









## FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
5	3	5	Christian Living	Ears, Mouths and Hearts	13: Talking to People - My Parents

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	Spatial S	Kinaesthetic K <input checked="" type="checkbox"/>	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 HOLY LORD, King of heaven and earth, look down with mercy and compassion from the height of Thy holy dwelling, upon our home. Grant health and everything good to my Father and Mother, so that they may take care of us and everyone in our household. And help us all to do what is good and pleasing to Thee. Amen.

**Starter:** Emotions charades. The teacher encourages open expression of emotions such as happiness, sadness, joy, frustration, anger, disgust, fear. Give children the opportunity to explore their emotions safely through play, and discuss emotions and behavioural responses

**Learning objectives:** To begin to comprehend that the three unique and distinct persons of the Holy Trinity continually embrace one another in an interpenetrating communion of love. To understand that as the Trinity is a community of love, so too, we are called to reflect a community of love within the human family. To understand the need to cultivate relationships with one another that exhibit the authentic presence and transforming love of God.

### Core Activities and Learning

- The teacher will tell children the new commandment of Christian life is "to be perfect as your heavenly Father is perfect" (Mt 5.48). It is to love as Christ Himself has loved. "This is My commandment, that you love one another as I have loved you" (Jn 15.12). Living a Christian life of divine love in imitation of God's perfection is possible with the gift of the grace of the Holy Spirit. We can live as Christ has lived, doing the things that He did and becoming sons of God in Him by the power of the Holy Spirit. The teacher will explain that the Christian life is a Trinitarian life. By the Holy Spirit given by God through Christ, we can share the life, the love, the truth, the freedom, the goodness, the holiness, the wisdom, the knowledge of God Himself. As our Orthodox church teaches, the Trinitarian love is manifested by the three distinct and equal divine persons of the Holy Trinity - the Father, Son and Holy Spirit. The three divine persons are absolutely unique to one another, each possessing the fullness of the divinity. The three unique and distinct persons of the Holy Trinity continually embrace one another in an interpenetrating communion of love. Each of the persons is completely open to the other, totally transparent and receptive. The Father loves the Son and the Son loves the Father in a love so pure and whole that a third person, the Holy Spirit is breathed forward. The Holy Spirit is the agent of love between the Father and the Son. In return, we are invited to reflect this Trinitarian love in his relationships. As the Trinity is a community of love, so too, we are called to reflect a community of love within the human family. We are called to love as love is found within the Holy Trinity.
- The teacher will explain to children that our family can imitate the Trinity and reflect God to the world. The Father, Son and Holy Spirit exist as a mutually loving relationship that is both uniting (because the three are one) and creative (because the power of their love causes life to come into being). God loves what He creates, He calls that creation into deep union with Himself and rejoices in the life He shares with his creation. Mums and dads have babies and they love those children, rejoice in those children and work to create a communion of love that grows stronger in its unity and bigger with time. God extends an invitation to the world to join His family through the loving witness of our families. Our families are called to be the picture of God's face to the world, and for this reason we need to try and make possible that the image of God the world sees when they look at our families is clear, bright and reflects God's love. We can achieve this by praying together, learning how to love one another with the love that comes from God's own heart. By praying and participating in the Holy Eucharist together as in the life of the church as a family we are actively learning to love. Praying individually makes us God's children. Praying together makes us God's family. Our families are also called to love one another deeply. In order to make this happen we take time for each other to communicate the intimate love God has in his heart for each of us. Then the teacher will invite children to celebrate their life as a family by creating rituals for working, talking and praying together — and most of all, playing together! Talking to our parents, telling them about our interests and needs, about what makes us happy or sad, sharing with them our achievements but also our worries and mistakes, empowers us with the capacity to cultivate relationships with one another that exhibit the authentic presence and transforming love of God. An authentic communication involves much more than a passive exchange of words between two or more parties; authentic, Christian communication in the family is marked by a sustained, unwavering commitment to a dialogue of love, patience, understanding, and moral instruction among its members. It is marked, ultimately, by the communication of faith. In this way we can rejoice being part of a family that shares a community of spiritual intimacy, whose members are called to support one another, grow in their relationships with one another, and be actively engaged in regular worship and prayer.
- The teacher will tell children that often we assume that our family members know our feelings and needs so we don't take the time to express them clearly. The same goes for listening. We take it for granted that we already know what the other person means and we just pretend to listen. The teacher will reiterate that resilient families share clear, consistent messages with each other, and the more direct, honest, and specific they are, the better. In doing this, family members build mutual trust, practice empathy, comfort each other, and provide help and support at challenging times. To prevent misunderstandings, the teacher will suggest to make eye contact, pay attention to what is being said, and observe the other person's facial expression and body language. Think about what is being said and the potential meanings of that message. Then repeat back what you think that person was saying. They will either confirm that you are correct, or they will take the opportunity to clarify what they were trying to say. The teacher will mention the necessity of a regularly scheduled time for the whole family to speak together in a purposeful way, such as a family meeting. These meetings may help a great deal to improve communication, build problem solving skills and increase the feeling of involvement for older kids. As we consider the role of authentic communication in our own families, and the extent to which our family is a space for the open and honest communication of faith, may we pray that your faith in Christ may continue to deepen, that our love for one another may continue to grow, and that through a full, sincere, and vibrant communication among the members of our families, "you may come to know the love of Christ that surpasses all knowledge, that you may be filled with all the fullness of God" (Ephesians 3:19).

**Resources:** Icon of Christ, the Holy Theotokos, the Holy Trinity, pictures that illustrates family scenes reflecting positive and negative scenes.

**Review:** Sharing with each other in the love of God is what strengthens family life.

**Follow Up:** The children think about those times when their parents have helped them deal with a difficult situation.