









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
8	3	5	CHRISTIAN LIVING	BELIEVING IN CHRIST	30: As my Life

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 <input checked="" type="checkbox"/>	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: Print and distribute the words of the following song to the children <https://www.youtube.com/watch?v=IIBUwLjXlyQ>

Learning objectives: To learn the importance and meaning of believing in Christ as the source of Life.

Core Activities and Learning

Introduction: Christ is the source of Life for us, and not only earthly Life, but eternal also in His Kingdom. In your teaching, you can refer to the following Bible verses, which show that Jesus is the source of Life, and that our life belongs to Him:

- "Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory." Colossians 3, 2-4
- Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." John 14:6.
- Jesus calls us to seek after the life He promises. Even if we have to give up other things, it will be worth it. "But small is the gate and narrow the road that leads to life, and only a few find it" (Matthew 7:14). "For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul?" (Matthew 16:25-26).
- Jesus came to give us life. Jesus is the Life, and he came to give us that same life. "I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (John 10:9-10).

Highlight the following words from the Divine Liturgy of St Chrysostom: "Commemorating our most holy, pure, blessed, and glorious Lady, the Theotokos and ever Virgin Mary, with all the saints, let us commit ourselves and one another and our whole life to Christ our God."

Ask the children: how do we commit our whole life to Christ our God? Allow answers and give examples: We attend church, we pray, we participate in the Holy Sacraments, we read the Holy Scriptures and the lives of Saints, we listen and respect our parents and teachers, we show love and interest to people.

Group activities: Print and distribute to the children

https://www.sermons4kids.com/john_14v6_colorpg.pdf
https://www.sermons4kids.com/i_am_the_way_crossword.pdf

Resources: The Bible: Colossians 3, 2-4, John 14:6, Matthew 7:14, Matthew 16:25-26, John 10:9-10. <http://myocn.net/let-us-commit-ourselves/> <http://stgeorgegoc.org/pastors-corner/fr-ricks-sermons/committing-our-whole-life-to-god>

Materials: colouring pens and pencils.

Review: Jesus Christ is the Way, the Truth and the Life for us. He is the only source of life that connects us with God the Father.

Follow Up: How do we "commit ourselves and one another and our whole life to Christ our God."?