









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
3	3	5	Christian Living	Families	5: Growing Up

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.

Core Activities and Learning

The teacher will tell children that Heavenly Father gave us our bodies and with our bodies we can do many wonderful things. Children will be shown how we express our gratitude for the being Heavenly Father gave us.

The teacher will help the children understand that God gives us what we need in order to grow up both physically and spiritually.

Explain to the children that God gives us the ability to grow. Since God helps us grow we need to take care of the body He has given each of us. It is also important for us to take care of our spiritual lives.

God helps us grow in many different ways. God's Word, the Bible, has many examples of how we are to live. If we live our lives the way God wants us to, we'll grow to be big and strong. Not only strong but smart too!

The Bible has a lot of good advice on how we should live; for example, we should honour our fathers and mothers for this is right.

Discussion Questions:

- Should we put ourselves before others? For example, should we always push our way to the front of the line during game time? (No, we should put others before ourselves.)
- Should we be proud or self-centred? For example, should we think we're better than someone else just because we are good at sports or have nice clothes? (No, we should allow all children into our groups.)
- Should we try and live at peace with everyone? (Yes.)
- Can you name some examples of how we can try to live at peace with our peers? (Share, be kind, talk nicely, no pushing, let them go first.)
- Will putting others first and living at peace with others help us grow up spiritually? (Yes.)
- What are some other ways that God helps us grow? (Allow for answers.)

2. The teacher will help children discover that spiritual growth comes through serving others. They also learn that God desires everyone to work as if working for Him and with all of their heart.

"I can do all things through Christ who strengthens me." (Philippians 4:13). Children will be explained that we can do all kinds of things with God's help that we could never do by ourselves. As we grow, God will give us many different jobs to do, but He will also give us the strength we need to do them.

God helps us grow in many different ways. These jobs that we do will help us grow.

Continued ... see next page

Core Activities and Learning (continued)

Discussion Questions:

1. What does the Bible say about the manner in which we should work? (Work at it with all your heart.)
 2. What does working at it with all your heart mean? (To do your very best when completing a task/ job.)
 3. The Bible also says to work like we are working for who? (God and not men.)
 4. God sees the work that we do. What will we receive from God? (An inheritance or reward.)
 5. What types of jobs do you have? (School work, jobs at home.)
 6. Do you do these jobs with your whole heart? (Allow for answers.)
 7. Do you do these jobs like you are working for God? (Allow for answers.)
3. What would you like to become when you grow up? The teacher will engage children in a discussion and will encourage the children to have dreams and to pursue them but will also tell them and make them feel that they are of great value now.
- We are not meant to remain as children but to grow up in every way into Christ until we come to such unity in our faith and knowledge of God's Son that we will be mature and full grown in the Lord, measuring up to the full stature of Christ.
- We should be eager to add goodness, knowledge, self-control, perseverance, godliness, brotherly kindness, and love to our faith. We can grow in Christ by making time for God, reading our Bibles regularly, memorizing scripture, and praying.
- Commending Ourselves to God. The teacher will help children explore the meaning of "commend " and will learn that in saying and doing so, we trust God to care for us, to take care of "all our life" and of each other. Commending ourselves to God means placing ourselves in His hands.
- We acknowledge that on our own we can't do anything; we are confident in entrusting ourselves to Him. The word "commend" occurs in our worship services, especially the Divine Liturgy. In the Litany of Supplication the priest says, "...let us commend ourselves and each other and all our life to Christ our God."
4. Looking at Me. Invite the children to find and bring a photo of themselves when they were younger. Invite the children to take a look at themselves in the mirror. Then take a look at themselves as they appear in the picture. What differences do you notice?
- My attitudes and actions today are very important because they work together to make me what I will be tomorrow.

Resources: Icon of Christ, Icon of the Holy Theotokos, icon of the Holy Trinity, pictures that illustrate children learning and playing, going to church, partaking the Holy Communion, mirror, photo of younger self.

Review: In the next session ask one of the children to recall what we have learnt this Sunday.

Follow Up: Prepare the children for the next lesson by asking them to describe a loving person. What are they like. How do they make us feel?