









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
10	3	6	MISSION	CHURCH HELPS ME	36: Grow as a Christian

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:** Ask children: What are the things that help a baby to develop/grow?

**Learning objectives:** To learn what are the things that we need in order to grow as Christians and connect with God.

### Core Activities and Learning

**Introduction:** People understand the concept of growth in the physical development of humans, and we know why it is important. Babies are immature physically and mentally, but we expect them to develop. If they don't, there is a problem.

Explain that spiritual growth is a similar concept but is far more important. Say that growth is development or improvement toward a goal called "maturity" (or, in the Bible, "perfection").

What help us to grow as Christians:

- We Need Spiritual Food from God's Word, which is the Holy Scriptures.
- We need to attend Church and participate in the Holy Sacraments.
- we need the support of other mature Christians,
- we need to read the life of the saints, who are role models for the Christians.

**Say** that many Scriptures describe the need to grow and mature spiritually e.g. **Ephesians 4:14,15** - Be no longer children, but grow up in Christ. **2 Peter 3:18** - but grow in the grace and knowledge of our Lord and Saviour Jesus Christ. **2 Thessalonians 1:3** - The Thessalonians grew exceedingly in faith. **Philippians 1:9** – St Paul prayed for their love to abound more and more.

### Craft activity:

Distribute a white sheet to the children. Help them draw a flower and the petals. Write inside the things that are given to the picture – see the link:

<https://s-media-cache-ak0.pinimg.com/originals/f1/fc/31/f1fc31185ed6a2a01dfe27661b843b3a.jpg>

**Resources:** The Bible, Ephesians 4:14;15; 2 Peter 3:18; 2 Thessalonians 1:3; Philippians 1:9

Materials: coloured pens or pencils, glue, scissors.

**Review:** The study of the Holy Scriptures and the Saints, the attendance of Church, the participation on the Sacraments, the support of other Christians, all these things help a Christian to grow in Christ and become a truly disciple of Him.

**Follow Up:** Memorise the following verse from the Psalm 45:1 "God is our refuge and strength and ever present help in trouble"