
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

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<https://youtu.be/y6j1-fIM7RY>

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)