



COPTIC ORTHODOX DIOCESE OF THE SOUTHERN UNITED STATES
SUNDAY SCHOOL CURRICULUM

10th Grade





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Introduction

September 11, 2020

“Let everything take second place to our care of our children, our bringing them up to the discipline and instruction of the Lord. If from the beginning we teach them to love true wisdom, they will have greater wealth and glory than riches can provide.”

St John Chrysostom

The book of Proverbs tells us to "train up a child in the way he should go, and when he is old, he will not depart from it." (Prov 22:6) Although our Orthodox faith never changes, the society and challenges our children face are always evolving. In light of this constant change, and in honor of the 100 year anniversary of establishment of Sunday school in 2018, the Coptic Orthodox Diocese of the Southern United States began working on a new curriculum named "Children of Light" to equip and educate our children in order to live a life pleasing to God in the midst of the world we live in. St Habib Girgis rightly reminds us that "education is the first need for the community after bread." Seeing the importance of educating our children, great effort was put over the past few years into ensuring a curriculum is developed that would feed our children with the proper foundations and tools appropriate to their age. Every grade will equip the child with strong biblical, liturgical, spiritual and morally appropriate lessons allowing them to grow in faith while providing them with tools to navigate the day to day issues they face in society so that they may be the true light of the world they are each called to be.

May this new curriculum be a tool that allows our children to grow in wisdom and in love of God, living up to their calling of being light of the world and true children of Light.

Bishop Youssef

Bishop Basil

Bishop Gregory

Coptic Orthodox Diocese of the Southern United States



Overview and Milestones



Theme of the Year

Repentance

Rationale: As they grow in understanding consequences of behaviors, they are re-introduced to the fall, the purpose of the incarnation and it's connection to our needed repentance.

Psych Analysis

Physical	Eats excessively, Needs extra sleep, Gaining height
Intellect	Thinking long term, Plans for "what if", Strong sense of right and wrong
Social	Thinks friends more important than family, Dating, Emotions are deep, Argues quickly, gets sad/depressed

Detailed Characteristics

Building Blocks

BB1: Call to Repentance - Exile & Restoration

Repentance and Confession

BB5: Church History

God the Logos, The Holy Spirit, Apostolic Era, Persecution of the Church, Monasticism, The Christian Creed

BB7: Life Matters

Timothy vs. Demas, The Great Commission, Boundaries with Friends, Addictions, Sex, Sexuality and Homosexuality, Difficult Sayings of Christ, Death and Judgment, Peer Pressure

BB1: Call to Repentance - Exile & Restoration

Daniel and the 1st deportation, Ezekiel and the 2nd deportation, Ezra and Nehemiah, Maccabees

BB9: Attacking the Mother sins

Pride & Vainglory, Anger, Lust, Sloth, Gluttony, Envy, Despair, Greed

BB8: The Liturgy

History of Worship in Orthodoxy, Liturgy is Scriptural Prayers, Liturgy is Forgiveness and Worship, The Liturgical "ANAPHORA", After the Liturgy, The Eucharist

BB3: Thanksgiving

Dealing with Conflict, Life of contentment and Thanksgiving, Why am I Orthodox?, Casting Blame, Guilt and Hopelessness

BB6: Towards Lent

The Temptation on the Mountain, Persistence in Prayer, Mercy & Justice of God, Fasting, The Bleeding Woman, Narrow Gate, Power of His Name, Holy Week

BB9: Wisdom and Discernment

Submission, Anxiety, You and Your Family, Generational Gap, The Vanity of the World, Judge Not

End of Year Milestones & Objectives

Scripture	<ul style="list-style-type: none"> + Know/Comfortable with the period of the Babylonian Exile + Reads/knows of the content of the Deuterocanonical Books + Understand the fall from a dogmatic perspective 	Spiritual	<ul style="list-style-type: none"> + Understands the point of salvation + Understands the Creed + Knows the 5 sees of the early church + Confesses regularly out of their own will + Can relate the liturgy to their daily prayers and needs
Social	<ul style="list-style-type: none"> + Vocal/Argues positively about spiritual matters + Comfortable with Predestination + Establishing Boundaries + Addressed issues of Substance abuse, Self-Esteem and Sexuality 	Rituals	<ul style="list-style-type: none"> + Can break down and understand the different parts of liturgy and its history + Knows the different fasting rituals (when they are, and when to fast with abstinence) + Regular in Vespers & Praises



