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# BE THE BEE

# SESSION #15

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Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



# BE THE BEE #15

## New Year's Resolution

### **Goal:**

Learn how to grow closer to God through  
New Year's resolutions.

### **Objective:**

Identify one way to create New Year's resolutions  
in your daily life.

### **Estimated Duration:**

60 minutes

# LEARNING SESSION

## **Be the Bee #15** **New Year's Resolution**

### 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 best New Year's resolution?

## VIDEO

*5 minutes*

Be the Bee #15 | New Year's Resolution

<https://youtu.be/iTPfDxpVyNY>

## 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 been successful with resolutions?
- ❖ What makes it hard to keep to a New Year's Resolution?
- ❖ What can we do to be successful?

## REFLECTION

*10 minutes*

Ask students the following question and help facilitate a discussion:

- ❖ What do you wish you had more time for? What do you wish you did less?

# READING AND APPLICATION

*7 minutes*

Read the following story to students:

*New Year's Resolutions*

<https://blogs.ancientfaith.com/roadsfromemmaus/2014/12/14/14-new-years-resolutions-orthodox-christians/>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Could these be some things you could incorporate into your life?

# SCRIPTURE READING AND APPLICATION

*10 minutes*

Read the following verses to students:

*"Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh." - Ezekiel 36:26*

*"But the fruit of the Spirit is love, joy, peace, long-suffering (patience), gentleness, goodness, faith, meekness, temperance: against such there is no law."*

*- Galatians 5:22-23*

Ask students the following questions and help facilitate a discussion:

- ❖ What is needed for a change of heart?
- ❖ How does this come about in our lives?
- ❖ How are we to grow these fruits?

**Teaching: (reflect on this rather than read it directly to participants)**

*New Year's resolutions can seem like a great way to change bad habits, but we need to realize where those habits are coming from. Why have we not made changes during the rest of the year? Could it be possible that it is easier to add good habits into our lives? We could do this by simply going to church more, or praying more. When we are able to bring God into our lives more each day, this begins to transform our hearts. This change affects our thoughts, habits, actions, feelings and outlook. When we see change as a blessing, we are able to cultivate the fruit of the Spirit. These fruits help us to become more whole beings, and bring us closer to God. For most of us, that is the goal of our New Year's resolutions.*



## CONCLUSION

*5 minutes*

Go around the room and ask each student to answer the following question:

- ❖ What is one way to create better resolutions 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.*

*“Christ, the true light, who enlightens and sanctifies every person coming into the world, let Your light shine upon us, so that we may see Your light; and guide our steps in the way of Your commandments, through the intercessions of Your all-holy Mother and of all the Saints.”*

*Amen.*