









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	3	5	CHRISTIAN LIVING	FOLLOWING CHRIST	21: In His teaching

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: O God of truth, prepare our minds to hear and heed your holy word; fill every heart that longs for you with your mysterious presence, Lord. Almighty Father, with your Son and the blessed Spirit; hear our prayer. Amen.

Starter: Ask children: Do you remember any of the ten Commandments? Which was the most important that Jesus highlighted as recorded in the New Testament? (“Love the Lord your God with all your heart and with all your soul and with all your mind.”)

Learning objectives: To learn the importance of knowing and applying the teachings of Christ in our Christian life.

Core Activities and Learning

Say that as Christians, we are to follow the teachings that Jesus gave us. Prayer and reading the Scriptures therefore are essential.

Explain that It is through the Holy Scripture and the teachings of the Church Fathers that we develop our faith in God and we are able to follow His teachings and commandments.

Bring some examples from the teachings of Christ in the Bible and ask how can we apply these in our life?

- Read from the Gospel, **Mark 12:28-31 or Matthew 22:37.**
Explain how important it is to keep this Commandment of our Lord. Highlight the meaning of Love for God and other humans.
- Read from the Gospel, **Matthew 16:24-26.**
Explain that to be a Christian is to deny oneself. To deny oneself means: to give up one's bad habits, to root out of the heart all that ties us to the sin. The second duty is to take up one's own cross. The word “cross” means sufferings, sorrows and adversities. To “take up one's cross” means to accept without complaint everything unpleasant, painful, sad, difficult and oppressive that may happen to us in life so that we might become unstoppable in following Christ to salvation. This can happen only with the help of God, therefore we should pray for His help and guidance.

Group Activity: Print the worksheet and distribute to the children. Ask them to find the hidden text message from the Bible.

Resources: The Bible: Mark 12:28-31, Matthew 16:24-26.

Review: As Christians, we are to follow the teachings that Jesus gave us. In the Bible and the Church Fathers, we can read and learn about all the teachings of Jesus, and apply these teachings in our lives.

Follow Up: Memorise the verse from Matthew 22:37. “Love the Lord your God with all your heart and with all your soul and with all your mind.”