



Be mindful, O Lord,  
of those who bear fruit  
and do good works  
in thy holy Churches,  
and who remember  
the poor.

The Anaphoras of Sts. Basil the Great and John Chrysostom

## Lesson Plans for Preschool – Grade 1 2008-2009

### GOAL:

To help students understand the theme well enough to express it in art, poetry, creative writing, or photography (check your individual diocese's rules to see if entries for this age group are accepted in all categories).

### OBJECTIVES: Students will be able to:

1. Explain ways in which they can show love, patience, and kindness.
2. State that Christians grow love, patience, and kindness, just as a tree grows fruit. These are called “fruits of the Spirit.”
3. Sing along with “Fruits of the Spirit”(by Gigi Shadid)
4. Explain the icon: A man has died, but there is no one to bury him. Tobit showed kindness and buried the man. Identify the main characters in the icon (Christ, Archangel Raphael, Tobit, dead man).

**TIME:** 45 minutes

### MATERIALS NEEDED:

- Orthodox Study Bible
- Service Book (includes the divine liturgy)
- Plastic (or real) fruits
- Theme Icon from the Book of Tobit (Old Testament) *attached*
- CD Player and “Fruits of the Spirit” song (by Gigi Shadid), *downloadable for free*
- “Fruits of the Spirit” coloring sheets, *attached*
- Artificial tree (two if available)
- White Christmas lights
- Large paperclips
- Hole punch

## **BACKGROUND EXPLANATION:**

This year's theme comes *not* from the Bible, but from the divine liturgies of Sts. Basil the Great and John Chrysostom (specifically, the anaphora). The "anaphora" takes place immediately after we all recite the Creed, and this prayer may be said aloud, or silently. See "The Theme's Location" at the end of the Background Explanation. Encourage students to try and listen to their priest's "quiet" prayers that he recites after we state the Creed and see if they can hear this year's theme.

For the little ones, we will focus on the fruits of the spirit, what they are, what they look like, and how to acquire them. Of course, it may be too difficult or overwhelming to cover all nine of the fruits of the spirit in one lesson, so we have planned for three. We will use the image of fruits such as apples, oranges, bananas, etc. to help them approach the concept, but be careful that the little ones do not confuse them with the fruits of the Spirit as they are distinctly different. We want our children to know that they are like trees planted by God, to produce the fruits of the Spirit.

This year's theme specifically touches upon one important WORK which is remembering the poor. Feel free to expound upon this with your students and brainstorm/discuss all kinds of additional good works that they can participate in.

**Logo Icon Explanation:** Tobit, along with fellow Israelites, was in exile in Nineveh. Tobit was a righteous man who was charitable in every way. He was known by all as one who would take the dead and give them an honorable burial. This is a holy work before the Lord, and what is being shown on the icon. The angel Raphael appears on the icon as He interceded before God for Tobit's healing. He also appears in the story. Here are some key passages.

"I, Tobit walked in the paths of truth and righteousness all the days of my life. I did much almsgiving to my brethren and to the people who journeyed with me as exiles to Nineveh, in the country of the Assyrians" (1:3).

"I would give my bread to the hungry and my clothing to the naked. If I saw anyone of my people dead, cast outside the wall of Nineveh, I would bury him. If King Sennacherib put someone to death, I buried them secretly. For in his anger, he put many to death, and the bodies were sought by the king; but they were not found. But one of the men of Nineveh went and made known to the king concerning my burying them. So I hid, and when I knew I was being sought to be put to death I was frightened and ran away. All of my possessions were seized and I had nothing left, except Anna my wife and Tobias my son" (1:17-20).

When the king is killed, Tobit returns home and invites even those on the byways to the feast. On the night of the feast, he again leaves to bury the dead. He slept outside, and becomes blinded from the droppings of a sparrow onto his eyes. Later, He sends his son, Tobias, to find a bride. Tobias is also a righteous man. The angel Raphael appears as a traveling companion. They return with a bride. The angel then instructs Tobias as to how to heal his father's eyes, which he does. Raphael then reveals his identity.

