









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
9	3	5	CHRISTIAN LIVING	RECEIVING THE HOLY SPIRIT	33: By receiving Holy Communion

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: The Lord's Prayer.

Starter: Ask children: What happens before the end of the Liturgy that is very important? In what are we called as Orthodox Christians to participate and in what form?

Learning objectives: To learn how the Orthodox Christians receive the Holy Spirit through the Sacrament of Holy Communion.

Core Activities and Learning

Ask children: Does anyone remember from the previous lessons what is a Holy Sacraments?

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."

The Holy Communion or Eucharist (thanksgiving) is called the "sacrament of sacraments" in the Orthodox tradition. It is also called the "sacrament of the Church." The eucharist is the centre of the Church's life. Everything in the Church leads to the eucharist, and all things flow from it.

Explain that there are two ways to refer to the Sacrament.

- It is Holy Communion, because we all participate as members of the Orthodox Church in the Sacrament, and because we are being united into Christ by receiving Christ.
- It is also called Eucharist, that comes from the Greek word that means 'thanksgiving'. In that sense, we give thanks to the Lord, for the privilege and honour of partaking His Holy Body and Blood.
- It is also called the Mass in some western Orthodox traditions.

Highlight in your teaching the following points:

- Say that we learn about Holy Communion in the Bible "And as they were eating, Jesus took bread and blessed it, and broke it and gave it to the disciples and said, Take, eat; this is my body. And he took the cup and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the New testament, which is shed for many for the remission of sins." **Matthew 26:26-28**. The Priest says these words during Holy Liturgy.
- In the Orthodox Church Holy Communion is strictly understood as being the real presence of Christ, His true Body and Blood.
- The Priest, during the Holy Liturgy, asks the Holy Spirit to come upon us and bless the bread and wine, and they become the Body and Blood of Christ. Therefore, by receiving Holy Communion, we are receiving the Holy Spirit.
- By eating and drinking the bread and wine, which are mystically consecrated by the Holy Spirit, we have genuine communion with God through Christ who is himself "the bread of life" (John 6.34, 41).

Group activity: print the word search from the link below and distribute to the children.

http://www.reallifeathome.com/wp-content/uploads/2017/05/Sacrament_Eucharist_WS.pdf

Resources: the Bible, Matthew 26:26-28, John 6:34, 41 <http://www.orthodoxabc.com/faith-sacraments/>

<https://oca.org/orthodoxy/the-orthodox-faith/worship/the-sacraments/holy-eucharist>

Review: Holy Communion or Eucharist is the centre of our Christian life. All Orthodox Christians are called to partake the true Body and Blood of Christ, that is mystically present in the cup of bread and wine with the power of the Holy Spirit.

Follow Up: "Receive ye the Body of Christ, Taste ye the Fountain of Immortality. Alleluia, Alleluia, Alleluia."
Learn and sing in the church during the Holy Communion the song that is being sung by the choir every Sunday.