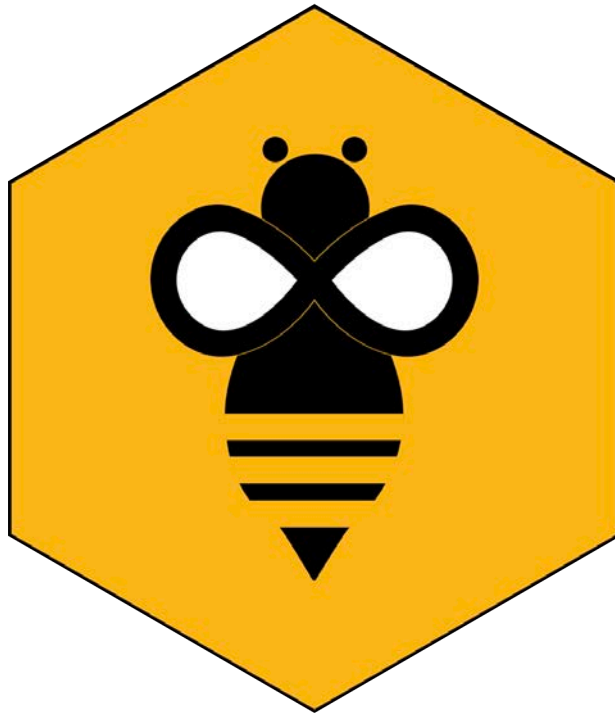

BE THE BEE

LESSON PLANS

Episodes 1-30



Presented by
Y²AM

Greek Orthodox Archdiocese of America
Youth & Young Adult Ministries
Office of Camping Ministries



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"'Be the Bee' gives some of the best, simplest explanations I've heard."

-Brianna

"'Be the Bee' helped me very much in my process to become Orthodox. It was my catechism. And it is still!"

-Luke

"My kids and I enjoy watching 'Be the Bee' together. It has become a part of our homeschool routine during our Orthodox studies."

-Jennifer

When we launched “Be the Bee” in September 2013, we had no idea how big of an impact that the series would have on homes and communities around the world.

“Be the Bee” has helped kids and teenagers, parents and grandparents. Young and old, generations of Orthodox Christians have deepened their faith and come to better know our Lord and Savior Jesus Christ.

And it’s not just cradle Orthodox that have benefitted. We’ve received so many messages from people that have joined the Church because of the way their hearts were touched by episodes of “Be the Bee.”

But that wasn’t enough for us. We wanted to do even more for you: to help make “Be the Bee” even more valuable for homes and communities across the Church.



This collection of free lesson plans is the result.

I’m deeply grateful to our Resources & Training Coordinator, Cassandra Garibaldi, for taking the lead on this important project.

I hope these lesson plans help you take your ministry work to the next level.

In Christ,
Steven Christoforou, Director

BE THE BEE

SESSION #1

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #1

Introduction

Goal:

Learn to find God in everyone and everything

Objective:

Identify one way to “be the bee” in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 1 | Introduction

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

10 minutes

If you were a bee, what would your nectar of choice be and why? i.e. chocolate syrup, hot sauce, ranch.

VIDEO

5 minutes

Be the Bee #1 | Introduction

https://www.youtube.com/watch?v=i60S6r_sf8o&index=1&list=PLbyQMR-_r8bJTrcWpWxSUPdJHdZJsq_zG&spfreload=5

DEBRIEF

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What does it mean to “be the bee”?
 - ❖ It is a metaphor for the choices we make everyday. The bee goes to good things and finds the good (life-giving part) in each.
- ❖ What makes it important to see the good in life?
- ❖ Is it easy to always be positive and look for the good? What makes it hard?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Is there a time in your life when you were the fly?
Can you explain?

READING AND APPLICATION

7 minutes

Read the following story to students:

Flies and Bees - Advice from Elder Paisios

<http://orthodoxwayoflife.blogspot.com/2009/12/flies-and-bees-advice-from-elder.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ What do the "fly" category of people do?
- ❖ What do the "bee" category of people do?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day." - Genesis 1:31

"For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer. By pointing out these things to the brothers, you will be a good servant of Christ Jesus, nourished by the words of the faith and sound instruction you have followed."

- 1 Timothy 4:4-6

Ask students the following questions and help facilitate a discussion:

- ❖ What does it mean for us if we are trying to always choose the good?
- ❖ What does that mean for our lives?

Teaching: (reflect on this rather than read it directly to participants)

Each person is good, even those who make bad choices. We are all called to be bees, to look for the good (honey) in everything (the

flowers): our personal struggles, our enemies, in the death of a loved one. This goodness is God Himself, who is “present in all places and filling all things.”

The sun is always shining (God is always present), sometimes the clouds are just blocking us from seeing it that day. We are called to be like bees, to not simply find what is good in our lives, but to build upon it as well. Bees transform nectar into something edible (honey) which they share with us, so we can nourish our bodies with it. In the same way, we are called to not simply find what’s good in our lives, but to build upon it and share it with others, for their benefit. We are able to be beacons of light and allow the Holy Spirit to work through us to transform those we meet and encounter.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to, “be the bee” in your daily life through what you learned in the session?

CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, help us to learn to find God in everyone and everything. Help us to be like the bee who constantly labors for others and not themselves.
Amen.*

BE THE BEE

SESSION 2

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #2

Broken Clocks and Judgement

Goal:

Learn to find God in other people.

Objective:

Identify one way to be less judgmental in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 2 | Broken Clocks and Judgement

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

How many times a day do you think you look at a clock?

VIDEO

5 minutes

Be the Bee #2 | Broken Clocks and Judgement

<https://youtu.be/K9Ao-3Y5b5M>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ When a clock is broken, do we dismiss the fact that it has (or had) its function, or do we replace its batteries, so it is as good as new?
 - ❖ The clock is a metaphor for a person. Each person is a broken clock, but each person still is good.
- ❖ How do we replace the batteries in our own clocks?
- ❖ What makes it important to see the good in other people?
 - ❖ A person is someone to be known and loved.
- ❖ Is it easy to not judge others? What makes it hard?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What makes it important to be patient for things to heal? Can you explain?

READING AND APPLICATION

7 minutes

Read the following story to students:

Saint Porphyrios and the Woman

<http://www.johnsanidopoulos.com/2012/07/elder-porphyrios-and-scantily-clothed.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ What would you think if you were walking down that street?
- ❖ How can we keep ourselves from judging others?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"And his delight shall be in the fear of the Lord. He shall not judge by what his eyes see." - Isaiah 11:3

"How can you say to your brother, 'Let me take the speck out of your eye,' while there is still a beam in your own eye? You hypocrite! First take the beam out of your own eye, and then you will see clearly to remove the speck from your brother's eye." - Matthew 7:4-5

Ask students the following questions and help facilitate a discussion:

- ❖ How can we find delight in this world?
- ❖ How can we find God in others?
 - ❖ Look to correct ourselves first, and then lovingly help others.
- ❖ How are we supposed to deal with people who are clearly "broken"? Do we point out their failures to them?

Teaching: (reflect on this rather than read it directly to participants)

Each person is created in the image and likeness of God. Through God's love for us He has given us free will. With this we are able to make our own choices. These choices could be good or bad, and are based on what we think and feel. We all make mistakes, so we must be patient with one another remembering that each of us are, "an ordinary person, one of the human race". When things break we can throw them away and replace them, but when people break or make choices that hurt us, we cannot just throw those people out of our lives. God has placed each person into our lives for a reason and we are called to love each person. Love is sacrifice and sacrifice is hard work. When things are hard we are called to work through them, not move away from them. In scripture we read not to judge others and look to ourselves and our own faults and shortcomings first. When we do this, we are able to help others with their struggles through our witness.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to keep ourselves from judging others in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to learn to find You in others. Help us to not to judge, but rather to look at our own faults and heal from them. Help us to love each person we come into contact with, as You love us.

Amen.

BE THE BEE

SESSION #3

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #3

#StandAgainstBullying

Goal:

Learn to look for the good in others,
even when it's not easy to do so.

Objective:

Identify one way to forgive your enemy
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 3 **#StandAgainstBullying**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is your favorite nickname and how did you receive it?

VIDEO

5 minutes

Be the Bee #3 | #StandAgainstBullying

<https://youtu.be/y6j1-flM7RY>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ Have you ever thought about your uniqueness?
- ❖ Have you ever been made to feel bad about that?
- ❖ What makes it important to see the good in other people?
 - ❖ A person is a thing to be known and loved.
- ❖ Should we love our enemies?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Can you think of a time that someone made you feel unloved, worthless, or alone. What was that experience like?