It is a striking image which not only illustrates the virtue of "remembering the poor," but also the more glorious work of Christ and His angels in their blessing and intercession for those that love Him and the least of His little ones.

NOTE: Suggested things for the teacher to say will be *italicized* throughout this lesson. There are many activity options from which to choose.

## The Theme's Location

### In the Divine Liturgy of St. John Chrysostom

[During the Anaphora—after the Creed, look for . . . ]

**Priest:** Especially our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary.

*The Priest now censes the Gifts and the Sanctuary, and prays aloud, or silently until . . .*

**Priest:** Among the first be mindful, O Lord, of our (metropolitan or archbishop or bishop), N, whom do thou grant unto thy holy churches in peace, safety, honor, health and length of days, and rightly dividing the word of thy truth.

**Choir/People:** Amen.

**Deacon:** And for those who offer these precious and holy gifts to the Lord our God, the honorable presbytery, the diaconate in Christ and every priestly order and for their salvation, for the peace and stability of the whole world, the good estate of the holy churches of God, the salvation and help of the people here present, those whom they are remembering and of all mankind.

**Choir/People:** And of all mankind.

**Priest (quietly, or aloud):** Be mindful, O Lord, of this city in which we dwell, and of every city and countryside, and of those who in faith dwell therein. Be mindful, O Lord, of those who travel by sea, by land and by air, the sick, the suffering, captives and their salvation. *Be mindful, O Lord of those who bear fruit and do good works in thy holy churches and who remember the poor;* and upon us all send forth thy mercies:

### In the Divine Liturgy of St. Basil the Great

[During the Anaphora—after the Creed, look for . . . ]

**Priest:** Especially for our all-holy, immaculate, most blessed and glorious Lady Theotokos and ever-virgin Mary.

**People:** In thee rejoiceth, O full of grace, all creation, the angelic hosts, the race of men, O hallowed Temple . . . In thee rejoiceth, O full of grace, all creation: glory to thee

*(The Priest censes and continues the prayer silently or aloud.)*

**Priest:** The holy Prophet, Fore-runner, and Baptist John; the holy, glorious, and all-laudable Apostles; Saint(s) whose memory we celebrate . . .

Remember, Lord, those who have brought You these gifts, and for whom and through whom and the intentions for which they were offered. *Remember, Lord, those who bear fruit and do good works in Your holy churches, and those who remember the poor.* Reward them with Your rich and heavenly gifts. . . .

## THE LESSON PLAN:

### OPENING:

Gather children around the icon corner to pray. Recite the theme for the students, and then have them repeat it to the point where they are still comprehending, for example, to the phrase, “do good works . . .”

### INTRODUCTION:

Assemble the children in comfortable seating. Have a Bible in one hand and a church service book in the other and recite the theme: **“Be mindful, O Lord, of those who bear fruit and do good works in thy holy Churches and who remember the poor.”** Then ask them, *Where do you think this quote comes from? The Bible? [Show them the Bible you are holding.] Or this service book I got from the church? [Show them the service book.]* Let them guess.

*It’s from the service book!* Explain to them that we use the service book while we are in church for Divine Liturgy and that there are all kinds of wonderful prayers in there, just like there are in the Bible. *This prayer is one that the priest says quietly after we all recite the Creed. We should put our big ears on and try really hard to listen to the priest when he whispers these prayers during church.* [As a suggestion, maybe ask your parish priest to recite these prayers a little louder during this church school year.]

### ACTIVITY 1 (Tree Time)

You may say something like, *“OK, let’s all stand up and stretch your arms to the sky and pretend that you are a BIG TREE! Now, wiggle your fingers and spread your arms out. Keep wiggling! Wow, you all look like awesome trees!”* Have them sit down. Ask them to name all the kinds of trees that they can think of and then write them down on the board (option). Some trees have fruits on them, too (apples, oranges, bananas, pears, etc.). Give each student a real or plastic piece of fruit. Ask them, *“What if there were no fruits on any trees? How would that make you feel?”* [Responses could be, sad because I really like bananas and there would be none, no orange juice or apple pie, etc.]

