch.org/sunday_of_orthodoxy/learn/), [http://lent.goarch.org/saint\\_gregory\\_palamas/learn/](http://lent.goarch.org/saint_gregory_palamas/learn/)  
<http://www.antiochian.org/stgregorypalamassunday>

**Review:** The first Sunday of Great Lent we celebrate the Triumph of Orthodoxy, and the second Sunday we commemorate a very important Holy Father of our Church, St Gregory Palamas.

**Follow Up:.** Bring an icon that has a special meaning to you and explain to the others why.