Acknowledgements

The Diocese would like to thank all those who helped in this curriculum. There were collaborators and volunteers from across the globe throughout the US, Canada, and Qatar. We would also like to thank St. Mary and St. Mark of Edmonton for their significant collaboration in this service. May God bless and reward all to those who have labored and prayed for this curriculum.

Providing Feedback

Feedback, suggestions and material may be submitted at any time in the following [form](#).

Disclaimer

Only the content presented on this curriculum has been reviewed and verified. The provided links have also been reviewed. However, the remainder of the content of these websites were out of the scope of the review.



Building Block 1: OT Timeline 4: Call to Repentance - Exile & Restoration



Theme: Repentance

Lesson 1.1: Jesus Friend of Sinner, Repentance and Confession

Building Block 1:
Repentance



Objective

To reflect on Christ's approach to sinners to call them to repentance, that Christ awaits our repentance and rejoices when we return to Him

Application

Encourage them to choose to make regular confessions

References and Resources

Scripture: Luke 15

Liturgy: "You have not abandoned us to the end but have always visited us" - St. Basil Liturgy

Stories: Adulterous Woman, Parables of the lost sheep, coin

Other: [The Life of Repentance & Purity Pope Shenouda](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

- + Christ often spoke of repentance and valued it "repent for the Kingdom of God is at hand" (Mt 4:17), Unless you repent, you will all likewise perish (Luke 13:3)
- + There is a constant need to be reconciled with God (2 Cor. 5:20), to come back to one self (Luke 15:17)
 - "Repentance is a great torment to the devil who tries to stop it" - St. John of Dalyatha
 - "Cry out, O sinner, with all your might, and spare not your throat; for your Lord is merciful and loves those who repent. As soon as you return, your Father will come out to meet you and rejoice" - St. Ephraim the Syrian
 - "Through repentance... the sinner bathes his bed in tears and his tears become his bread by day and night... not ashamed to show his sin to the priest of the Lord and ask for the remedy" - Origen
 - "Many years of the devil's hard work is lost in one moment of repentance" - Saint John of Dalyatha

Christ proclaims strongly the need for repentance so that He may be united with us and dine with us! This is precisely the purpose of Luke 15:

- + "Then all the tax collectors and the sinners drew near to Him to hear Him. And the Pharisees and scribes complained, saying, "This Man receives sinners and eats with them." So He spoke this parable to them, saying, "What man of you, having a hundred sheep, if he loses one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost until he finds it?...." (Luke 15) Parables of the lost sheep, lost coin, lost son.
- + Complete your repentance through regular Confession. Regular confession are helpful as they provide accountability, they minimize spiritual negligence, builds spiritual growth and keeps us alert to our sins

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Building Block 2: I Came That You May Have Life



Theme: Repentance

Lesson 2.1: The Babylonian Exile: Daniel and the 1st deportation

Building Block 2: OT
Timeline 4: Call to Repentance - Exile & Restoration



Objective

To understand the historical background, why the exile, and how did Daniel deal with these new circumstances

Application

Christians youth can embrace education, even if it is conducted outside the bounds of Christian accountability. This is what Christian students face these days. What is one thing you say no to, this week, that harms your body? Determine your boundaries and the things you should no longer compromise.

