









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	4	CELEBRATIONS	FASTING IN THE CHURCH YEAR	23: Great Lent (3 rd & 4 th Sundays)

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: Bring or print from ladder-divine-ascent.jpg the icon of the Ladder of Divine Ascent and discuss what is happening. For your answers, you can visit the following link: <https://iconreader.wordpress.com/2011/04/03/the-ladder-of-divine-ascent-icon/>

Learning objectives: To learn what we celebrate on the Third and Fourth Sunday of Great Lent with application to life.

Core Activities and Learning

Say that on the Third Sunday of Great and Holy Lent, the Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Saviour Jesus Christ.

Refer to the following points:

- Services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week.
- the Cross stands in the midst of the church in the middle of the Lenten season to remind Christians of Christ's redemption and to keep before them the goal of their efforts, which is spiritual growth through fasting, praying and offering to people in need.

On the Fourth Sunday of Lent we celebrate St. John Climacus (Ladder), who wrote The Ladder of Divine Ascent.

Say here a few words for the Saint: St. John was born around the year 570. When he was sixteen, he went to the Monastery of St. Katherine at Mount Sinai. Four years later, St John was tonsured as a monk. He later spent forty solitary years in the desert. Toward the end of his life, the Lord granted him the gifts of prophecy and wonder-working.

Explain that St John of Climacus is the writer of "The Ladder of Divine Ascent" for monks who wished to attain spiritual perfection. These steps apply to everyone though, not only to monks. St John of Climacus talks about "a ladder fixed on the earth" (Gen. 28:12), leading people to the gates of Heaven. The thirty steps of spiritual perfection correspond to the thirty years of the Lord's age. The Ladder begins with the renunciation (rejection) of the world, proceeds gradually from strength to strength on the path of perfection, and ends with God, Who is love.

Activities

(Lent 3): Discuss with the children how Christ has saved us on the cross through both forgiveness and his victory over sin, evil, suffering and death (in the resurrection).

(Lent 4): Two column lists on the whiteboard; one column headed temptations, the other, virtues. Children contribute ideas for each column.

Resources: http://lent.goarch.org/sunday_of_the_cross/learn/
<https://iconreader.wordpress.com/2011/04/03/the-ladder-of-divine-ascent-icon/>

ladder-divine-ascent.jpg

Review: On the third and fourth Sundays of Great Lent we celebrate the Veneration of the Cross and St John of the Climacus (Ladder).

Follow Up: Write a list of things that you can do to come closer to God.