Lesson Plan Format

1. **Prayer for the Day**: (dealing with lesson subject) Show on Overhead or print out copies for each students.

   *God, Father of the poor,*  
   *your Son Jesus was born among us*  
   *poor, humble and dependent.*  
   *Open our eyes and our hearts and our hands*  
   *to honor him now as our Lord and King*  
   *by welcoming him in those who are hungry and thirsty,*  
   *in all who are abandoned and lonely,*  
   *in refugees, in the poor and the sick.*  
   *Let our love become free and spontaneous,*  
   *like the tenderness you have shown us in your Son.*  
   *Welcome us in the everlasting Kingdom*  
   *prepared for us through Christ Jesus our Lord. Amen.*

2. **Pre-Lesson**: (any preparation needed to begin lesson):

   a. Gather materials, including:
      
      i. **Bible**: passage from Matthew 25:31:  
         *“You saw Me hungry…”*  
         - you need a sign on which the words : *“When you do this to the least of My brethren, you’ve done it to me!”*  
         - White roll paper  
         - overhead projector  
         - markers  
         - scissors  
         - darts  
         - thumbtacks  
         - corkboard  
         - sticky notes
      
      ii. Cut 2 sheets white roll paper, measuring approximately 7’ by 7’. One will be for the face of Christ and one for the target.
iii. Draw the target on first sheet—basically, 4 circles, each larger than the other—with the largest last.

iv. Using a drawing of Christ’s face, place on an overhead projector, trace and color Christ’s face on the second sheet of white roll paper.

v. When both drawings are complete, using thumbtacks, tack icon of Christ on corkboard. In right hand corner, tape sign saying “When you do this to the least of My brethren, you’ve done it to me!”

vi. Next, use thumbtacks, tack the sheet with target drawn in it, on to the icon of Christ, completely covering Christ’s face. Students should not be able to see Christ’s face.

vii. Distribute a few ‘sticky notes’ to each student.

viii. Begin discussion of things/events/people that make them upset, hurt or angry.

ix. As the discussion continues, ask students to share their feelings, and ask them to write the name of the things/events/people on the sticky sheets—one per sticky sheet. (students should not use full names—only first name or initials) Please be sure students aren’t just joking and begin to place friends names, just to tease one another.

x. Teachers, model for students by writing a few of your own concerning situations. Ex.: concern for poverty-war-bullying-etc.

xi. As students write on their sticky notes—have them place the on the ‘target drawing’.

xii. When all students have placed their thoughts and words, allow students to discuss what they feel and why.

xiii. After discussion, have students line up and allow them to throw a dart on one of their statements/comments.
xiv. Give each student 2-3 darts and let them throw the darts at the things they wrote and let them cheer their classmates on.

xv. After each child has had an opportunity to ‘throw a dart’ at things that bother them, ask them to all sit down.

xvi. Teacher will slowly remove darts—“do not allow students to help"

xvii. After darts are removed ‘very slowly’, for effect, remove the thumbtacks from 4 corners—bottom 2 and then, top two.

xviii. Watch reaction around room, but teacher should not speak.

xix. Have all students quietly read the passage (include a copy for students—or let them read the passage and discuss.

xx. After all have finished—have students express how they felt when they saw all the holes on Christ’s face that THEY had inflicted. (by throwing the darts).

xxi. Finally, discuss the verse from Matthew 25. Discuss how when we are angry or scared or take things out on others, it is not a correct way to honor God and His love and expectations of us.

xxii. On a side note—I conducted this lesson on the second week of class, and I left the icon of Christ’s face on the corkboard, with the tears and holes, on the corkboard for the whole Sunday School year.

3. **Objective:** (what do I want the students to know by the end of the lesson?)

   Through this lesson, I would like to impress on the students that we all have an Orthodox Christian responsibility for one another and that Christ taught us that we should treat others as we would treat Him if He came into our midst.
4. **Vocabulary**: (list of words needed for the lesson--allow students to list some and complete their list with your words for lesson)
   - Hate
   - Anger
   - Forgiveness
   - Hungered
   - Visited me

5. **Essential Questions for lesson**: (questions that fit the lesson—students may write their own questions on overhead to use with projector-if available)
   - If someone came to you and asked for money, what would be your reaction?
   - How would you feel towards that individual?
   - Have you ever bullied anyone or made them feel unworthy? Students do not have to divulge this—this is merely a thought-provoking question.
   - Have you ever been bullied—how did it make you feel-
   - (you can write any number of questions)

6. **Craft Idea for Lesson**:  
   a. Perhaps students can be given an icon of Christ on the Cross and an icon of Christ during His trial when they place a crown of thorns on His head.

7. **Troparion for the Lesson**:

   *Troparion after "Have Mercy", Matins Service in the Plagal of the Second Tone*

   *Have mercy upon me, O God, according to Thy loving kindness and according to the multitude of Thy tender mercies blot out my transgressions. As I ponder in my wretchedness the many evil things I have done, I tremble for the fearful Day of Judgment. But, trusting in Thy merciful compassion, like David do I cry out to Thee: have mercy upon me, O God, in Thy great mercy*
Matthew 25:31-46

When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory:

32 And before him shall be gathered all nations: and he shall separate them one from another, as a shepherd divideth his sheep from the goats:

33 And he shall set the sheep on his right hand, but the goats on the left.

34 Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world:

35 For I was hungered, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in:

36 Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me.

37 Then shall the righteous answer him, saying, Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink?

38 When saw we thee a stranger, and took thee in? or naked, and clothed thee?

39 Or when saw we thee sick, or in prison, and came unto thee?

40 And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

41 Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels:

42 For I was an hungered, and ye gave me no meat: I was thirsty, and ye gave me no drink:
43 I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not.

44 Then shall they also answer him, saying, Lord, when saw we thee an hungered, or athirst, or a stranger, or naked, or sick, or in prison, and did not minister unto thee?

45 Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me.

46 And these shall go away into everlasting punishment: but the righteous into life eternal.