







## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
10	3	5	CHRISTIAN LIVING	BELONGING TO THE CHURCH	38: By being active

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	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: What are the things you are usually doing that keep you busy in your daily life? How often do you have the opportunity to talk about Jesus or show the love of Jesus to other people? Say that being active in Christ means that we are meant to carry Christ's example and word into the rest of the world.

**Learning objectives:** To learn the meaning and importance of being an active Christian, who spreads the Gospel and sets an example of Christ's love. How to be a true disciple of Christ.

### Core Activities and Learning

**Say** that being active outside Church is very important, as we are called as Christians to present the love and teachings of Christ to the rest of the world. There is a difference between "hearing" and "doing". Being a Christian, having faith is not only a state of "being", and is not only based on what we "hear" but on what we do. "But be doers of the word, and not hearers only, deceiving yourselves." (James 1:22)

**Ask** children if they know the meaning of the word "disciple"? Allow answers and then explain that disciple literally means a learner or a student. In that sense, we are all students, who try to learn more about our Christian faith and become true and conscious followers of Christ.

**Ask** - how can we become disciples of Jesus? - We become truly disciples by obeying His commandments. "Teach them to obey everything I have commanded you" (Matthew 28:20). In other words, understanding and applying the meaning of Jesus teachings in our lives. Jesus said: "If you abide in My word, you are My disciples indeed." (John 8:31) **Ask** – what can we do to carry the Word and Spirit of God in our lives?

– Love one another. Jesus said, "A new commandment I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are My disciples, if you love one another" (John 13:34-35)

– Pray for other people to know and experience God's presence in their life. Jesus was the perfect example of the prayer-filled life. Jesus was always praying for all the people.

- Show determination, commitment and priority for God in our lives. Jesus said, "And whoever does not bear his cross and come after Me cannot be My disciple." (Luke 14:27). Here cross represents pain and sacrifice. As a disciple, we need to be willing to sacrifice little bit of our comfort and luxury for the sake of our Lord. Giving up of our bad habits and sins is a great sacrifice we can make for our Lord who loved us unconditionally and died for us.

– Give to the poor and needy. Support and help another person in difficult time. Show them God's care and love of all the people.

- Support and strength others non-Christians in their spirituality and their journey to find God.

**Group activity:** Print the Worksheet 38 and distribute to the children the word scramble activity.

**Resources:** Romans 12:4-8, John 8:31; 13:34-35, Luke 14:27; Worksheet 38

<http://www.sgmoc.org/blog/true-discipleship-and-apostolate/> (Leaders' Resource)

**Review:** Being active, it's all about being disciples; making a difference for Christ in the world. It's not just about coming to the Church but going out as the Church.

**Follow Up:** How active have you been this week in showing God's love to other people?