








FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
10	3	5	CHRISTIAN LIVING	BELONGING TO THE CHURCH	39: Growing Spiritually

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: What does a plant needs to grow? Name the elements with the class and explain that every Christian need certain elements to help him/her grow spiritually. This lesson today will help us understand of what we need to 'grow in Christ'.

Learning objectives: To learn that Christians' spiritual development can happen by participating in the Body of Church.

Core Activities and Learning

In your teaching, you can highlight the following points:

- Say that each Christian must acquire Orthodox spirituality in his or her own life by living the sacramental life of the Church and by participating frequently in holy Confession and holy Communion.
- For spiritual growth, we need the support of other Christians that are members of the Church. Belonging to the Church make us accountable to others, who can advise us and guide us in our spirituality. The priest or other mature Christians can offer this support.
- Explain that we need to remain connected to the body of Church in order to remain attached to the Head, Who is Jesus Christ. "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me" (John 15:4).
- Belonging to the Church help us learn more about our faith.
- The Orthodox Church teaches that we cannot be saved or grow in Christ, unless we are part of His Church. Our salvation is depended on our participation with other Orthodox Christians to the Sacraments and life of Church.

Group activity:

Distribute poster paper to each child and ask them to make a list with drawings of the things they can do in Church that can help them grow spiritually. Display their final efforts for all to see in the Church in an appropriate place.

Resources: John15:4; Leaders' Resource below

<https://www.goarch.org/-/an-introduction-to-orthodox-spirituality>

Poster paper (A1), pens, pencils and other decorative artwork resources.

Review: Christians should remain connected to the body of Church in order to grow their spiritually.

Follow Up: Did you follow this week any of the things you put on your list last week?