
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.*