References and Resources

Scripture: [The Book of Daniel](#)

Other: [Grade 7 December Week 2 Legacy Curriculum](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Overview of the book of Daniel
- + Place Daniel in context of historical timeline and graphical situation
- + You may use the Daniel Lesson in the Grade 7 Legacy Curriculum to help build the lesson.
- *"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."* (Chapter 10:2-3)
- *"Since Daniel controlled his lust, he was able to control the Chaldean kingdom, so he destroyed their idols, tamed their lions, proclaimed the Incarnation and interpreted the hidden mysteries."* - St. Basil the Great
- *"What about Daniel? How did he meditate on the wonders? This did not happen except after fasting 20 days."* - St. Basil the Great

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Theme: Repentance

Lesson 2.2: The Babylonian Exile: Ezekiel and the 2nd deportation

Building Block 2: OT
Timeline 4: Call to
Repentance - Exile &
Restoration



Objective

To Understand the balance between consequences of disobedience and sin and the lovingkindness of God.

Application

- In time of difficulties we may ask, “Who are we?” and “Where is God in all of this?” However, Ezekiel was a voice of hope during this time. He understood that God is in control. How can you follow his example and provide hope for someone you know this week?
- Do a Bible search for the characters that saw a vision or try to find verses from the New Testament that was actually prophesied in the book of Ezekiel

References and Resources

Scripture: The Book of Ezekiel; Jeremiah 25:1-14, 30:3; Ezekiel 37:27

Liturgy: Adam Sunday Psali "Ezekiel saw a door, to the East"

Other: [Grade 7 December Week 1 Legacy Curriculum, Introduction to the Book of Ezekiel, Fr. Tadros Malaty](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Overview of the book of Ezekiel
 - + Place Ezekiel in context of historical timeline and graphical situation
 - + You may use the Ezekiel Lesson in the Grade 7 Legacy Curriculum to help build the lesson.
- The Lord appeared to Ezekiel in a heavenly vision; he fell upon his face, and the Lord said to him, “Son of man, stand upon your feet, and I will speak to you” (Ezekiel 2:1). This encouraged Ezekiel, and the Lord gave him a message to call the captured people to repent; He ordered him to deliver that message.

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Theme: Repentance

Lesson 2.3: The Restoration of the Temple: Ezra and Nehemiah

Building Block 2: OT
Timeline 4: Call to
Repentance - Exile &
Restoration



Objective

To understand the importance and the spiritual meaning of rebuilding the temple and rebuilding the walls of Jerusalem.

Application

God has His chastening purposes for difficult times and He has His gracious purposes for spiritually renewing His people. How can we apply this understanding to one difficulty we face this week?

Can you identify personal spiritual walls that need to be rebuilt in your life?

References and Resources

Scripture: The Book of Ezra and Nehemiah

Patristics: [Homilies on Genesis 9.7, Origen](#)

Other: [Grade 8 Filler 4](#), [Grade 6 October Week 4 and November Week 1](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

- + Overview of the book of Ezra and Nehemiah
- + Place Ezra and Nehemiah in context of historical timeline and graphical situation

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

God will Gather His people (as he did after the exile through Ezra and Nehemiah):

- "But I say, Has the Lord used iniquity to snatch the nations from the power of his enemies and recall them to faith in him and to his dominion? By no means. For "Israel" was once "the Lord's portion," but they made Israel turn from their God in sin, and because of their sins God said to them, "Behold, you have been separated by your sins and because of your sins you have been scattered under the whole heaven." But again he says to them, "If your dispersion should be from one end of heaven to the other, from there I will gather you, says the Lord." Because, therefore, "the princes of this world" had first invaded "the Lord's portion," "the good shepherd" had, necessarily, the ninety and nine having been left on the heights, to descend to the lands and seek the one sheep that was lost, and when it was found and carried back on his shoulders, to recall it to the sheepfold of perfection on high." - Origen

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Theme: Repentance

Building Block 2: OT
Timeline 4: Call to
Repentance - Exile &
Restoration



Lesson 2.4: Exile & Restoration Review & Post-Prophets: Maccabees

Objective

To understand the purpose of 1 & 2 Maccabees and learn that the entire story narrates the successful struggle of the Jews to survive against the cultural and military forces brought against them.

Application

- + Notice and ask yourself, How do you let the outside culture impact you and change you?
- + Begin reading another Deuterocanonical Book

References and Resources

Scripture: The Book of Maccabees

Other: [Bible Study Sermons on Maccabees, Fr. Matthias Shehad](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Overview of the book of Maccabees
- + Place the Maccabees in context of historical timeline and graphical situation.

