









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
13	2	4	Greek Fathers	Saint Gregory Palamas	55: The Life and Teachings of Saint Gregory Palamas

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 <input checked="" type="checkbox"/>	Musical M	Intra - personal P1	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 Jesus Christ, my God, You have said, "Apart from me You can do nothing." In faith we embrace Your words, Lord, and we entreat Your goodness. Help us to carry out the work we are about to begin, and to bring it to completion. To You we give glory, Father, Son and Holy Spirit. Amen.

Starter: Have you ever been on a pilgrimage or at least have you undertaken a journey for your spiritual fulfilment? Illustrate the way you feel about it drawing an imaginary journey using random objects in the classroom. Explain.

Learning objectives: learning about the life and teachings of Saint Gregory Palamas

Core Activities and Learning

1. Give each student the map on the Resource Sheet (55), then tell them about Saint Gregory Palamas' life. Ask the students to identify the places you mention and the events or persons related to them. If there is time, explain briefly the expansion of the Ottoman Empire and show its borders during St Gregory Palamas' life. Remind students that Constantinople is now called Istanbul.
2. There are around 1,000 km from Constantinople to Mount Athos and approx. 1,100 km from Calabria to Mount Athos. Ask students to discuss in pairs or groups the journey from both locations to Athos: how did the two theologians (Barlaam and Gregory) travel? What dangers were on the way? Which routes did they take? Barlaam also travelled to Mount Athos, but did he have the same goals as Saint Gregory Palamas? Why/ why not? Was Barlaam's journey fruitful? (Questions can be added as the discussion goes on).
3. Contemplative prayer: ask students to reflect on the meaning of contemplative prayer. Do they (incorrectly) associate it with non-Christian/ New Age practices? Contemplation is often mistaken for mindfulness, in which today's society recognizes the need to 'shut down' the world for a couple of minutes a day, for the benefit of one's health and wellness. Why is it contemplative prayer more than mindfulness? What are we expected to do when we pray contemplatively? (see the quote on Resource Sheet 55).

Resources: Resource Sheet 55, paper, pens

Review: Saint Gregory Palamas preferred contemplative prayer over a rational understanding of God, and his very convincing stance is explained in his books, which are studied up to this day.

Follow Up: Reflect (and perhaps even pray): where would you like to go on a pilgrimage and why? How would you plan your journey effectively?