









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
15	2	4	Celebrations	Western European Saints	63: St Benedict

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:** Gracious and Holy Father, Please give me: intellect to understand you, reason to discern you, diligence to seek you, wisdom to find you, a spirit to know you, a heart to meditate upon you, ears to hear you, eyes to see you, a tongue to proclaim you, a way of life pleasing to you, patience to wait for you and perseverance to look for you. Grant me a perfect end, your holy presence, a blessed resurrection and life everlasting. (A Prayer of St Benedict)

**Starter:** "The first degree of humility is prompt obedience." (St Benedict) what is the relationship between humility and obedience? How can humility lead to obedience?

**Learning objectives:** - To learn about St Benedict's life and how we can profit from his teaching and example.

### Core Activities and Learning

- **A student reads** the story of St Benedict from **Resource Sheet 63A**.
- **Review the story of St. Benedict.** What do the students think of St Benedict's decision of leaving the rich and comfortable life and looking for a place where he could be alone with God? Do we sacrifice anything in our life in order to be closer to Jesus? In order to see Him and listen to Him much more clearly?
- **Distribute Worksheet 63B.** Each student is allocated or chooses one of St Benedict's prayers.

The students are given 10 minutes with paper and pen to note down **five of the prayer points that strike them most on a personal level**. Each student then shares his or her findings with the group.

**Ground Rules:** No passing judgement on each other's contribution and comments from others restricted to more general and helpful observations.

**Resources:** Resource Sheets 63A and 63B

**Review:** St Benedict came to faith when he became disgusted with the terrible lifestyle of paganism. If we are already Christians we must be brave to sacrifice anything that keeps us away from God.

**Follow Up:** Research the life of St Leo the Great