You may use the following Bible Study resource to base your lesson: [Maccabees Bible Study](#)

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Building Block 3: Thanksgiving



Theme: Repentance

Lesson 3.1: Dealing with Conflict

Building Block 3:
Thanksgiving



Objective

To understand how to resolve conflicts in a Christian manner

Application

Discuss practical applications to dealing with conflict

For example, if you are bothered with someone, express yourself in a kind manner and attempt to see the other perspective seeking a reason to forgive.

References and Resources

Scripture: Matt 18:15-35; James 4; Acts 15: 36 - 41; Proverbs 19:11

Liturgy: "Greet one another"

Patristics: "Someone who bears a grudge while he prays is like a person who sows in the sea and expects to reap a harvest." St. Isaac The Syrian

"The brothers praised a monk before Abba Anthony the monk came to see him, Anthony wanted to know how he would bear insults; and seeing that he could not bear them at all, he said to him, "You are like a village magnificently decorated on the outside but destroyed from within by robbers.""

Story: Moses and Mariam his sister; he prayed for her healing and forgiveness; Numbers 12

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Dealing with a sinning brother (Matthew 18:15-20), Paul and Barnabas.
- + How Jesus Wants us to Handle Conflict: the Parable of the Unforgiving Servant (Matthew 18:21-35)
- + The root of all contentions (James 4)
- + Discuss the practical application, scenarios, and challenges

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Theme: Repentance

Building Block 3:
Thanksgiving



Lesson 3.2: Life of Contentment and Thanksgiving

Objective

To understand the importance of living a life of thanksgiving and contentment

Application

Why is thanksgiving important to me? What am I thankful for?

- + Throughout the week, take note of 3 things you are thankful for each day, whether great or minor and attempt to think of those items as you pray the thanksgiving prayer.

References and Resources

Scripture: I Thessalonians 5:16-18; I Chronicles 16:34

Liturgy and Agpeya: Thanksgiving Prayer

Sermon: [Giving Thanks](#)

Patristics: [St. Isaac the Syrian Abba give me a Word with HG Bishop Basil](#)

Other: [Life of Thanksgiving by Pope Shenouda](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- +What is contentment?
- +Importance of Thanksgiving
- +Levels of Thanksgiving
 1. For the great things
 2. For the little things
 3. For the invisible things (protection)
 4. For all things
 5. For tribulation
- +Fields of Thanksgiving
 - He created us, that we are still living, opportunity to repent
 - People, our talents, nature, His providence, His will in our lives
 - Salvation, His love, mercy, grace, His promises, the privilege of being called His children
 - For ALL things, good and bad, health or sickness, what He gives and what He takes.
- +How to live a life of contentment

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Theme: Repentance

Building Block 3:
Thanksgiving



Lesson 3.3: Why am I Orthodox? Orthodox Doctrine

Objective

To understand the reasons we are orthodox. We can also address it from a non orthodox view, i.e., Fr. Lazarus El Antony.

Application

Provide either 2 reasons next week (or to your guide) of why you are orthodox. Alternatively, you may instead write 2 statements on why you may believe it is ok to be non-orthodox (this may encourage a discussion). Discuss with a spiritual friends your reasons.

References and Resources

Liturgy: "Keep us in the faith"

Other: [Be the Bee ep 142 - Why I'm an Orthodox Christian, 5 reasons.](#)
[Fr. Peter Farrington,](#)
[Fr. Lazarus Saint Anthony I, II Why an Australian atheist philosopher moved to Egypt and became a Coptic monk, Orthodox Christianity](#)
[Reasonable faith by Fr. Peter Farrington.](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Define Orthodoxy
- + Discuss the preservation of faith in the Orthodox Church
- + The creed, our statement of faith

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Theme: Repentance

Lesson 3.4: Casting Blame and Complaining, Signs of Unthankfulness

Building Block 3:
Thanksgiving



Objective

How to Thank God through good or bad

Application

Do I find myself complaining about my circumstances or blaming others? Be mindful of complaining and see how I can give thanks instead. How can I own up to my mistakes rather than blaming others?