READING AND APPLICATION

7 minutes

Read the following story to students:

Story of Saint Kyrianna

<http://www.johnsanidopoulos.com/2011/02/saint-kyranna-new-martyr-1751.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ Can you relate to this story?
- ❖ Would you be able to do what the Saint did?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"If your enemy is hungry, give him food to eat; if he is thirsty, give him water to drink. In doing this, you will heap burning

coals on his head, and the Lord will reward you.” - Proverbs 25: 21-22

“Then they cast him out of the city and stoned him; and the witnesses laid down their garments at the feet of a young man named Saul. And as they were stoning Stephen, he prayed, “Lord Jesus, receive my spirit.” And he knelt down and cried with a loud voice, “Lord, do not hold this sin against them.” And when he had said this, he fell asleep.” - Acts 7:58-60

Ask students the following questions and help facilitate a discussion:

- ❖ What is our reward for giving and loving when we receive nothing in return?
- ❖ How are we supposed to pray for the people who hurt us?

Teaching: (reflect on this rather than read it directly to participants)

People can hurt us. These people could be complete strangers or people we care about very much. The hurt could be unintentional or intentional. Even through the hurt we are called to find Christ in that person and love them. This may be difficult to do, however, we know that Christ is still there because we are each created in the image and likeness of Him. This type of love is true love and it is the same love God has and shows for each of us. This love is so powerful that it can transform a person. Although it may sound silly or contradictory, love even has the power to change the heart of a bully or enemy. Love is probably what a bully needs anyways. Praying for others can also lead to transformation. Where there is love and prayer, God is always present. This is our hope and He never fails.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to forgive others in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with the firm conviction that Your will governs all. In all my deeds and words guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering or embarrassing others. Give me strength to bear the fatigue of this coming day with all that it will bring. Direct my will, teach me to pray, pray You Yourself in me. Amen.

Amen.

(Morning Prayer of Metropolitan Philaret of Moscow)

BE THE BEE

SESSION #4

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #4

Prayer and Joy

Goal:

Learn that prayer is about transforming ourselves into joyful people.

Objective:

Identify one way to connect with God through prayer in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 4 | Prayer and Joy

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Name something you do everyday that a friend would be surprised to know.

VIDEO

5 minutes

Be the Bee #4 | Prayer and Joy

<https://youtu.be/SvhJeZLy3q0>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ Do you have routines?
- ❖ Is prayer one of your routines?
- ❖ Does God want us to use complicated words when we pray?
- ❖ Is prayer helpful? Does God need to be reminded about what we want and what we truly need?
 - ❖ Prayer is about building a relationship with God.
- ❖ Where does prayer fit into your daily routine?
- ❖ How do you pray?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What happens when you pray for something and that prayer is not answered?

READING AND APPLICATION

7 minutes

Read the following story to students:

Saint Basil on Unceasing Prayer

<http://www.johnsanidopoulos.com/2013/07/basil-great-on-unceasing-prayer.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ Is your idea of prayer different after reading the story?
- ❖ Can you pray without words?

- ❖ What is the connection between prayer and being joyful?
 - ❖ Gratitude transforms us and our hearts.

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"The Lord is near to all who call on him, to all who call on him in truth." - Psalms 145:18

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:16-18

Ask students the following questions and help facilitate a discussion:

- ❖ How are we called to pray?
- ❖ How can we give thanks in all circumstances? Is this an easy thing to do?

Teaching: (reflect on this rather than read it directly to participants)

We are called to pray without ceasing. This is a difficult task if we only think about prayer as merely words. If we think about prayer as a way to deepen our connection with God, we know that prayer is much more than words. When we are thankful for all that we have and are communicating with God, we are on the road to ceaseless prayer. When we are thankful for the good and the bad things in our lives, we allow God into our lives to transform our hearts. We become more loving, more patient, more caring; we deepen our relationship with God and He fills us with what we need. It is only in truth and with a humble heart that we can go before God. He knows our hearts and He already knows who we are. God waits for us to let Him in. We can only do that if we call on Him in truth.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to pray in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us learn to pray. Allow us to deepen our relationship with You. During the good and bad times, let us remember You and give thanks to You. Help us to constantly know the love You have for us and help us share that with others. Allow Your Holy Spirit to come into us and transform us.

Amen.

BE THE BEE

SESSION #5

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #5

Prayer in the Moment

Goal:

Learn that prayer can be said in any moment.

Objective:

Identify one way to connect with God
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 5 **Prayer in the Moment**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is your favorite prayer?

VIDEO

5 minutes

Be the Bee #5 | Prayer in the Moment

<https://youtu.be/pwIMCDmNriI>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ Have you ever tried to set aside time for God? Is this difficult or easy?
- ❖ How can we be more connected to God?
 - ❖ Include God in each portion of our lives and not only on Sunday.
- ❖ How can we allow God into our lives?
- ❖ Do we want God to be apart of our lives?
- ❖ What is keeping you from having a deeper relationship with Christ?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Who is God to you?

READING AND APPLICATION

7 minutes

Read the following story to students:

Metropolitan Kallistos Ware on Prayer

<http://myocn.net/metropolitan-kallistos-ware-prayer/>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ What is prayer?
 - ❖ "The realization that I am God's and He is mine."
- ❖ Can we pray without words?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"The Lord is near to all who call on him, to all who call on him in truth." - Psalms 145:18

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:16-18

Ask students the following questions and help facilitate a discussion:

- ❖ What happens when we "call on Him" (pray)?
- ❖ How can pray without ceasing?

Teaching: (reflect on this rather than read it directly to participants)

Prayer is more than words. It is about a real connection with God. This connection is made through our effort to get to know God. This can be done through many ways. We need to want to allow Him into our lives every moment. Through prayer and thanksgiving, we are able to remember God. God is not looking for long drawn out prayers, we can simply say thank you for a sunset, or have mercy on me when you find out bad news. The goal is to keep Him present in our lives. Praying without ceasing means to constantly keep God in our minds and hearts. It is to be joyful and spread love with the people we encounter.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to stay connected to God in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us learn to be present with You throughout the day. Help us to give glory to You for the good and bad things in our lives. When we are at a loss for words, allow us just to think of You, and fill us with whatever we may need. Teach us to pray. Always be with us. Amen.

BE THE BEE

SESSION #7

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #7

Hidden Behind Labels

Goal:

Learn that labeling people hides the God-given beauty within us all.

Objective:

Identify one way to see God in the hearts of others throughout the day.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 7 **Hidden Behind Labels**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Name your favorite cereal and something other than milk you would eat it with.

VIDEO

5 minutes

Be the Bee #7 | Hidden Behind Labels

<https://youtu.be/NTcuSkyPoSU>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ Are bullying and labeling the same? Are they different?
- ❖ Can you think of a time when you labeled someone? If so, can you explain the situation?
- ❖ Can labeling be helpful or kind?
- ❖ How does labeling hurt the other person?
 - ❖ It prevents us from seeing who they truly are and their potential.

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

Have you been hurt by someone's words? How?

READING AND APPLICATION

7 minutes

Read the following story to students:

The Thief who Prayed Daily to the Theotokos

<http://www.johnsanidopoulos.com/2011/08/thief-who-prayed-daily-to-theotokos.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Were you surprised that the Theotokos offered her protection to thieves?
- ❖ Did you label as you heard the story?
- ❖ What caused you to label?
- ❖ Was it an automatic response?
- ❖ Do you automatically label others?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"A person may think their own ways are right, but the Lord weighs the heart." - Proverbs 21:2

"One of the criminals who hung there hurled insults at him: "Aren't you the Messiah? Save yourself and us!" But the other criminal rebuked him. "Don't you fear God," he said, "since you are under the same sentence? We are punished justly, for we are getting what our deeds deserve. But this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." Jesus answered him, "Truly I tell you, today you will be with me in paradise." - Luke 23: 39-43

"Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and the measure you give will be the measure you get." - Matthew 5:1-2

Ask students the following questions and help facilitate a discussion:

- ❖ How can we tell what is in someone's heart?
- ❖ What do the examples of the thieves on the crosses, tell us about who a person truly is deep down inside?

Teaching: (reflect on this rather than read it directly to participants)

The labels we put on other people limit who they are and who God has created them to be. When we use labels they usually tend to be negative. When we put labels on people, we are judging the person in front of us. We miss who they really are. How can we get to know someone? We ask questions, and we listen. We are called to love the people in our lives, and we show love through our attentiveness. If we have heard things about a particular person, we should lay that aside and try to forget about the gossip. It is in a face-to-face encounters that we can truly get to know a person. We never know someone's true intentions or their heart until we ask.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to see God in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us learn to see Your beauty in each person. Allow us to see each person as someone You have uniquely created, and help us not to judge our brothers and sisters. Help us get to know the hearts of the people you place into our lives, and help us to love them.

Amen.

