









FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
5	3	5	Christian Living	Eyes, Mouths and Hearts	15: Thinking and Feeling

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 <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 Heavenly King, Comforter, Spirit of Truth, Who art everywhere present and fillest all things, Treasury of good things and Giver of life: Come and dwell in us, and cleanse us of all impurity, and save our souls, O Good One.

Starter: When I say 'LOVE' I need you to cross your arms over your chest like your giving yourself a great big hug. When I say 'HEART' I need you to make a heart shape with your hands. When I say 'SOUL' I need you to point both thumbs at your chest. When I say 'MIND' I need you to put your hands on your head. And when I say 'NEIGHBOUR' I need you to point at anyone else in the room.

Learning objectives: To understand that God is revealed in the heart and it is in our hearts that we come to know Him. To understand the heart is the location for our feelings, for our will, and for our thinking. To comprehend that when our whole heart and mind are turned to God we become holy, enlightened. To learn to say the prayer of the heart.

Core Activities and Learning

The teacher will tell children that God is revealed in the heart and it is in our hearts that we come to know Him. The heart is the innermost part of our being and that is where the knowledge of God is revealed to us. The heart is the place from which grace penetrates throughout the body and the mind. It is the deepest part of the soul and where Christ comes to dwell within us.

The teacher will explain to children that the mind represents the seat of thoughts and feelings and that the heart represents the seat of a deeper awareness. Our Orthodox spiritual practice would ultimately look for the integration of the whole person and the union of mind and heart. In our Orthodox tradition, the heart is bigger than the mind and the mind is located in the heart. The heart is not identified with the physical heart, but it is understood to be the centre of our spiritual existence.

Explain to the children that God takes up residence in the heart. When Christ says, "The Kingdom of God is within you" (Luke 17:21), he means that we are energized by God's power through the Holy Spirit. In the heart we receive both the grace of God and the enlightenment of our lives. The heart is the location for our feelings, for our will, and for our thinking. Our objective as Christians is to have these three unified, for the heart to be one.

When our mind and heart are united we have only one thought, the thought of God. All of our desire is focused on God. When we give our whole mind, our whole heart to God we are totally focused on Him. In this way we receive His grace and are given the ability to do His will. When our whole heart and mind are turned to God we become holy, enlightened, "the light of the world." It is in this way that God directs our life, fulfilling the purpose He has for us.

We want to purify our heart so that it shines, becomes a great light, enabling us to take action in the world in a way that glorifies God, that encourages others to purify their hearts and to seek God with their whole heart and mind and soul.

2. The teacher will tell children that the unceasing prayer in our Orthodox tradition is the Jesus Prayer. The Jesus Prayer is also called the "prayer of the heart."

The words of the prayer are "Lord Jesus Christ, Son of God, have mercy on me a sinner." The prayer is centered on the name of Jesus as Lord and Christ and Son of God is because this is the centre of the entire faith revealed by God in the Spirit.

In saying the prayer with each aspiration and breath, the person who practises Jesus' prayer is placing his mind in his heart by concentrated attention. He empties his mind of all rational thoughts and reasoning. Then, without thought or imagination,

but with all proper attention and concentration he rhythmically repeats the Jesus Prayer in silence and through this method of contemplative prayer is united to God by the indwelling of Christ in the Spirit.

According to the fathers, such a prayer, when faithfully practiced within the total life of the Church, brings the experience of the uncreated divine light of God and unspeakable joy to the soul.

3. Origami heart. Children will be invited to create an origami heart, whilst folding the paper to create the origami heart children will be invited to say the prayer of the heart.

Resources: Icon of Christ, Icon of Transfiguration of Jesus, coloured paper.

Review: Both thinking and feeling should be harnessed to relate to God in faith and prayer. The Jesus Prayer is at the centre of Christian practice.

Follow Up: Practice saying the Jesus Prayer with both thought and feeling.