References and Resources

Scripture: 1 Kings 15, Phil 2:14

Liturgy: "You =, O my Master have turned for me the punishment into salvation" - St. Gregory Liturgy

Other: [Blame Shifting by HG Bishop Youssef](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Open with a question to define blaming and complaining
- + Comparing King Saul's response to Samuel's rebuke and King David's response to Nathan's rebuke
- + Discuss how blaming and complaining are signs of unthankfulness and lack of repentance
- + Discuss the impacts of blaming and complaining on me and those around me (negativity can be contagious)
- + Discuss practical ways I can be accountable and avoid blaming others or complaining

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Theme: Repentance

Lesson 3.5: Hope vs. Despair: A Joyful New Beginning in the Lord

Building Block 3:
Thanksgiving



Objective

Seeing pitfalls on our path of to Repentance

Application

Vespers and Matins is a raising of incense ideal for offering repentance. Attend these services, offer your repentance and complete the repentance in confession. Living this in a habit preserves and expresses our hope in God's mercy.

References and Resources

Scripture: [Acts 2:37](#); [2 Corinthians 7:10-11](#); [1 John 1:7](#); [Revelation 1:5](#); [Psalm 103:12](#); [Hebrews 12:2](#); [Deuteronomy 31:8](#); [Isaiah 41:10](#); [Psalm 40:1-3](#); [Matthew 11:28-30](#); [Romans 8:38-39](#); [2 Corinthians 1:3-4](#); [John 7:37](#); [Romans 15:13](#)
Liturgy: Vespers & Matins
Patristics: [Do not Despair, Abba Give me a Word with HG Bishop Gregory](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Description of emotions in general and the feeling of guilt and hopelessness emotions in particular. The purpose of the guilt feeling is to lead us to repentance.
- + Compare Peter's feeling of guilt vs. Judas' feeling of guilt. Despair and absence of the confidence in the mercy of Christ led Judas to his death.
- + "Do not rejoice over me, my enemy; When I fall, I will arise" Micah 7:8
- + St. John of Dalyatha: "Their chains are broken and their adversities are changed into joy and their tears into great rejoicing. He who had bound them is himself bound by their reins of darkness and delivered by them to the scourgers. Repentance destroys all his works, and all the pains he causes the servants who are not his, she HEALS and RESTORES. All whom he has killed she resuscitates, all his traps she shatters, and all his snares she cuts to bits.[...] She makes fornicators virgins" (Letter 43)
- + You may also address questions such as: Which emotions do you try to hide from others and why? Who do you go to if you have feelings of guilt and hopelessness? How do you think sharing your emotions with God and your father of confession could help you?

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Building Block 4: Why the Incarnation



Theme: Repentance

Building Block 4:
Church History



Lesson 4.1: God the Logos by Athanasius of Alexandria: 1st Ecumenical Council

Objective

To understand the significance of the Council of Nicaea

Application

St. Athanasius was one of the greatest champions of the Coptic Church. He is known for firmly standing for the faith in a time when the Arian heresy threatened to forever impact the church. What is one thing you can learn from him and apply this week?

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

References and Resources

Liturgy: The Prayer of Reconciliation

Patristic: "“When I praise Athanasius, virtue itself is my theme: for I name every virtue as often as I mention him who was possessed of all virtues. He was the true pillar of the Church. His life and conduct were the rule of bishops, and his doctrine the rule of the Orthodox faith” - St. Gregory the Theologian

Other: [God the Logos by St. Athanasius](#), [St Athanasius of Alexandria](#), [Servant Prep](#)

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

The heresy and efforts to solve it
The Coptic Church Role
The life and work of St. Athanasius
In his book, (On the Incarnation of the Word) he explained the biblical doctrine of the deity of the Son

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Theme: Repentance

Building Block 4:
Church History



Lesson 4.2: The Person of the Holy Spirit & Heresies: 2nd Ecumenical Council

Objective

To understand the significance of the 2nd ecumenical Council; the Council of Constantinople

Application

What other heresies you face these days and how can you respond to them?