BE THE BEE

SESSION 8

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE 8

Defeating Darkness

Goal:

Learn that we cannot fight evil, but should choose acts of love instead.

Objective:

Identify one way to allow the light of God into your hearts in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 8 **Defeating Darkness**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

When you were little, what did you do when you were afraid because of the dark?

VIDEO

5 minutes

Be the Bee 8 | Defeating Darkness

<https://youtu.be/bhvb9nH7Kuc>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is darkness?
 - ❖ The personal struggles we encounter in life.
- ❖ How could we get stuck in darkness?
 - ❖ Sin can lead us into a place of darkness.
- ❖ What is the “easy way”?
 - ❖ The easy way is, “to keep his eyes, not on sin, but on God by devoting himself to prayer, the divine services, and Scripture”.
- ❖ When we struggle with sin in our lives, are we supposed to do whatever we can to get rid of it?
 - ❖ God can lead us out of darkness and is the one who forgives sins.
- ❖ By focussing on getting rid of our own sins, are we really trusting that God can heal our wounds, forgive any sin, and transform lives?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Have you been stuck in the darkness? What was it that helped you get out?

READING AND APPLICATION

7 minutes

Read the following story to students:

Flies and Bees - Advice from Elder Paisios

<http://www.johnsanidopoulos.com/2013/07/correcting-not-condemning-evil.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What are ways we keep ourselves in darkness?
- ❖ How can allow God's light into our hearts?
- ❖ How are our thoughts important?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"And I will lead the blind in a way that they do not know, in paths that they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground. These are the things I do, and I do not forsake them." - Isaiah 42:16

"For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ." - 2 Corinthians 4:6

"And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. But whoever does what is true comes to the light, so that it may be clearly seen that his works have been carried out in God." - John 3:19-21

Ask students the following questions and help facilitate a discussion:

- ❖ What is the contrast between dark and light?
- ❖ What does the passage mean: God will lead in a way we do not know?
- ❖ Do we trust that God is leading us, even in the worst of situations?
- ❖ Do we sometimes bury our good works and show the darkness to fit in?

Teaching: (reflect on this rather than read it directly to participants)

Unfortunately, we will all encounter darkness at points in our lives. We each have free will and with that freedom we make our own choices. Sometimes, we do not make the right choices and those choices hurt people. When faced with this evil do we repay with evil? St. Porphyrios explains that the easy way is the path following Christ. Through Christ's life, teachings, and saints we are able to see what the right path. We have the freedom to follow this path, or choose another that might not be the best for us. The beauty of our God is that even in following the wrong path, or being in a place of darkness or despair, God can lead us out. Not only lead us out, but strengthen us and show us love. We will all find ourselves in dark places, we must open our broken hearts, and through prayer, allow God to come in. Darkness can only be taken away through God's light. We must not despair, but have faith that God will lead us out of darkness.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to let God's light into your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to find Your light in the darkness. Give us the courage to seek You, and always have faith in You. When we are disbelieving, help our disbelief. Guide our footsteps onto Your path. Help us in all things to remember to ask for Your will to be done.

Amen.

BE THE BEE

SESSION #9

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #9

Fasting (and Feasting) with Thanks

Goal:

Learn that fasting can help transform us into thankful people.

Objective:

Identify one way to fast with thanks in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 9 **Fasting (and Feasting) with** **Thanks**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Name your favorite lenten meal and how you learned to cook it.

VIDEO

5 minutes

Be the Bee #9 | Fasting (and Feasting) with Thanks

https://youtu.be/uV8Rg_S7HC4

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is fasting?
 - ❖ Fasting is supposed to separate us from our attachments so we can attach to God.
- ❖ Do you tend to be thankful for the food you eat everyday?
- ❖ Do you see fasting as a tool or an end?
 - ❖ Fasting is a tool in our spiritual lives to help us become closer with God.

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Is fasting something you want to do or something you are made to do?

READING AND APPLICATION

7 minutes

Read the following story to students:

A Church and the Theotokos

<http://www.johnsanidopoulos.com/2015/02/a-church-where-theotokos-confirms.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Has your outlook on fasting changed?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Man does not live on bread alone but on every word that comes from the mouth of the Lord. When you have eaten and are satisfied, praise the Lord your God for the good land he has given you."

Deuteronomy 8:3 and 10

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." - 2 Corinthians 4:16

Ask students the following questions and help facilitate a discussion:

- ❖ How should we aim our lives?
- ❖ How does this renewal happen?

Teaching: (reflect on this rather than read it directly to participants)

Fasting is not a commandment. We do not fast or sacrifice food because Christ sacrificed His life for us on the Cross. Instead, fasting is a tool and an opportunity. Fasting allows us to deepen our relationship with God. It allows us to purify ourselves, and grow closer to God. We each must want to fast. If we are forced to fast, or if we are fasting for the wrong reasons, we will not get much out of this tool; fasting becomes just a diet. When we freely choose to fast, we must also allow for prayer and almsgiving. We should strive to be joyful through the period of fasting and try to love our neighbor. Doing this, we are deepening our relationship with Christ. Instead of hungering for food, we should hunger to deepen the relationship. The point of fasting is to be hungry. The real question is, what are we hungry for? This hunger is a constant reminder to reach out to God,

and grow closer to Him. The love that we receive from God is extraordinary. If we choose to follow Him, we can be apart of that love. It must be our choice.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to fast with thanksgiving in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to keep to our fasting rules. Although we may struggle, give us strength to stay on course. Let us always remember that, "we do not live on bread alone, but on every word that comes from Your mouth". Allow us to be renewed by this fast and to grow closer to you. Amen.

BE THE BEE

SESSION #10

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #10

Thankful for the Resurrection

Goal:

Learn that God calls us to enjoy a heavenly banquet in His Kingdom.

Objective:

Identify one way to be thankful for tough times in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 10

Thankful for the Resurrection

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Tell us about a good outcome in a bad situation.

VIDEO

5 minutes

Be the Bee #10 | Thankful for the Resurrection

<https://youtu.be/9jVihO4ZFII>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What are blessings?
- ❖ Are we thankful for what we have in life?
- ❖ How do we show our thankfulness?
- ❖ Can joy turn to sorrow?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Have you lost something or someone really good in your life? What was that like?

READING AND APPLICATION

7 minutes

Read the following story to students:

Joy of the Resurrection

<http://www.johnsanidopoulos.com/2013/05/elder-porphyrios-and-joy-of-resurrection.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ What is Saint Porphyrios calling each of us to do?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Oh give thanks to the Lord, for he is good, for his steadfast love endures forever!" - Psalm 107:1

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - 1 Thessalonians 5:18

Ask students the following questions and help facilitate a discussion:

- ❖ What makes it important to be thankful?
 - ❖ God is good and His love is endless.
- ❖ What is the Lord's steadfast love?
 - ❖ God loves us through the good and bad times, we are called to mirror this with others in our.
- ❖ How can we do the will of God?

Teaching: (reflect on this rather than read it directly to participants)

tough times will happen in our lives because we live in a fallen world, where sin exists. Joy can turn to sorrow and sorrow can turn to joy. We must not forget that Christ is Risen, and because of that we rejoice. God has made the universe out of His love, so that we all can rise with Him. God is constantly calling each of us to His eternal banquet. How will we respond? Do we realize that this banquet is eternal? Do we realize that death has been put to death? If we are able to constantly have this in our minds, we have no fear. We can be thankful for the sorrow, because with this knowledge we are in a constant state of joy. We can also be thankful for the joy. God is always present, and we must keep His love in our hearts. Knowing this, we are able to give thanks, and that gratitude can transform our lives.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to be thankful even for the tough times in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

"Let us celebrate the death of death, the destruction of Hades, the beginning of eternal life. And leaping for joy, we celebrate the Cause, the only blessed and most glorious God of our fathers."

Amen.

BE THE BEE

SESSION # 11

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE # 11

Called to be Saints

Goal:

Learn that God is calling each of us to become saints.

Objective:

Identify one way to become a saint in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 11 **Called to be Saints**

OPENING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, help us to “be the bee” and “have a positive way
of thinking, seeing only the good side of things.” Show
us “where to find flowers, sweets, honey and sugar, and
to only know the good things in life and become
ignorant to all evil.” Grant us faith, courage and love,
through the prayers of Saint Paisios and of all the
Saints. Amen.*

ICEBREAKER

6 minutes

Who is your patron saint? Tell us one fact about their life.

VIDEO

5 minutes

Be the Bee #11 | Called to be Saints

<https://youtu.be/AgocWG9AG7s>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is a saint?
 - ❖ Someone who has set apart their life for God
- ❖ What does it mean to be holy?
- ❖ What did you learn about the life of Saint Porphyrios?
- ❖ Can we follow his example in our lives?
- ❖ Is sainthood attainable today? How?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Have you made a choice you knew was wrong and had regret after? What's that like? Is regret helpful?

