









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
18	2	4	CELEBRATIONS	Athonite Saints	77: St Athanasios of Athos

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	Natural N

Tick the appropriate box(es) above [ copy this: ☒ ] for the modes of learning being used in this session.

**Prayer:** Trisagion Prayers

**Starter:** In what situations in life is endurance called for?

**Learning objectives:** To have a general biographical knowledge of St. Athanasios of Athos; how he became a saint and his contribution to the life and witness of the Orthodox Church

### Core Activities and Learning

- Warn the students that in the reading of the Life of the Saint. We are focussing on how the saint dealt with temptation. They should listen carefully for lessons to be learned.  
<http://antiochpatriarchate.org/en/page/saint-athanasius-of-athos/639/>
- Outline together the major challenges and temptations St Athanasios had to face in his life.
- What is required above all else in the monastic life is stability in order to be thoroughly grounded in the love of God. "Giving up" is simply not an option. This is the major temptation that we must ALL overcome.

How can we develop aspects of "stickability", endurance and perseverance to the end in our own lives? Read the following from 2 Peter 1 (5-11) to help you with this question.

<sup>5</sup> But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, <sup>6</sup>to knowledge self-control, to self-control perseverance, to perseverance godliness, <sup>7</sup>to godliness brotherly kindness, and to brotherly kindness love. <sup>8</sup>For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. <sup>9</sup>For he who lacks these things is short-sighted, even to blindness, and has forgotten that he was cleansed from his old sins. <sup>10</sup>Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; <sup>11</sup>for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ.

**Resources:** None required

**Review:** St Athanasios played a key role in developing the monastic life on Mt Athos and we generally date the growth of the monastic life on the Holy Mountain from his time in the 10<sup>th</sup> century.

**Follow Up:** Research for the following session St Silouan the Athonite.