References and Resources

Liturgy: Commemoration of the Saints

Patristics: Irenaeus. Against Heresies Book I Chapter X
Clement of Alexandria The Instructor. Book I Chapter VI

Other: [Servant Prep](#), [A Brief History of the Christian Church](#),
[Ecumenical Councils](#), [Ecumenical Councils - Orthodox Christians](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

General Introduction: Where it was held; who attended it; and its date.

Historical Introduction.

What was the heresy of Macedonius?

What was the outcome?

- + Irenaeus A.D. 120-202 "The Church, though dispersed through our the whole world, even to the ends of the earth, has received from the apostles and their disciples this faith: [She believes] in one God, the Father Almighty, Maker of heaven, and earth, and the sea, and all things that are in them; and in one Christ Jesus, the Son of God, who became incarnate for our salvation; and in the Holy Spirit, who proclaimed through the prophets the dispensations of God, and the advents, and the birth from a virgin, and the passion, and the resurrection from the dead, and the ascension into heaven in the flesh of the beloved Christ Jesus, our Lord, and His [future] manifestation from heaven in the glory of the Father "to gather all things in one,"
- + Clement of Alexandria "O mystic marvel! The universal Father is one, and one the universal Word; and the Holy Spirit is one and the same everywhere, . . ."
- + Origen "From all which we learn that the person of the Holy Spirit was of such authority and dignity, that saving baptism was not complete except by the authority of the most excellent Trinity of them all, i.e., by the naming of Father, Son, and Holy Spirit, and by joining to the unbegotten God the Father, and to His only-begotten Son, the name also of the Holy Spirit."

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Theme: Repentance

Building Block 4:
Church History



Lesson 4.3: Apostolic Era: Disciples of Christ and the Early Church Fathers

Objective

To understand and learn more about the apostles, their efforts in spreading the gospel, and their writings.

Application

Do we, who consider ourselves to be followers of Christ, keep His holy commandments as faithfully as the early Christians did?

In what way you can emulate the disciples in their obedience to Christ?

References and Resources

Scripture: Matthew 10:2-4, Mark 3:13-19, Luke 6:12-19

Liturgy: their icons.

Patristics:

“Since the Lord Jesus Christ sent the apostles to preach, [our rule is] that no others ought to be received as preachers than those whom Christ appointed; for 'no one knows the Father except the Son, and him to whom the Son wishes to reveal him' [Matt. 11:27]. Nor does the Son seem to have revealed Him to any other than the apostles, whom he sent forth to preach.” Tertullian, c. A.D. 210, (Prescription Against Heretics 21)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Who are the 12 disciples?
- + Where did they preach?
- + What are the 5 apostolic sees?
- + Who are the disciples disciples?
- + Briefly mention a timeline of different prominent church fathers that may be accustomed to hearing their names.

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Theme: Repentance

Building Block 4:
Church History



Lesson 4.4: Persecution of the Church and Martyrdom

Objective

Students will learn the meaning of persecution. They will learn about persecution of the modern days. They will also learn that people in some other lands are not free to pray, read the Bible, go to church, or tell others about Jesus.

Application

This week at home, when you pray at meals or bedtime, remember that some Christians in other countries have to do those things in secret.

Make a comparison between persecution in the first few centuries and now.

References and Resources

Scripture: Luke 9:57-62; Luke 14:25-35 John 16:33; 2 Timothy 3:10-13; 1 Peter 2:19; Luke 12:26,

Patristics: Tertullian martyrs on a scale, 21 Martyrs of Libya, School shootings, Anba Suriel: "Christianity isn't for weaklings."

[Story of St. Kyriakos](#), [Be the Bee ep 130 - 4 tips for Being an Orthodox](#)

[Christian in the World](#), [Church of Martyrs](#), [SSC - Grade 12](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

+ Introduce with Luke 9:57-62 and Luke 14:25-35

+ 10 Great Persecutions by Roman Emperors (Nero, Domitian, Trajan, Marcus Orelus, Severus, Maximus, Decius, Valerian, Orelian and Diocletian (St. Peter Seal of Martyr 311 AD).