READING AND APPLICATION

7 minutes

Read the following story to students:

Saint Maria Skobtsova

<http://incommunion.org/2011/11/08/challenge/>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Did St. Maria live a regular life?
- ❖ What happened in her life to lead her to sainthood?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"For you are a holy people to the Lord your God; the Lord your God has chosen you to be a people for His own

possession out of all the peoples who are on the face of the earth.” - Deuteronomy 7:6

“To all that be in Rome, beloved of God, called to be saints: Grace to you and peace from God our Father, and the Lord Jesus Christ.” - Romans 1:7

Ask students the following questions and help facilitate a discussion:

- ❖ What is the message from these bible verses?
- ❖ What is God calling us to do?

Teaching: (reflect on this rather than read it directly to participants)

Each of us are called to be saints. This is no easy task, and becoming a saint is a lifelong journey. To accomplish this, we must love God and our neighbor. This love is not a feeling, but an action. Love is a continual sacrifice for the other. When we truly love, we are allowing God into the relationship. We transform ourselves and our hearts through this radical kind of love. This type of love can be difficult because we are called to love those who hate us, and those who love us. Through our sacrifice in love, transformation takes place. It is through God’s love that we are transformed into saints. We must be willing to see Christ in each person, and when we are able to do that, we are able to grow closer to God. When we strengthen this relationship, we are on the path towards becoming a saint.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to become a saint in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to learn that the path to God is through the love of people. Help us to know that each person is the very icon of God incarnate in the world. Allow us to see God in every person we encounter, and allow this encounter to be an encounter of love. Through this love, may we may be transformed ourselves.

Amen.

BE THE BEE

SESSION #12

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE # 12

Sharing the Church

Goal:

Learn how to guard the Church.

Objective:

Identify one way to share the Church with others in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 12 **Sharing the Church**

OPENING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, help us to “be the bee” and “have a positive way
of thinking, seeing only the good side of things.” Show
us “where to find flowers, sweets, honey and sugar, and
to only know the good things in life and become
ignorant to all evil.” Grant us faith, courage and love,
through the prayers of Saint Paisios and of all the
Saints. Amen.*

ICEBREAKER

6 minutes

If you had a million dollars, how would you keep it safe?

VIDEO

5 minutes

Be the Bee #12 | Sharing the Church

<https://youtu.be/3tCBuC8xuds>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ How are we called to guard the Church?
- ❖ What is meant by, "receive this divine trust and guard it"?
- ❖ Is this command only meant for priests?
- ❖ What can we do to guard that "divine trust"?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What is it like for you to live out your faith in your daily life? Are you challenged?

READING AND APPLICATION

7 minutes

Read the following story to students:

What Does it Mean to "Go" to Church?

<http://orthodoxyouthministry.blogspot.com/2013/07/what-does-it-mean-to-go-to-church.html?q=church>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What is the Church to you?
- ❖ Is the Church the building or the community? Can you explain?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"I will declare your name to my people; in the congregation I will praise you." - Psalm 22:22

"You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven."

Matthew 5: 14-16

Ask students the following questions and help facilitate a discussion:

- ❖ How are we called to, "declare" God?
- ❖ What is the warning we are being given?
- ❖ How can we let our light shine?
- ❖ What is the importance of light?

Teaching: (reflect on this rather than read it directly to participants)

Each of us are called to share our faith. This is not meant to be the job of just the priest, but something for each baptized member of the Church. This can seem daunting to us, but through our good thoughts, actions, and attitudes we can spread the love of Christ and His Church to every person we encounter. We can guard the Church by sharing with others. Doing that we are able to let God's light into the world. When we say guard, we are not talking about keeping people out of the Church. In this case we are talking about guarding or upholding the faith. When we share our faith with others, we are guarding the faith by keeping it alive. It is the people that make up the Church. Allowing our light to shine, helps to show others who Christ is. Once they know Christ, they are more apt to be a full member of the Church.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to share the Church with others in your daily life through what you learned in the session?

CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, help us to shine Your light on others. Help us to be full members of the Church, and to share Her with others. Help us to be Your vessels, so that our lights may shine bright and we may share Your love.
Amen.*

BE THE BEE

SESSION #13

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE # 13

Christmas Gift Giving

Goal:

Learn how to dedicate your life to God.

Objective:

Identify one way to give gifts in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 13 **Christmas Gift Giving**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is the best gift you have ever gotten? What made it so great?

VIDEO

5 minutes

Be the Bee #13 | Christmas Gift Giving

<https://youtu.be/Luyz1IMqbqU>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What makes gift giving so important?
- ❖ What kinds of gifts has God given to you?
- ❖ What have we done with these gifts?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Thinking of the gifts has God given you, how do you acknowledge these gifts? With thanks? Do you wish you had other gifts?

READING AND APPLICATION

7 minutes

Read the following story to students:

Giving Alms with Humility

<http://www.johnsanidopoulos.com/2010/09/on-giving-almes-with-humility-example-of.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What is humility?
- ❖ How should we give gifts?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Give generously to him and do so without a grudging heart; then because of this the Lord your God will bless you in all your work and in everything you put your hand to."

Deuteronomy 15:10

"Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you." Luke 6:38

Ask students the following questions and help facilitate a discussion:

- ❖ What happens when we give?
- ❖ How are we full after we give everything?

Teaching: (reflect on this rather than read it directly to participants)

God has given us many things, and for all of the blessings we should be grateful. He has given us life, family, friends, and talents to name a few; the list goes on. We are called to use these and offer them all back to Him. In fact, during each liturgy we are called to “commit ourselves, and one another, and our whole lives to Christ our God”. When we are able, with a willing heart, to offer everything back to God, He transforms it, and makes it even better. God takes our fallen world, and transforms it into eternity. God has given us many blessings, and when we use them for the service of others, He sees our efforts. These efforts help us to store up Heavenly treasures. An example of this transformation is Holy Communion. Grapes and wheat are changed into wine and bread. We offer them to God, and He transforms them into the Body and Blood of our Lord. Giving these Gifts back to us, God grants us the opportunity to draw closer to Him. Each gift we use for the service of others is an opportunity to give back to God and grow closer to Him.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to give gifts in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

Lord, thank you for all of the gifts you have given us, both seen and unseen. Help us to multiply these gifts and offer them back up to You, through using them to help others. Just as You transform our small offering of bread and wine, transform everything we do for the good of Your world.

Amen.

BE THE BEE

SESSION # 14

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE # 14

The Wonder of Christmas

Goal:

Learn about the paradox of Christ's birth.

Objective:

Identify one way to recognize paradoxes
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 14 **The Wonder of Christmas**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to "be the bee" and "have a positive way of thinking, seeing only the good side of things." Show us "where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil." Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What brings wonder to your life?

VIDEO

5 minutes

Be the Bee #14 | The Wonder of Christmas

https://youtu.be/rG_fK2wHo0c

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is wonder?
- ❖ What is a paradox?
 - ❖ "A seemingly absurd or self-contradictory statement or proposition that when investigated or explained may prove to be well founded or true."
- ❖ What paradoxes did you hear in the video?
- ❖ What is important about these statements?
 - ❖ Christ speaks to us through the Bible and, many times through paradoxes. Christ came not to divide, but to unite us with Him. Through paradoxes, we can learn both sides of a situation.

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Have you experienced paradox in your life? What was the outcome?

READING AND APPLICATION

7 minutes

Read the following story to students:

The Celebration of Christmas

<http://www.johnsanidopoulos.com/2013/12/the-celebration-of-christmas-1-of-6.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ What makes this feast so important?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel, whose origins are from of old, from ancient times." - Micah 5:2

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." - John 3:16

Ask students the following questions and help facilitate a discussion:

- ❖ What makes Christmas such a magnificent and wonderful feast for us?
- ❖ Can we find paradoxes in the Scripture? Examples?
- ❖ What can these paradoxes teach us?

Teaching: (reflect on this rather than read it directly to participants)

Throughout our lives, we will encounter ups and down. Things that should be easy or make perfect sense somehow get turned upside down. When this happens, we tend to get angry or question what is going on. These mysteries or paradoxes are apart of our lives for a reason. As we read the Bible we can clearly see Christ teaching through these paradoxes. Christ came not to divide, but unite us. Having these paradoxes in our lives, they allow us to see both sides of the coin. Jesus was born so that we could come to know Him. When we call upon Him, we are praying to someone who knows what it's like to be human. Through Christ, His birth, and death, we are able to live forever. As we live our lives, we may find that when we are faced with a paradox, Christ can be found in the center, steering us to Him on His narrow path through the storm.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to recognize paradoxes in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

Lord, help us to see the wonder in everything You have created for us. Help us to understand the true meaning of Your birth. Allow us to embrace the paradoxes of this life and find You in them. May we continue walking on Your path.

