







FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
3	2	4	CELEBRATIONS	SPECIAL TIMES	4: Sad times in church

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	Spatial S <input checked="" type="checkbox"/>	Kinaesthetic K	Musical M <input checked="" type="checkbox"/>	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: Blessed be God, the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort, who comforts us in all our troubles. Amen.

Starter: Love one another. Children will sit in a circle. The teacher says: "We're going to say, 'love one another' in many different ways. Listen closely and say 'love one another' in the way I tell you". Use a variety of ways, such as: Let's whisper, let's shout, let's sing, let's say it slowly, let's say it really fast, let's say it all together one more time.

Learning objectives: To learn that each one of us have an inner desire to know God and to love Him, so we should pray for the Holy Spirit to reside within us and reveal the glory, the mercy and love of our Creator. To learn that the love of God towards us and His presence in our hearts and in our body when we partake of the Holy Communion, is a great comfort to someone experiencing sadness or pain.

Core Activities and Learning

1. The teacher will tell the children that each one of us have an inner desire to know God and to love Him, so we should pray for the Holy Spirit to reside within, and progressively reveal the glory, the mercy and love of our Creator. Explain to children that all people should be surrounded by both love and prayer; love, so that we may feel wanted and secure; prayer, not only for our physical wellbeing but for our spiritual growth. The teacher will tell children that we all experience sadness in our lives and will be giving them a tangible and personal story of how God offered comfort that will help them understand better how He can heal emotional injuries and strengthens the relationship with Him. Then the teacher will encourage them to share a similar example of when they felt sad and how God comforted them during that time (e.g. lost a toy or a pet). The teacher will tell children that times of grief and sorrow could visit every person at some point in time but because we have the Holy Spirit within us, we have hope that keeps us. The teacher will explain to children how we can navigate our feelings of sadness by labelling the emotion, validating the feeling, and helping them unravel the reason behind the emotion of sadness and ways to work through it. The love of God towards us and His presence in our hearts and indeed in our body when we partake of the Holy Communion, is a great comfort to someone experiencing sadness or pain. Whether it be physical pain or emotional pain, the word of God will comfort those that truly seek Him.

"The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold." (Psalm 18:2) "The LORD is near to the broken hearted and saves the crushed in spirit." (Psalm 34:18)

2. The teacher will tell children that in His time on earth, even Jesus felt sadness, such as when a loved one died and when a friend betrayed Him. (See Matthew 26:14-16; John 13:26-30; Mark 14:12-26). God won't always stop the sad times, but He will always be there with us through them. When we believe in God and seek His comfort during times of sadness, He will wipe away our tears and send us joy after the sad times. The teacher will talk to children about thanking God for sending His Son, Jesus, so that when we feel sad we can find comfort in Jesus' arms. Encourage children to pray to God and worship Him even during sad times. Whether singing "sad" worship songs or joyful ones, singing to God increases feelings of happiness. The teacher will encourage children to sing a song to God next time they feel sad. "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13)

3. Children will be encouraged to create a paper heart garland by using paper hearts cut outs. Paper hearts can also be decorated by children before making the garland. While the children are making the garland, the teacher will offer guidance and also will talk through, reminding the children that God has sent His Son, Jesus, so that when we feel sad we can find comfort in Jesus' arms.

Resources: Icon of Jesus loves the children, paper hearts cut outs, art materials

Review: God loves us and comforts us in our sorrows because in Christ He has experienced those sad times Himself.

Follow Up: In the next session we will learn more about hopeful times in Church.