"If the martyrs throughout the world were to be put on one side of the scale and the Coptic martyrs alone on the other side of the scale, the later would outweigh the former" - Tertullian (220 AD)

+ Those who desire to live a godly life in Christ Jesus will be persecuted. Standing for Christ in the World is a New type Martyrdom. The Church of Christ is always in a state of persecution throughout its history. We should remember that and be ready at any moment to witness to our faith by denying comfort, stability, and even our whole lives.

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Theme: Repentance

Building Block 4:
Church History



Lesson 4.5: Monasticism, a life of repentance

Objective

Understanding the 3 vows of the monastic life

Application

Do you think that celibacy and marriage are not contrasted with each other; perhaps, both are compared to and directed to God's love? Explain.

References and Resources

Scripture: Matthew 19:21, Col 3:2-3

Patristic: St. Clement

Story: St. Anthony begins the Monastic life

Other: [Legacy Curriculum Great Fast Week I, Life of a monk by Fr. Lazarus Saint Antony](#)

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

- + Before Monasticism, excessive persecutions, but with the end of a martyrdom by Roman emperors many wanted to continue sacrifice continuing to give their lives to God. Setting their minds on things above. "Set your mind on things above, not on things on the earth. For you died, and your life is hidden with Christ in God." - Col 3:2-3
- + [What is Monasticism?](#)
- + Monastic Vows: [Poverty](#), [Chastity](#), [Obedience](#)
- + 3 types of monastic life
- + "That many of us are called poor, this is not our disgrace, but our glory. For, as our mind is relaxed by luxury, so is it strengthened by frugality? Yet, who can be poor if he does not want-if he does not crave for-the possessions of others? Who can be poor if he is rich towards God? He, rather, is poor, who, although he has much, desires more. Wealth, when not properly governed, is a stronghold of evil. Many, because of casting their eyes upon it, will never reach the Kingdom of Heaven. For they are sick for the things of the world, and are living proudly through luxury...Love of money is found to be the stronghold of evil, which the apostle says, 'is the root of all evils.' But the best riches are the poverty of desires. And the true magnanimity is not to be proud of wealth, but to despise it." - St. Clement

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Theme: Repentance

Lesson 4.6: The Christian Creed / Apologetic Exposition and Historical Factors

Building Block 4:
Church History



Objective

To understand the historical background of the creed and what this creed means to us, the Orthodox Christians.

Application

Have you ever been asked to describe your faith? To tell what you believe? How did you respond?

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

- + Address what we believe in according to the Creed.
- + Its sections and why it was developed in three stages. Original Nicene Creed of 325. Niceno-Constantinopolitan Creed.
- + *“Now, O you, my children, our Instructor is like His Father God, whose son He is, sinless, blameless, and with a soul devoid of passion; God in the form of man, stainless, the minister of His Father’s will, the Word who is God, who is in the Father, who is at the Father’s right hand, and with the form of God is God. He is to us a spotless image; to Him we are to try with all our might to assimilate our souls.” - Clement of Alexandria*

References and Resources

Scripture: Ephesians 5:14; I Timothy 3:16; II Timothy 2:11-13

Patristics: Clement of Alexandria A.D. 153–193–217. The Instructor. Book I Chapter I. The Office of the Instructor Chapter II.—Our Instructor’s Treatment of Our Sins.
Liturgical Connection: The Creed

Other:

[The Nicene Creed](#), [The Orthodox Creed](#), [The Coptic Church](#)

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Building Block 5: Church History



Theme: Repentance

Building Block 5:
Attacking the
Mother sins



Lesson 5.1: Mother Sins - Pride & Vainglory

Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 5.2: Mother Sins - Anger

Building Block 5:
Attacking the
Mother sins



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 5.3: Mother Sins - Lust

Building Block 5:
Attacking the
Mother sins



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 5.4: Mother Sins - Sloth

Building Block 5:
Attacking the
Mother sins



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 5.5: Mother Sins - Gluttony