*Fruits are good for us. They are healthy and we use them to make all kinds of other delicious foods and drinks.* Maybe have students list as many foods and drinks made from fruits as they can think of.

*Well, God wants us to be the kind of tree that will make fruits – lots of them! But we don’t make apples and bananas; that would be silly! In the Bible, we learn about **godly** fruits – they are called **fruits of the SPIRIT**. Let’s read from the Bible and hear what Saint Paul says about this: “Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Galatians 5:22-23). Now that’s a lot of fruit that I have never eaten before! ☺ Can any of you remember one of the fruits of the Spirit that St. Paul just mentioned?* This is a good opportunity to read the passage again, one word at a time and have them repeat after you.

### ACTIVITY 2 (Talk it Out, Act it Out)

*So, how do we do it? How can we ‘grow’ these spiritual fruits on our tree? Let’s start with the first one since there are so many. How about LOVE? Love is a fruit of the Holy Spirit. When we show each other love, we are being like Jesus.*

*What are some ways that we can SHOW LOVE?* Have students give you several examples of how they can show love to others. Talk it out.

Now it’s time to act it out. Have student volunteers act out these scenarios.

## **Love in ACTION.... What do you do when....**

1. There is only one more piece of cake left, and you have already eaten the rest of the cookies. Your older brother/sister is at soccer practice and will want a snack... do you eat the cake or leave it for your brother/sister?
2. There is a new kid in your class and they don't know anyone. They are sitting all alone...
3. You are playing with your toys and one of your friends comes over to play with you. They want the toy that you are playing with... What do you do?

*God wants us to love like He does, and He wants us to be HIS children! That means we have to love God with all our heart, mind, and soul, and love our neighbor as ourselves. St. Augustine of Hippo writes, "Love alone puts the difference between the children of God and the children of the devil... those who have charity (love) are born of God, those who do not have it are not born of God."*

*Now let's look at another one of those spiritual fruits we heard about. This one starts with a P and has a "pa" sound. Do you know which one I am thinking of? [Let them guess.] "Peace" is one of the fruits of the Spirit and it starts with a "pa" sound, but that's not the one I am thinking of...keep guessing... It's PATIENCE! What does it mean to be patient? What are some ways that we can SHOW PATIENCE? Have students give you examples of how they can practice being patient. Talk it out.*

## **Patience in ACTION.... What do you do when....**

1. You are so excited about being at the pool/water park and you want to go down all of the cool slides, but there's a line of people waiting to go before you. What do you do....
2. You asked your mom for the dessert she promised to give you after you had all of your dinner, but she is on the phone and seems too busy to help you.
3. You are trying to learn how to tie your shoes but you keep messing up. You've been practicing and practicing. You just can't seem to get it.

*God wants us to have patience in all things: with our family, friends, school, and ourselves. We can learn to have patience when we live out our Orthodox faith. Prayer, fasting, and loving other people help us to develop patience.*

*How about another fruit of the Spirit... one that has a "ka" sound. Does anyone know which one I am thinking of? [Let them guess.] How about KINDNESS! What are some ways that we can SHOW KINDNESS? Have students give you examples of how they can practice being kind. Talk it out. Are we sometimes unkind? What are some things we might do that are unkind to those around us? [Have students share.]*

## **Kindness in ACTION.... What do you do when....**

1. Your teacher is sick. You have a substitute teacher. Everyone is acting badly and trying to get away with everything they can. What should you do?
2. A kid at school is making fun of you and it really bothers you. You would really like to get even...
3. Your toys are all over the floor and your parents have asked you and your brother/sister to please pick them up. You did your share but your brother/sister does not want to do theirs. What do you?

You might want to make the connection/link that kindness is love in action. It is how we treat one another. When we live our life being kind to others and letting God's goodness shine through us, we are really working on being like God! Here is what St. Paul tells us in Romans 12:17;21: "Repay no one evil for evil. Do not be overcome by evil, but overcome evil with good." *Even though it is hard work, God the Holy Spirit will help us never get tired of doing good – and that puts us on the ladder to becoming holy!*

### ACTIVITY 3 (Share the Icon)

Show the students the icon that is on this year's Creative Festivals Logo. Post a large copy of the logo and theme in your classroom and make take home copies for your students.



