






## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
9	3	5	CHRISTIAN LIVING	RECEIVING THE HOLY SPIRIT	32: By confessing my sins

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 <input checked="" type="checkbox"/>	Intra - personal P1 <input checked="" type="checkbox"/>	Inter – personal P2 <input checked="" type="checkbox"/>	Natural N <input checked="" type="checkbox"/>

Tick the appropriate box(es) above [ copy this: ☒ ] for the modes of learning being used in this session.

**Prayer:** The Lord's Prayer.

**Starter:** Interactive activity: Pair the children. One of them will wear a heavy bag you brought on his/her shoulders. The other child will wait for a while and then he will take the heavy bag off the other's shoulders. Change roles now with your partner. **Ask:** How did you feel to have these heavy loads on your back, and how did you feel when the other person remove that load from you? That's the way we feel before and after confession. The load is our sins and the one who takes away the load from us is Christ.

**Learning objectives:** To learn how the Christians receive the Holy Spirit through the Sacrament of Confession, and the meaning of confessing our sins and receiving Lord's forgiveness.

### Core Activities and Learning

**Ask** children: Does anyone remember from the previous lessons what are the Holy Sacraments? Do you remember any of them? **Briefly remind** children what is Sacrament. "A sacrament is a holy action, the visible sign through which God's invisible Grace is communicated to the believer." There are 7 main sacraments: Baptism, Chrismation, Confession, Communion, Ordination, Marriage, and Holy Unction.

**Read** the "Prayer of Absolution" to the children.

(ABSOLUTION: GREEK TRADITION) - "May God Who pardoned David through Nathan the Prophet when he confessed his sins, Who pardoned Peter who wept bitterly for his denial, the Harlot who wept at His feet, the Publican and the Prodigal, forgive you all things, through me a sinner, both in this world and in the world to come, and set you uncondemned before His terrible Judgment Seat. Now, having no further care for the sins which you have confessed, depart in peace."

(ABSOLUTION: SLAV TRADITION) – "May our Lord and God Jesus Christ, through the grace and bounties of his love towards mankind, forgive you my child, [NAME], all your transgressions; and I, an unworthy priest, through the power given to me by him, do forgive and absolve you from all your sins: In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Explain** the meaning of the word **absolution**.

**Say** that this is the prayer that the priest read to us at the end of the Confession.

**Ask** children: who does God sent to us for the forgiveness of our sins during the Sacrament of Confession?

**Say** that during the Sacrament of Confession, we receive the forgiveness of our sins with the power of the Holy Spirit.

**Explain** that we need to be able to truly repent for our sins in order to receive forgiveness, and be able to forgive the sins of other people to us, if we want our sins to be forgiven by God.

**Group activity:** Make a "muddy picture".

Bring from home some mud from your yard or use brown finger paint. Have each child colour a picture of his own face on a paper plate. Cover the plate with plastic wrap, taped securely on the back of the plate. Remind them that we are all to shine with the love of Jesus so everyone can see Jesus in us, just like the shiny face. Then have the children smear the face with "mud", covering their face and making it unrecognizable. Can anyone see Jesus in us now? This is how we are when we are covered with sin. Now wipe off the mud. We are clean again! This is like confession; each time we get dirty, so people can no longer see Christ in us, we are forgiven and clean again.

**Resources:** <http://www.orthodoxabc.com/faith-sacraments/>

**Materials:** mud or brown finger paint, paper plates, plastic wrap, color pens or pencils.

**Review:** God forgives our sins during the Sacrament of Confession with the power of the Holy Spirit.

**Follow Up:** write on a list some wrong things you have done. Do you feel sorry for doing them? Are you willing to stop doing them in the future?