









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
18	2	4	CELEBRATIONS	Athonite Saints	78: St Silouan 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 <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: What does it mean to hunger and thirst for God?

Learning objectives: To appreciate the value of the life and sayings of St Silouan the Athonite.

Core Activities and Learning

Listen to the life of St Silouan here:- <https://youtu.be/udAE0k-MiTu> (as much as you have time for but at least the first 15 minutes).

4 Quotations from St Silouan – divide the group for an equal number of students to choose a study just one saying. After 10 minutes study together each subgroup explains to the whole group the meaning of the saying for our Christian lives.

- Those who dislike and reject their fellow-man are impoverished in their being. They do not know the true God, who is all-embracing love.
- Keep your mind in hell and do not despair.
- The soul that is in all things devoted to the will of God rests quiet in Him, for she knows of experience and from the Holy Scriptures that the Lord loves us much and watches over our souls, quickening all things by His grace in peace and love. Nothing troubles the man who is given over to the will of God, be it illness, poverty or persecution. He knows that the Lord in His mercy is solicitous for us. The Holy Spirit, whom the soul knows, is witness therefore. But the proud and the self-willed do not want to surrender to God's will because they like their own way, and that is harmful for the soul.
- The condition of peace among men is that each should keep a consciousness of his own wrongdoing

Commentary on (2) above by Fr Vasile Tudora:

"The difficulties of life, the hardships are assumed as part of our fallen existence. Our bodies and our minds suffer the torments, but this is nothing but a temporary stage. The ascetic Fathers considered them as tests on par with the athletic exercises, very useful in practicing and improving the powers of the soul like patience, kindness, hope, faith and so forth. We keep our mind in hell when we consciously assume the pain of living in a fallen world, when we learn from this passing agony to avoid the even greater torture of an eternity without Christ. But there is hope in this suffering because Christ himself has suffered them first and has opened for us a way out of despair, a way out of pain, a way out of death. Christ is the well of life, the bread of eternity, and the only Man we need.

So as Christians we keep our minds in hell and we despair not, but courageously give glory to God in all things, even in pain, hoping, always hoping, in our Saviour, the only One who can take us out of the brink of despair and set us for a new life in Him. In Him we put our hope, in Him we find our purpose, and on Him we set our goal."

NOTE: Although this is a legitimate interpretation of the saint's teaching it needs to be balanced by what appears to be the correct context in which he taught this – an experience of demonic attack when he tried to deepen his prayer. We should acknowledge that the saying also means that we should acquire a deep humility in order to be able by God's grace progressively to free ourselves from temptations, colloquially, "to face hell down with humble love."

Resources: Tablet or laptop for the audio soundtrack of the Youtube video.

Review: St Silouan teaches us to trust in God through even the most challenging times of life and never to despair. Also, acquiring humility is the best way of defeating evil in our own lives.

Follow Up: Research the life of St Porphyrios for the next lesson.