
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.