Amen.

BE THE BEE

SESSION #15

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #15

New Year's Resolution

Goal:

Learn how to grow closer to God through
New Year's resolutions.

Objective:

Identify one way to create New Year's resolutions
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #15 **New Year's Resolution**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to "be the bee" and "have a positive way of thinking, seeing only the good side of things." Show us "where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil." Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is your best New Year's resolution?

VIDEO

5 minutes

Be the Bee #15 | New Year's Resolution

<https://youtu.be/iTPfDxpVyNY>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ Have you ever been successful with resolutions?
- ❖ What makes it hard to keep to a New Year's Resolution?
- ❖ What can we do to be successful?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What do you wish you had more time for? What do you wish you did less?

READING AND APPLICATION

7 minutes

Read the following story to students:

New Year's Resolutions

<https://blogs.ancientfaith.com/roadsfromemmaus/2014/12/14/14-new-years-resolutions-orthodox-christians/>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Could these be some things you could incorporate into your life?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh." - Ezekiel 36:26

"But the fruit of the Spirit is love, joy, peace, long-suffering (patience), gentleness, goodness, faith, meekness, temperance: against such there is no law."

- Galatians 5:22-23

Ask students the following questions and help facilitate a discussion:

- ❖ What is needed for a change of heart?
- ❖ How does this come about in our lives?
- ❖ How are we to grow these fruits?

Teaching: (reflect on this rather than read it directly to participants)

New Year's resolutions can seem like a great way to change bad habits, but we need to realize where those habits are coming from. Why have we not made changes during the rest of the year? Could it be possible that it is easier to add good habits into our lives? We could do this by simply going to church more, or praying more. When we are able to bring God into our lives more each day, this begins to transform our hearts. This change affects our thoughts, habits, actions, feelings and outlook. When we see change as a blessing, we are able to cultivate the fruit of the Spirit. These fruits help us to become more whole beings, and bring us closer to God. For most of us, that is the goal of our New Year's resolutions.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to create better resolutions in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

"Christ, the true light, who enlightens and sanctifies every person coming into the world, let Your light shine upon us, so that we may see Your light; and guide our steps in the way of Your commandments, through the intercessions of Your all-holy Mother and of all the Saints."

Amen.

BE THE BEE

SESSION #17

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #17

Running Out of Gas

Goal:

Learn to have God at the center of your life.

Objective:

Identify one way to fill your spiritual tank
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #17 **Running Out of Gas**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is your favorite place to drive to?

VIDEO

5 minutes

Be the Bee #17 | Running Out of Gas

<https://youtu.be/huJNZIGLd5Y>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ How busy is your life?
- ❖ What makes up your day?
- ❖ Could you relate to the video?
- ❖ Is God the gas you need to fill up your tank?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Do you leave God as an afterthought? What fills up your thoughts?

READING AND APPLICATION

7 minutes

Read the following story to students:

"Where You Despair, There God Helps"

<http://www.johnsanidopoulos.com/2014/04/st-porphyrios-of-kavsokalyva-where-you.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What are we to do when we run out of gas and are close to despair?
- ❖ Do we believe it is enough to just pray to God?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Remember Your word to Your servant, in which You have made me hope. This is my comfort in my affliction that thy promise gives me life." - Psalms 119: 49-50

"Now faith is the assurance of things hoped for, the conviction of things not seen." - Hebrew 11:1

Ask students the following questions and help facilitate a discussion:

- ❖ What does faith mean to you?
 - ❖ Faith is a loving trust in God.
- ❖ Do we have faith in God that He will help us?
- ❖ What is required to have faith?

Teaching: (reflect on this rather than read it directly to participants)

We will encounter good days and bad days our lives. When our tanks are full, and we are enjoying life, we are content. What about the days when we are running low on gas? How can we find peace in the midst of despair? When we are tired and burnt out, how do we keep moving? In those moments, it is best to reach out to God. The question is, who do you call God? Is God just a thing you call on when times are rough? We must strive to constantly keep a good relationship with Him at all times. When we are content we should seek Him just as much as when we are scared or alone. God needs to be apart of our life everyday. We can keep Him present by calling upon Him in prayer. When the struggles do come, we will never hit empty, we will not fall into despair because we can never run out of gas when we are always making sure our tanks are full.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to fill your spiritual tank in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul, and with the firm conviction that Your will governs all. In all my deeds and words guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering or embarrassing others. Give me strength to bear the fatigue of this coming day with all that it will bring. Direct my will, teach me to pray, pray You Yourself in me.

Amen.

(Prayer of Philaret, Metropolitan of Moscow)

BE THE BEE

SESSION #18

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #18

Conquering Our Thoughts

Goal:

Learn to conquer our thoughts.

Objective:

Identify one way to turn away from temptation in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #18 **Conquering Our Thoughts**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Tell us one dream you have for your future.

VIDEO

5 minutes

Be the Bee #18 | Conquering Our Thoughts

<https://youtu.be/OvI1NtL7SzU>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What do you do when you have a negative thought?
- ❖ What did the marshmallow experiment teach us?
- ❖ How can we keep our thoughts focused on good?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Do you have a thought that needs to be conquered?
What keeps that negativity in your head?

READING AND APPLICATION

7 minutes

Read the following story to students:

War with Sinful Thoughts

<http://www.johnsanidopoulos.com/2014/01/elder-ephraim-of-vatopaidi-interviewed.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Where do sinful thoughts come from?
- ❖ How can we conquer them?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"The thoughts of the righteous are just." - Proverbs 12:5

"The thoughts of the wicked are an abomination to the Lord, the words of the pure are pleasing to him." - Proverbs 15:26

"Let us therefore strive to enter that rest, that no one fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart."

Hebrews 4:11-13

Ask students the following questions and help facilitate a discussion:

- ❖ If we try to live according to God and His commandments, what types of thoughts will we have?
- ❖ What is discernment? How does it help us with our thoughts?

Teaching: (reflect on this rather than read it directly to participants)

Father Tom Hopko has said, “there is only one thing certain in life, that we will be tempted until our last breath.” Temptations are unfortunately apart of our lives because we live in a fallen world. The good news is that temptations, bad thoughts, and sin are not something we need to directly fight. We are called to turn away from these evils, and focus our energy and attention on the good, and on God who is Good. We can reach out to a friend, read a book, help someone with a project, go for a walk, read scripture, or think of things we are grateful for, the list is endless. As we do these things, we can and should always call upon God. We pray to Him because He can help us with temptations. We cannot do anything alone; “with God all things are possible.”

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to turn away from temptations in your daily life through what you learned in the session?

CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, keep us from all danger, misfortune and temptation. Grant us peaceful thoughts, full of Your goodness. It is in You we place our hope and trust. When thoughts come to our minds that are too much to bear, help us to always turn towards You to give us the courage to direct our minds towards You.
Amen.*

BE THE BEE

SESSION #19

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #19

Everyday Martyrs

Goal:

Learn to love sacrificially.

Objective:

Identify one way to emulate the martyr saints
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #19 **Everyday Martyrs**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is a super power you wish you had?

VIDEO

5 minutes

Be the Bee #19 | Everyday Martyrs

https://youtu.be/Dq6qYrq2I_c

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What does it mean to be a martyr today in our day and age?
- ❖ How is a martyr created?
- ❖ Would you ever consider yourself a martyr?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What makes it hard to be a Christian?

READING AND APPLICATION

7 minutes

Read the following story to students:

How Saints Endured the Pain of Martyrdom

<http://www.johnsanidopoulos.com/2010/09/how-saints-endured-pain-of-martyrdom.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you
- ❖ How is suffering explained as a good thing?
- ❖ Have you sacrificed for someone else like this before?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"And the Lord has declared this day concerning you that you are a people for His own possession, as He has promised you, and that you are to keep all His commandments, that He will set you high above all nations that He has made, in praise and in fame and in honor, and that you shall be a people holy to the Lord your God, as He has spoken." - Deuteronomy 26: 18-19

"And they stoned Stephen, calling upon God, and saying, Lord Jesus, receive my spirit. And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep." - Acts 7: 49-50

Ask students the following questions and help facilitate a discussion:

- ❖ What has God promised to each of us?
 - ❖ Eternal life, so that do not need to fear death

- ❖ How are the martyrs able to forgive their enemies and accept death?
 - ❖ They had faith that Christ is risen and death has been destroyed.

