









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	2	4	CELEBRATIONS	FASTING IN THE CHURCH YEAR	25: Fasting Connections

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: Ask children: What is fasting? Does anyone remember what we said in previous lessons about fasting?

Learning objectives: To learn about the connections between fasting and alms giving; between fasting and prayer; fasting and the Eucharist.

Core Activities and Learning

Remind children what fasting is (we covered the subject in Term 2 Module 3). Also, remind them that we fast to help us get closer to God.

Explain the following points:

- When we pray and fast, our minds are clearer and we can think about talking to God.
Refer to the words of Jesus in Matthew 6.16–18.
- When we pray and fast, we must show love through active generosity to others (almsgiving/giving to the poor).
Refer to the words of Jesus in the Gospel Matthew 6.1–4.
Refer to the teaching of Saint John Chrysostom, who says that no one can be saved without giving alms and without caring for the poor. Saint Basil the Great says that a man who has two coats or two pair of shoes, when his neighbour has none, is a thief. All earthly things are the possessions of God.
- We prepare our hearts and minds to focus on the meaning of the Eucharist; the receiving of the Holy Body and Blood of Jesus Christ. We fast on Wednesdays and Fridays and prior to the day of the Holy Communion, to focus on God. Also, we appreciate more the meaning of the Holy Communion, when we sacrifice something small like food, and pray more to God.

Craft activity: Colour in the sheet “grace-to-achieve.jpg”

Resources: The Bible, Matthew 6.16–18, Matthew 6.1–4

<https://oca.org/orthodoxy/the-orthodox-faith/spirituality/prayer-fasting-and-almsgiving>

Supplies: Colouring pen or pencils.

grace-to-achieve.jpg

Review: Fasting, prayer and almsgiving are a bridge to lead us to fuller participation in the life of Christ.

Follow Up: What does almsgiving mean and why we do it?