








## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
8	3	5	CHRISTIAN LIVING	BELIEVING IN CHRIST	29: As my example

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 heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

**Starter:** Ask children: Is there a person that you admire and want to follow his/her example?

**Learning objectives:** To learn that Jesus Christ is the perfect example of life and behaviour, and how to apply His example to our life.

### Core Activities and Learning

**Introduction:** “Jesus lived a perfect life. We cannot, of course, equal his performance. We can, however, make greater progress toward it by emulating him than in any other way.” To do this of course, we need the grace and power of God.

**Ask** children to name some of Jesus’ qualities and traits that we can follow, as an example in our life. List their suggestions on the whiteboard and discuss examples of these traits.

**Explain** that in all things Jesus Christ set the example for us to follow. We have been commanded to follow him. When we are obedient to that commandment, we will feel great joy in our lives. Refer to the list on the whiteboard.

Some of these could include:

- Meek and humble. See in **Matthew 11:29** “Accept my work and learn from me. I am gentle and humble in spirit. And you will find rest for your souls, and in **Philippians 2:8** “And when he was living as a man, he humbled himself and was fully obedient to God. He obeyed even when that caused his death—death on a cross.”
- Resisted temptation. See in **Matthew 4:1–11**. (Jesus resisted the temptations of Satan).
- Loved and served others. See in **Mark 1:40–44** (Jesus healed a leper). **John 11:20–46** (Jesus raised Lazarus from the dead.)
- Compassionate to the others. See in **John 11:33-36**, (Jesus felt compassion for the sisters of Lazarus Martha and Mary, and wept with them.)

Ask children:

- How can we show humility in our lives? (For instance, we can be obedient to our parents and to God’s commandments; we can place the needs and righteous wishes of others above our own.)
- What are some everyday ways we can follow the Saviour’s example?
- How can Christ’s example help you overcome temptations to sin?

**Group activity:** Encourage children to make a list with goals that will help them become more like Jesus Christ by following his example. Challenge them to change how they do things.

**Resources:** The Bible: Matthew 11:29, Philippians 2:8, Matthew 4:1–11, Mark 1:40–44, John 11:20–46, John 11:33-36.

**Review:** Christ is the best example we can follow in our life. In the Bible, we can see all the virtues we should develop to become like Him.

**Follow Up:** What things did you manage to change this week to become more like the example of Jesus?