Teaching: (reflect on this rather than read it directly to participants)

We each have an opportunity to be transformed by God's love in the face of opposition. We have an opportunity to change the world through our love; Love that we show in any circumstance. As Saint Paisios says: "the good is good, only when the one who does it sacrifices from himself." We see, for example the words of Saint Stephen: "Lord, lay not this sin to their charge." How can someone ask for mercy for another person when their own life is in jeopardy? The Saint adds, "love for Christ is stronger than pain, it neutralizes it." This attitude does not come all at once. We are each learning how to love, no matter how old or young we are. This needs to become our lifelong journey. Once we say yes to this invitation, we need to prepare ourselves to go through hardships and struggles. It is through struggles that we have an opportunity to cultivate fruit of the Spirit and become Christ-like people. This is shown through the condition of our hearts. Although our days may be stormy, we must remember that God is the sun shining behind the clouds.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to emulate the martyrs in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

"Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; Where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love; For it is in giving that we receive; It is in pardoning that we are pardoned; It is in dying to self that we are born to eternal life."

Amen.

BE THE BEE

SESSION #20

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #20

Overflowing with God's Love

Goal:

Learn that love is unconditional and sacrificial.

Objective:

Identify one way to love when it's hard
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #20 **Overflowing with God's Love**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to "be the bee" and "have a positive way of thinking, seeing only the good side of things." Show us "where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil." Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Name one thing you like and one thing you love.

VIDEO

5 minutes

Be the Bee #20 | Overflowing with God's Love

<https://youtu.be/c7zCEfmbK8A>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What are ways we can share, give, and love everybody, just as Christ calls us to do, even if they reject us?
 - ❖ We can pray for them and put trust in God that praying to Him leads to healing, beyond what we can do to help others.
- ❖ What example does Christ leaving his hometown create for us?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What makes it hard to love those who do not love you?

READING AND APPLICATION

7 minutes

Read the following story to students:

Grace of God

<http://www.johnsanidopoulos.com/2011/07/invincible-and-victorious-grace-of-god.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Why does Christ allow temptations into our lives?
- ❖ What can we learn from time of struggle and hardship?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"You shall not take vengeance or bear any grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the Lord." - Leviticus 19:18

"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you."

- Matthew 5:43-44

Ask students the following questions and help facilitate a discussion:

- ❖ What makes it important to love and pray for your enemies?
- ❖ What changes when we love our enemies?
- ❖ What does that mean for our lives?

Teaching: (reflect on this rather than read it directly to participants)

We each have an opportunity to be transformed by God's love in the face of opposition. We have an opportunity to change the world through our love; love that we show in any circumstance. Why is it so important to love those who wish evil upon us? When we add God into a relationship, through love and prayers, He is able to change an enemy into a friend. He is able to change a heart of stone into a soft, loving heart. With God all things are possible. Through our struggle to love, our hearts are transformed as well. We learn how to love when we are given the opportunity to love. Sometimes this opportunity comes through struggle. It is easy to love someone who loves you, but to truly love means to sacrifice, to give of yourself for the other. True sacrifice is not easy, but that is the highest form of love. When we choose love, this only spreads more love. If we chose hate, this just perpetuates hate; hate in our lives and throughout the world. Love is also the key to all virtues and with this mastered, patience, forgiveness and other virtues come easier.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to love when it is hard in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

Lord, You have asked us to love our enemies. Please give us the strength to always choose love. Send down Your Holy Spirit upon all of us, and allow Your will to be done. We pray this through your Mother the Theotokos and all the Saints.

Amen.

BE THE BEE

SESSION #21

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #21

Being a Servant

Goal:

Learn that to love is to serve.

Objective:

Identify one way to pay attention to others,
in order to serve them, in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 21 **Being a Servant**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

If you were royalty, what would your name be?

VIDEO

5 minutes

Be the Bee #21 | Being a Servant

<https://youtu.be/HUqmSQcv-R0>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What does it mean to serve?
- ❖ Who are we called to serve?
- ❖ What do we get in return when we serve?
 - ❖ The point of love is to do for the other expecting nothing in return. We are storing up treasures in heaven.

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Have you been helped? What does it feel like to need help?

READING AND APPLICATION

7 minutes

Read the following story to students:

St. John of Kronstadt - Sermon On All

<http://www.johnsanidopoulos.com/2012/04/st-john-of-kronstadt-sermon-on-all.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ How is Christ an example of a servant leader?
- ❖ How was Christ victorious?
- ❖ What can we learn through the way Christ died for us?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"But Moses said to the Lord, "Oh, my Lord, I am not eloquent, either heretofore or since thou hast spoken to thy servant; but I am slow of speech and of tongue." Then the Lord said to him, "Who has made man's mouth? Who makes him dumb, or deaf, or seeing, or blind? Is it not I, the Lord?"

- Exodus 4:10-11

"Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

- Matthew 20:28

"And He sat down and called the twelve; and He said to them, "If anyone would be first, he must be last of all and servant of all." - Mark 9:35

Ask students the following questions and help facilitate a discussion:

- ❖ What kind of disposition did Moses have even with his difficult responsibilities from God?
 - ❖ He was humble and meek, considering himself a servant not a high king.
- ❖ How does Christ model service throughout His life?
- ❖ What makes it important to serve?

Teaching: (reflect on this rather than read it directly to participants)

To love is to serve. Love is an action, and one way to act out love could be to serve. Serving others requires hard work. It is a giving of our time to something else. Time is one of the most precious gifts we can give someone because we can never get that time back. Our goal is salvation, and we can work to that through service.

Throughout history, the best leaders have been those who lead by example, who take the time to teach, and who are kind and gracious to those below them. Even when we are not in leadership positions we still have power over one another. This power is defined as the responsibility to care. We are to care in the form of love. Christ first showed us this love, and now we are called also show that love in someone else's life.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to pay attention to others, in order to serve them, in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to serve all whom we encounter. Help us to show each person love, and to do this with a joyful heart. As much as we are able to give, let us give it. It is in giving that we receive. Allow each of us to desire to receive Your love.

Amen.

BE THE BEE

SESSION #22

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #22

What Do You Share

Goal:

Learn to let your light shine.

Objective:

Identify one way to share God with others
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #22 **What Do You Share**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is your favorite post (Facebook, tweet, instagram)?

VIDEO

5 minutes

Be the Bee #22 | What Do You Share

<https://youtu.be/EVRISnN0oKc>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ Can God be found anywhere in our social media?
- ❖ Is God important enough to us that we share Him with the people we care about?
- ❖ Do we share God with our friends and families offline? How?
- ❖ Are we known for being kind, patient, loving?
- ❖ Do we help those who are in need? How?
- ❖ Do we pick up those who have stumbled? How?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Do you feel that you waste your time online? What do you wish you did more of instead?

READING AND APPLICATION

7 minutes

Read the following story to students:

When Welcome isn't Enough

<http://orthodoxyouthministry.blogspot.com/2014/02/when-welcome-isnt-enough.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ How do we do with unfamiliar people at Church?
- ❖ Have we invited any of our friends to church?
- ❖ Have we invited others to pray with us?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Yea, thou dost light my lamp; the Lord my God lightens my darkness." - Psalm 18:27-29

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

- Matthew 5:16

Ask students the following questions and help facilitate a discussion:

- ❖ Do people know we are Christian through our actions?
- ❖ What is the reason we are called to let our light shine ?
- ❖ What is this light?
- ❖ How can we be a light?

Teaching: (reflect on this rather than read it directly to participants)

We are called to, “preach the gospel at all times and if necessary use words”. This is a call to do good works. Letting our light shine is not only about telling others about God, it is about showing them who Christ is. We do this through our actions. To be a light is to lighten someone’s darkness. We all experience darkness at one point or another in our lives. To lighten someone’s darkness is to acknowledge the dark things they carry with them, help them name the darkness, and walk with them through the dark tunnel through to the light. To be a light is to pray for others, and to remind others that Christ is present and working in their lives. As we read in the Psalms, when we are a light, Christ brings light to our lives as well by being our Light. We are called to spread His Light at all times. Social media is one great way we can spread Christ to others, but the most important way to share Christ with others is through our acts of love, kindness, and patience.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to share God in your daily life through what you learned in the session?

CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, help us to be a light to those in darkness. Help us to show others who You are. Give us the courage to follow Your commandments and allow our lives to be pleasing to You, so that others may see our good works and give glory to You: Father, Son, and Holy Spirit.
Amen.*

BE THE BEE

SESSION #23

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #23

What about Our Bodies?

Goal:

Learn that the body is as important as the soul.

Objective:

Identify one way you can view your bodies
as a temple in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #23

What about Our Bodies?

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Shoes and scars: tell us where your shoes have been or where your scar is from.

VIDEO

5 minutes

Be the Bee #23 | What about Our Bodies?

<https://youtu.be/FDWZzCADQfs>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What happens to our bodies?
- ❖ Are our bodies important?
- ❖ What makes our bodies important?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What is beauty? What makes a person beautiful?