Building Block 5:
Attacking the
Mother sins



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 5.6: Mother Sins - Envy

Building Block 5:
Attacking the
Mother sins



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 5.7: Mother Sins - Despair

Building Block 5:
Attacking the
Mother sins



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 5.8: Mother Sins - Greed

Building Block 5:
Attacking the
Mother sins



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Building Block 6: Towards Lent



Theme: Repentance

Lesson 6.1: The Temptation on the Mountain / Know the Adversary

Building Block 6:
Towards Lent



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 6.2: Persistence in Prayers - Parable of the unjust judge

Building Block 6:
Towards Lent



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 6:
Towards Lent



Lesson 6.3: Balance between the Mercy & Justice of God

Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 6.4: Fasting Between Tradition, Practices and the Missing Value

Building Block 6:
Towards Lent



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

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Theme: Repentance

Building Block 6:
Towards Lent



Lesson 6.5: Jesus Healing the Bleeding Woman

Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 6:
Towards Lent



Lesson 6.6: Narrow Gate and the Carrying my Cross

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 6:
Towards Lent



Lesson 6.7: The Power of the Cross and His Name

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

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Theme: Repentance

Building Block 6:
Towards Lent



Lesson 6.8: The Holy Week & The Feast of Resurrection

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Building Block 7: Life Matters



Theme: Repentance

Building Block 7:
Life Matters



Lesson 7.1: Timothy vs. Demas / Characters and Faith

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 7.2: SPECIAL (Apostles Feast): The Role of the Apostles and the Great Commission

Building Block 7:
Life Matters



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

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Theme: Repentance

Building Block 7:
Life Matters



Lesson 7.3: Boundaries with Friends / Self Esteem

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 7:
Life Matters



Lesson 7.4: Addiction / Roots and Causes

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 7.5: Sex, Sexuality and Homosexuality

Building Block 7:
Life Matters



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 7.6: Music in the Modern World

Building Block 7:
Life Matters



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 7:
Life Matters



Lesson 7.7: Orthodoxy View on Death and Judgment

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 7:
Life Matters



Lesson 7.8: Church's Support against Peer Pressure

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Building Block 8: The Liturgy



Theme: Repentance

Lesson 8.1: A Brief History of Worship in the Orthodox Church

Building Block 8:
The Liturgy



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 8.2: Liturgy is Scriptural Prayers

Building Block 8:
The Liturgy



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 8:
The Liturgy



Lesson 8.3: Liturgy is Forgiveness and Worship

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 8.4: The Liturgical "ANAPHORA" / Exposition & Living it

Building Block 8:
The Liturgy



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

References and Resources

<To be released by April 1st>

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 8.5: After the Liturgy; Connecting the Sunday Divine Liturgy to Weekly Life

Building Block 8:
The Liturgy



Objective

<To be released by January 1st>

Application

<To be released by January 1st>

References and Resources

<To be released by January 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 8.6: The Eucharist, Historical, Applications and Benefits

Building Block 8:
The Liturgy



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

References and Resources

<To be released by April 1st>

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Building Block 9: Wisdom and Discernment



Theme: Repentance

Lesson 9.1: Submission – Depend not on Your Own Understanding

Building Block 9:
Wisdom and
Discernment



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Building Block 9:
Wisdom and
Discernment



Lesson 9.2: Anxiety

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 9.3: You and Your Family

Building Block 9:
Wisdom and
Discernment



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 9.4: Generational Gap

Building Block 9:
Wisdom and
Discernment



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

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Theme: Repentance

Lesson 9.5: The Vanity of the World

Building Block 9:
Wisdom and
Discernment



Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

Consider delivering the lesson through a discussion, a debate, a workshop or any other active-learning method.

Detailed Lesson Plan

There are currently no detailed lesson plans for this lesson.

<To be released by April 1st>

Lesson Plan Template



Lesson Template

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Theme: Repentance

Building Block 9:
Wisdom and
Discernment



Lesson 9.6: Judge Not

Objective

<To be released by April 1st>

Application

<To be released by April 1st>

References and Resources

<To be released by April 1st>

Body Overview Bullet Points

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