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To the students, say something like: *Let's take a look at this icon. What do you notice?* [Jesus blessing, an angel giving a blessing, a man helping another man who died] *Do you know who that angel is? He is a great angel, we call an "Archangel" and his name is Raphael. Why do you think he is blessing the man?* [student responses] *Well, this man's name is Tobit, and in this icon, we see him getting ready to bury another man that had died. In the old days, the poor had no one to bury them. Tobit did a "good work," kind of like what we have been talking about. He took the time to bury this dead man. What fruits of the spirit does that look like?* [LOVE, KINDNESS] Show them the image of Christ in the corner of the icon giving His blessings. Say, *God blesses us when we do good works and when we help others.*

### ACTIVITY 4 (Music Time)

Play the "Fruits of the Spirit" song (by Gigi Shadid, *Fruits of the Spirit* CD ©2004). By permission, this song is available for downloading on the archdiocese website under the Department of Christian Education. The lyrics and hand motions to this song are included in this lesson. You can teach the hand motions to this song while you play it, or teach them the motions first and then sing/play the song at least a couple of times while you all do the hand motions to the song. Kids really enjoy singing along and doing the hand motions and it helps to reinforce the lesson.

## **ACTIVITY 5           (Closing Activity/Craft)**

Have two artificial trees in the room. Leave one bare. Put white Christmas lights on the other, the tree that bears good fruit. Have students color the “fruits of the spirit” coloring sheets (attached). Repeat playing the “Fruits of the Spirit” song while they work so that your students can remember the fruits of the spirit and the lesson you taught them.

Once they are done coloring, have them cut out each fruit. Use a hole punch to make a hole in each piece of paper fruit and use large colored paperclips to hang the fruit on the lighted artificial tree in your classroom. As an extension, have each child tell something that they did at home or school to demonstrate a fruit of the Spirit, or as they are observed doing so in class, let them select that fruit, write their name on it and let them hang it on the tree. Leave it up throughout the year, and by the end, they can see how much good fruit was produced! The other tree will be void of life, dark and produces no good fruit. It is a good reminder for all of us to produce good fruit.

**OPTION:** This activity can be modified if you do not have any artificial trees. For example, create a bulletin board with two trees and have students staple their fruits onto the “fruitful” tree and leave the other one bare.

### **Closing Prayer:**

Repeat the theme, or as much as they can comprehend, and end with the Sign of the Cross.

# Fruits of the Spirit

By Gigi Shadid

**I am the Vine,** (*left hand up*) **I am the Vine,** (*right hand up*)  
**You are my branches,** (*hands wiggle down back to your sides*)  
**Abide in Me, Abide in Me,** (*point both thumbs to your chest, going to the left and then to the right*)  
**Live in my mansions.** (*put both hands over your head like a house and slightly move from side to side*)

**I'll give you fruit, I'll give you fruit,** (*pretend like you are picking fruit and putting it in a basket*)  
**Hold on to me ~** (*link arms with the person next to you*)  
**And you will see, And you will see,** (*pretend to look into the horizon, putting your right hand over your eyebrows, then your left*)  
**Love, Joy and Peace.** (*cross your arms and move from side to side, then make the "peace" sign*)

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**Abide in Me, Abide in Me,** (*point both thumbs to your chest, going to the left and then to the right*)  
**Live in my mansions.** (*put both hands over your head like a house and slightly move from side to side*)

**Patience and Faith, Patience and Faith,** (*make praying hands*)  
**More Self Control ~** (*wag your pointer finger and tap one toe*)  
**Kind, Good and Gentle,** (*take your left hand and gently wipe your right arm from the shoulder to the fingertip, then do the right hand to the left shoulder, left hand again*)  
**Fruits for the Soul.** (*clasp both hands, elbows out, then press your hands to and from your chest, like a heart beat*)