READING AND APPLICATION

7 minutes

Read the following story to students:

The Human Body

<http://www.johnsanidopoulos.com/2014/03/the-human-body-ascesis-and-exercise.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What did you learn about the body?
- ❖ What happens to our bodies when we die?
- ❖ Do you think of your body as a temple?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"For you have taken my silver and my gold, and have carried my rich treasures into your temples." - Joel 3:5

"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own." - 1 Corinthians 6:19

Ask students the following questions and help facilitate a discussion:

- ❖ What makes our bodies a temple?
- ❖ What treasures has God given us to keep in our temples?
- ❖ Knowing this, how should we use our bodies?

Teaching: (reflect on this rather than read it directly to participants)

Each of us, being created by God, have a body and a soul. What can be forgotten is the fact that both soul and body are important. With this knowledge, we must be mindful of how we treat our bodies. Our bodies are a dwelling place of the Holy Spirit through baptism. They are a sacred container of Christ's Body and Blood. We must love and take care of our bodies because they are the only ones we are given. We also should be physically and emotionally kind to our bodies, treating them with respect. We should exercise, eat good foods, and think positively about the way in which we were created. We are each unique and imperfect. Only God is perfect. We may have scars and bumps from living life, but we are called to embrace them just as Christ embraced the marks of the nails on His Body. These imperfections show our struggle and walk towards salvation.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to view your body as a temple in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, allow us to see ourselves as a temple, which You have created for each of us. Accompany us on our journeys, and help us remember to treat our bodies with respect and love. You have created us, knowing the exact number of hairs on our head, and love us exactly as we are. Help us to remember this.

Amen.

BE THE BEE

SESSION #24

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #24

Forgiveness First

Goal:

Learn what true forgiveness means.

Objective:

Identify one way you can forgive in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #24 **Forgiveness First**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to "be the bee" and "have a positive way of thinking, seeing only the good side of things." Show us "where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil." Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

If you could go back in time where would you go?
What would you change?

VIDEO

5 minutes

Be the Bee #24 | Forgiveness First

<https://youtu.be/FDWZzCADQfs>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ How are we called to take on the sins of others?
- ❖ What distracts us from forgiving others?
 - ❖ Pain and anger
- ❖ What does forgiveness do for you?
 - ❖ It allows God in to heal the hurt and pain stored up inside of you.

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ “Forgiveness is the fragrance the violet sheds on the heel that has crushed it.” What does this Mark Twain quote mean to you?

READING AND APPLICATION

7 minutes

Read the following story to students:

St. Dionysios of Zakynthos

<http://www.johnsanidopoulos.com/2009/12/saint-dionysios-of-zakynthos-1.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ How was a man able to forgive a killer?
- ❖ Would you be able to do this?
- ❖ Are we supposed to do this?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"He does not deal with us according to our sins, nor repay us according to our iniquities. For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us. As a father shows compassion to his children, so the Lord shows compassion to those who fear him. For he knows our frame; he remembers that we are dust." - Psalm 103: 10-14

"Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy times seven." - Matthew 18:21-22

Ask students the following questions and help facilitate a discussion:

- ❖ What type of forgiveness does God show to us?
- ❖ What type of forgiveness does God expect us to have with others? What makes that hard?

Teaching: (reflect on this rather than read it directly to participants)

Forgiveness heals. Forgiveness can transform or change a bad situation into something good and life changing. Forgiveness can bring people together. Forgiveness is a difficult thing to ask for because we must put our ego aside. This requires that we also put aside fear, pain, and anger. We must be willing to empty ourselves fully, go to the other, and with humility ask them to acknowledge that we have done something hurtful, and ask them to overlook that and move forward with us. Sometimes people are not willing to forgive us, and we must be willing to accept that as well. We should ask forgiveness from all because we may have done something to someone that we are unaware of. God shows us forgiveness whenever we ask, and that should be our model. We also must be willing to ask for forgiveness when we do wrong, and forgive others when they wrong us. How do we accept someone else's forgiveness when they have wronged us? We too must be willing, to accept that the person in front of us is human, and will make mistakes, as do we. We, again, must put our ego aside and listen, see where the other is coming from, and allow God to fill both of our hearts with His mercy. We know that where two or three are gathered, God is also present. We must lean on God, and allow Him to heal and support us.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to forgive in your daily life through what you learned in the session?

CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, help us to be better forgivers. As much as you
forgive us, allow us to ask for forgiveness, and to
forgive others when they come to us seeking the same.
Amen.*

BE THE BEE

SESSION #25

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #25

Fasting from more than Food

Goal:

Learn that fasting is more than food.

Objective:

Identify one way to fast from more than food
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #25 **Fasting from more than Food**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What is the first word that comes to mind when you hear the word fasting?

VIDEO

5 minutes

Be the Bee #25 | Fasting from more than Food

<https://youtu.be/lw5BZZq-RhA>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you think fasting was?
- ❖ Was your view changed from the video? How or how not?
- ❖ What good is it to fast from food and condemn someone with your words?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What makes fasting hard? Is fasting really important?

READING AND APPLICATION

7 minutes

Read the following story to students:

The first Week of Great Lent

<http://www.johnsanidopoulos.com/2013/03/discourse-on-first-week-of-great-lent-1.html#more>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What are some other ways to fast?
- ❖ What are the benefits of fasting?
- ❖ What do we lose and gain by fasting?
- ❖ Where does scripture fit into fasting?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Keep your heart with all vigilance, for from it flow the springs of life. Put away from you crooked speech, and put devious talk far from you." - Proverbs 4:23-24

"Don't you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person's mouth come from the heart, and these defile them." - Matthew 15:17-18

Ask students the following questions and help facilitate a discussion:

- ❖ What is the connection between mouth and heart
- ❖ What makes the heart important?
- ❖ What can we learn from these passages about fasting?

Teaching: (reflect on this rather than read it directly to participants)

Fasting is more than just food and eating, just like the spiritual life is more than just prayer. To fast is to abstain from food, but that only covers the physical side of ourselves. We are much more than bodies. We have brains, hearts, and souls. We are spiritual, emotional and mental. As we ascend the mountain, we must also keep these parts of us climbing. We cannot only physically climb because that will only cause us to be strong. We must also strengthen our spirit. Through fasting we can also learn to pray more, become more kind and gentle towards others, and become more wise. Our goal in fasting is to become a better lover of God and His people. We can only do this if our whole bodies are fasting.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to fast from more than food in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit.

The wealthy have become poor and hungry, but those who seek the Lord shall not lack any good thing.

Lord, allow us to always seek You, and to be thankful for the food we have. Allow us to guard our hearts, and watch how we treat our brothers and sisters, in our words, our actions and our thoughts.

Amen.

BE THE BEE

SESSION #26

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #26

The Discipline of Fasting

Goal:

Learn that the Church is inviting us
to build discipline.

Objective:

Identify one way to fast in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #26 **The Discipline of Fasting**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

If you had a piece of candy in front of you, and knew if you waiting you would get another, would you wait?

VIDEO

5 minutes

Be the Bee #26 | The Discipline of Fasting

<https://youtu.be/2rt9An2OaDs>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is discipline?
- ❖ How does fasting help to make us disciplined?
- ❖ What does the Church invite us to do during Lent?
- ❖ How does preparing for a marathon help us in our perspective towards Lent?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Do you struggle to be disciplined in your daily life?
How does that make life harder?

READING AND APPLICATION

7 minutes

Read the following story to students:

The Lengthy Fasts of the True Saints

<http://www.johnsanidopoulos.com/2010/05/lengthy-fasts-of-saints.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What does the exercise metaphor say about being disciplined?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Blessed is the man whom thou dost chasten, O LORD, and whom thou dost teach out of thy law" - Psalm 94:12

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize." - 1 Corinthians 9:24-27

Ask students the following questions and help facilitate a discussion:

- ❖ Can correction be a good thing?
- ❖ Does it always feel good to be corrected?
- ❖ If we are to do the hard things first, what would our lives look like?
- ❖ How does this help us make the right choices?

Teaching: (reflect on this rather than read it directly to participants)

Having discipline is not easy. Discipline or self-control needs to be cultivated as it is a fruit of the Spirit. Humility leads to self-control. When we listen to our elders: parents, teachers, or mentors they can help us grow our self control. We may not always make the right choices, and this may lead to corrected. Having someone give us constructive criticism may not be easy to hear, but if done with love it can help us to grow. We should try to do the hard things in life first, and then the easy things won't be an issue or cause stress in our life. If we are able to train hard, we can fight easy. When we do the hard things first, we are beginning to be disciplined, and it becomes easier to make the tough, but right choices.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to be disciplined in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to be patient through struggles. Help us to know that even the worst things in this life can be transformed by Your Goodness. Help us to remember this, and rely upon You and Your Holy Will to help us make the right choices for our lives.

