
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.