







FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
11	2	4	CELEBRATION	SAINTS OF THE BRITISH ISLES AND IRELAND	44: Protomartyr, St Alban

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 <input checked="" type="checkbox"/>	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: Lord 's Prayer

Starter: The Leader needs a small, light ball. This is thrown to a student and he/she calls out one thing he/she remembers from the previous lesson and St David's life. Then the student throws the ball to a classmate and the process is repeated.

Learning objectives: To be acquainted with St Alban's life and the lessons his life imparts

Core Activities and Learning

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1. Life of the saint known as the British Protomartyr, (the first known Christian to die for his faith). The leader tells the St Alban's life story in summary form. Resource: https://en.wikipedia.org/wiki/Saint_Alban
2. <https://oca.org/saints/lives/2016/06/22/101785-st-alban-the-protomartyr-of-britain>
3. Activity: The leader reviews with the students St Alban's miracles. What impact did they have on the executioner, the judge and others? It is very important to say that after his death the judge who witnessed these events was so moved that he ended the persecution of Christians and began to honour the saints.
4. Discussion: Ask the students what they think about the saint and what they like most about him? Why? What lessons can they learn for their own lives from St Alban? What do they think about St Alban's words: "I worship and adore the true and living God who created all things." Share ideas.
5. Read or preferably sing together:

Troparion — Tone 4

In his struggle your holy martyr Alban, / Gained the crown of life, O Christ our God. / For strengthened by you and in purity of heart, / He spoke boldly before the judges of this world, / Offering up his head to you, the Judge of all!

Resources: Pens and paper for note taking.

Review: St Bede states that miracles were still occurring in his lifetime at the intercession of England's protomartyr.

Follow Up: Explore the life of Saint Amphibalus and Saint Heraclius. Explore also Saints Aaron and Julius, the protomartyrs of Wales.