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# BE THE BEE

# SESSION #4

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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.*