Amen.

BE THE BEE

SESSION #27

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #27

An Invitation to Give

Goal:

Learn why we give to others.

Objective:

Identify one way to freely give in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #27 **An Invitation to Give**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

If I were a present, I would be a (an) _____
because _____.

VIDEO

5 minutes

Be the Bee #27 | An Invitation to Give

<https://youtu.be/93nGD27fM2o>

DEBRIEF

10 minutes

Ask students the following questions and help
facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is so important about giving to others?
 - ❖ “When you did it to the least of the brethren, you did it to me.”
- ❖ What can we give other than money?
- ❖ Which is greater: how much should I give, or how much can I give?
- ❖ What must we give to have God transform our gifts?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What do you have to offer? Do you ever feel like that is not enough?

READING AND APPLICATION

7 minutes

Read the following story to students:

The Duty of Almsgiving and Hope

<http://www.johnsanidopoulos.com/2013/12/the-duty-of-almsgiving-and-hope-of.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What is the link between giving and the liturgy?
- ❖ What could giving without expecting anything in return also be called?
 - ❖ Love
- ❖ Do you view giving as love?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Who lends money to the poor without interest; who does not accept a bribe against the innocent. Whoever does these things will never be shaken." - Psalm 15:5

"Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. But a poor widow came and put in two very small copper coins, worth only a few cents. Calling his disciples to him, Jesus said, "Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on." - Mark 12:41-44

Ask students the following questions and help facilitate a discussion:

- ❖ What is taught to us through our giving of money?
- ❖ What does the parable of the widow tell us about how we should give to others?

Teaching: (reflect on this rather than read it directly to participants)

We may ask ourselves, “what do I have to offer?” Each of have been created by God in a way that we have specific gifts and talents. With our talents, we are able to give something back. Even a smile to a stranger is a type of giving. The goal is to give what you can. The amount is not the important part, but rather the effort. Even a tiny gift can be magnified and transformed by God. The person receiving our gift receives it with a blessing, and we too are blessed by God. Lenten periods are a time to shake up our routine or lazy habits we have created, and reorient ourselves towards the Kingdom.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to freely give in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, thank You for all that You have given us. Please help us to be grateful for all of Your gifts, seen and unseen. Please multiply these gifts, and allow us to give to others. Through this may we, "commit ourselves, and one another, and our whole life to Christ our God".

Amen.

BE THE BEE

SESSION #28

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #28

Time to Repent

Goal:

Learn to get back up after you fall.

Objective:

Identify one way to repent.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #28 **Time to Repent**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Think of a word that rhymes with repent.

VIDEO

5 minutes

Be the Bee #28 | Time to Repent

<https://youtu.be/1AfEsYVg1bQ>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is so important about repentance?
- ❖ What is true repentance?
- ❖ What can we learn from Saint Mary of Egypt?
- ❖ How can God transform our sin to heal us?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What does “metanoia” mean to you?

READING AND APPLICATION

7 minutes

Read the following story to students:

Saint Mary of Egypt

<https://www.goarch.org/sunday-stmaryofegypt>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What new piece of information did you learn from the story?
- ❖ Looking at the hymns for St. Mary of Egypt, what can you learn about her life?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

Mark 10:32-45 - "And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them; and they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

Ask students the following questions and help facilitate a discussion:

- ❖ What is taught to us about repentance this passage?
- ❖ What does the passage tell us about how we should give repentance to others?

Teaching: (reflect on this rather than read it directly to participants)

Jesus made the ultimate sacrifice fo dying on a Cross for each of us. With this action, He also shows a great for of love. We are called to practice forgiving others in this same way. We are are also called to join Christ as His disciples did. We do this through our service to others. We are called to repent when we make a wrong choice. We have a great example of this with Saint Mary of Egypt.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to repent in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, thank you for all that You have given us. Please help us to be grateful for all of Your gifts, seen and unseen. Please multiply these gift and allow us to give to others. Through this mat we, "commit ourselves and each other and our whole life to Christ our God". Amen.

BE THE BEE

SESSION #29

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #29

The Beauty of the Cross

Goal:

Learn the meaning of the Holy Cross.

Objective:

Identify one way to find goodness in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #29 **The Beauty of the Cross**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

What do you think of when you see a cross?

VIDEO

5 minutes

Be the Bee #28 | The Beauty of the Cross

<https://youtu.be/K1RUgfql33M>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What was the Cross used as by the Romans?
- ❖ How did Christ's death change that?
- ❖ How is the cross an good example of, "Being the Bee"?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What does the Cross mean to you? Through Christ's Cross, death turns to life. Can you think of a time where this happened in your own life?

READING AND APPLICATION

7 minutes

Read the following story to students:

One Solitary Life

<http://www.inspirationalarchive.com/628/one-solitary-life/#ixzz4TPyFK5c9>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Who did you think the man could be when you first heard him described in the story?
- ❖ Did this story make Christ more of a real figure in your mind?
- ❖ Being God, you would think Christ's life was perfect on earth. How does His life compare to how we live?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: 'I will destroy the wisdom of the wise, And bring to nothing the understanding of the prudent. (Isaiah 29:14) 'Where is the wise? Where is the scribe? Where is the disputer of this age? Has not God made foolish the wisdom of this world? For since, in the wisdom of God, the world through wisdom did not know God, it pleased God through the foolishness of the message preached to save those who believe. For Jews request a sign, and Greeks seek after wisdom; but we preach Christ crucified, to the Jews a stumbling block and to the Greeks foolishness, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God."

- 1 Corinthians 1:18-24

Ask students the following questions and help facilitate a discussion:

- ❖ What is the message of the Cross?
- ❖ How can the power of God be found in the Cross?

Teaching: (reflect on this rather than read it directly to participants)

Crosses were used as weapons to scare and kill people. Through Christ's death, He has changed the meaning of crosses and transformed it into something that brings life and joy. We are now able to look at a cross and remember, that through christ's Cross, we have eternal life. This is how Christ works in our lives. When we put our faith in God, a loving trust in Him, He changes our pain and suffering into joy. To those who do not believe in God, it sounds like something that could never be real. When we take a moment to pause and reflect on how God works in our lives, it is clear to see this transformation.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to find goodness in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to remember Your Cross in our times of struggle. Help us to have faith in You and remember that through the Cross, comes joy. Allow us to share this joy with others.

Amen.

BE THE BEE

SESSION #30

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #30

A True Human Being

Goal:

Learn to find our true selves in Christ.

Objective:

Identify one way to become a true human
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #30 **A True Human Being**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Who is your favorite human? What makes them your favorite?

VIDEO

5 minutes

Be the Bee #30 | A True Human Being

<https://youtu.be/MG8RFd6m2Fc>

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What does it mean to be a true human being?
- ❖ What does that look like?
- ❖ What is the connection with humanity and grapes?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ What does it mean to be “truly yourself”? Who are you when no one is watching or you are alone?

READING AND APPLICATION

7 minutes

Read the following story to students:

God Becomes Human to Show Us the Way

<https://www.goarch.org/-/god-becomes-human-to-show-us-the-way?inheritRedirect=true>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ How did Christ become fully human?
- ❖ How can we become fully human through His example?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Then God said, 'Let Us make man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth, and over every creeping thing that creeps on the earth.' God created man in His own image, in the image of God He created him; male and female He created them."

- Genesis 1:26-27

"He is the image of the invisible God, the first-born of all creation; for in him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or principalities or authorities—all things were created through him and for him. He is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the first-born from the dead, that in everything he might be pre-eminent. For in Him all the fulness of God was pleased to dwell, and through him to reconcile to Himself all things, whether on earth or in heaven, making peace by the blood of His Cross."

- Colossians 1: 15-20

Ask students the following questions and help facilitate a discussion:

- ❖ How were we as humans created?
- ❖ How was Christ created?
- ❖ What is this special connection between God, Jesus and us?

Teaching: (reflect on this rather than read it directly to participants)

To be a true human being means to be like Christ. That means imitating Christ in His actions, words, and deeds. It also means to try to love the way God loves. We have the capacity to do this because, like Christ, we are each created in the image and likeness of God; a good and loving God. Christ is the image of God, so even though there is much we do not know about God, we can learn how to be like God through His Son. Just like the grapes, we need to connect ourselves to the vine (Christ). In Christ, we have the perfect example of how to be fully human.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to become more human in your daily life through what you learned in the session?

CLOSING PRAYER

*In the name of the Father, the Son, and the Holy Spirit.
Lord, help us to learn to find You in others. Help us to not to judge, but rather to look at our own faults and heal from them. Help us to love each person we come into contact with, as You love us.*

Amen.