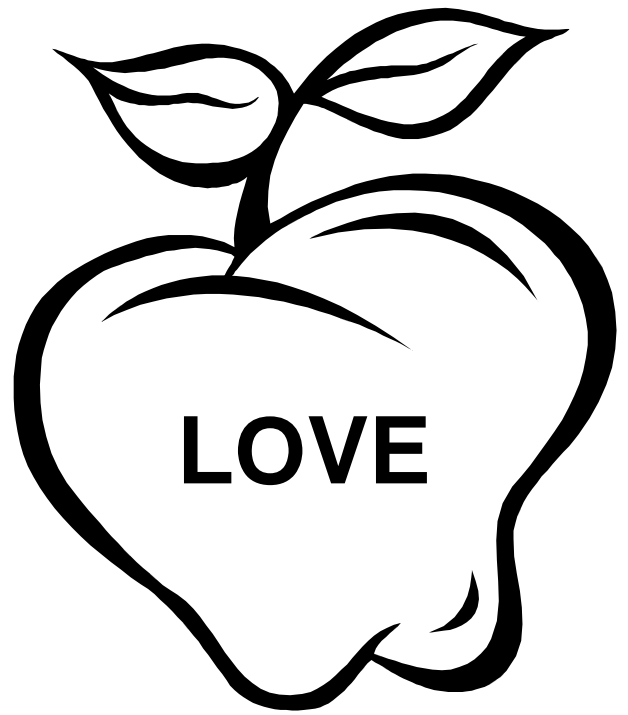
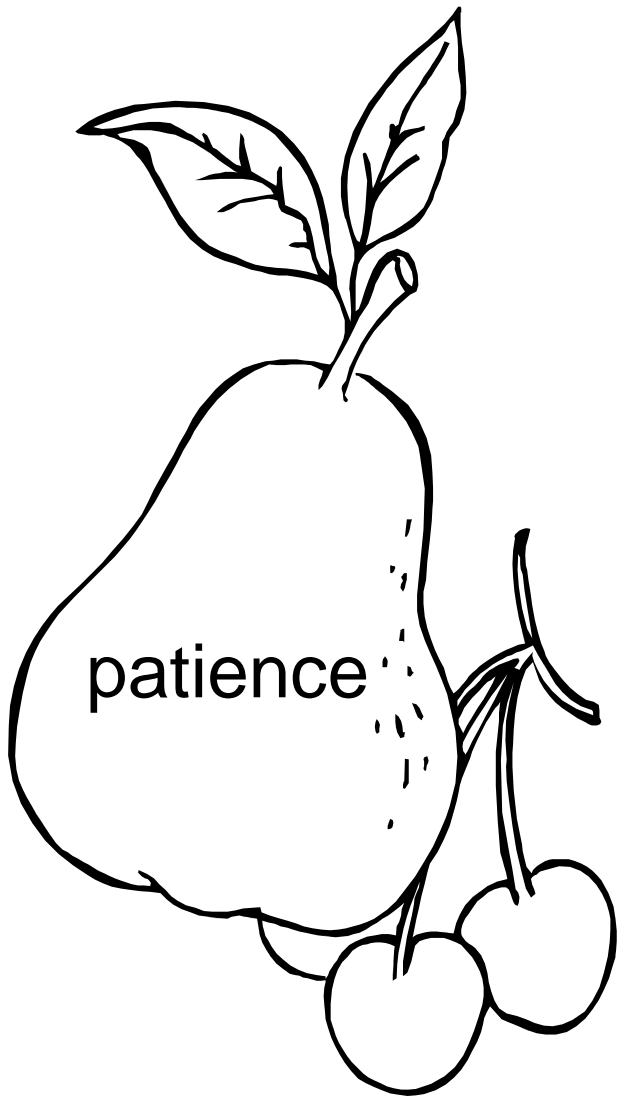
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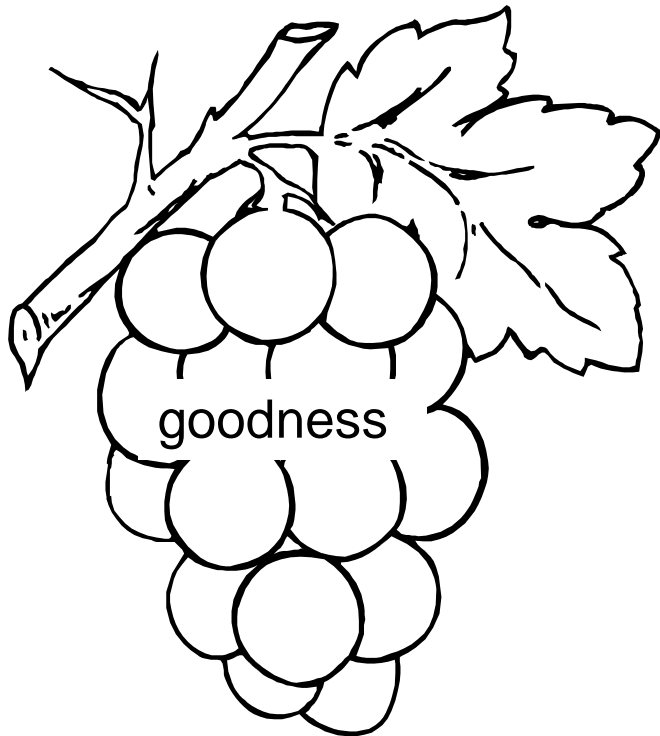
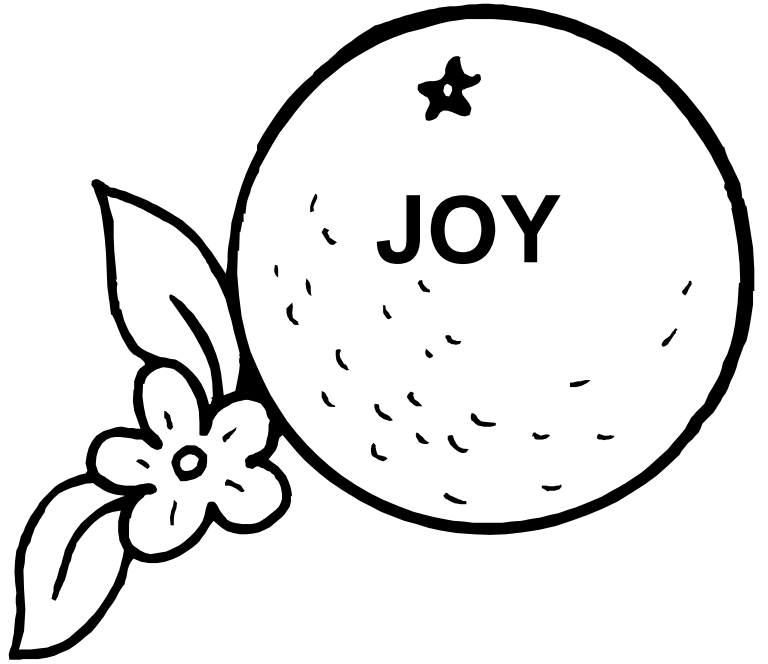
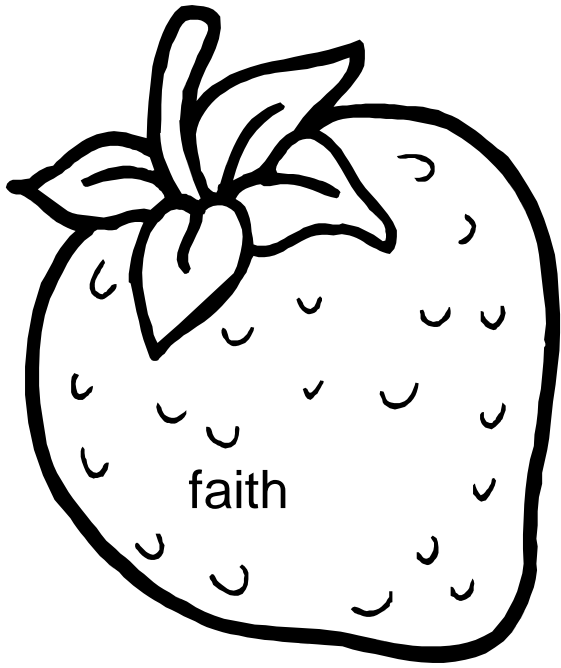
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