
BE THE BEE

SESSION #17

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #17

Running Out of Gas

Goal:

Learn to have God at the center of your life.

Objective:

Identify one way to fill your spiritual tank
in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #17 **Running Out of Gas**

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 place to drive to?

VIDEO

5 minutes

Be the Bee #17 | Running Out of Gas

<https://youtu.be/huJNZIGLd5Y>

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:

- ❖ How busy is your life?
- ❖ What makes up your day?
- ❖ Could you relate to the video?
- ❖ Is God the gas you need to fill up your tank?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Do you leave God as an afterthought? What fills up your thoughts?

READING AND APPLICATION

7 minutes

Read the following story to students:

"Where You Despair, There God Helps"

<http://www.johnsanidopoulos.com/2014/04/st-porphyrrios-of-kavsokalyva-where-you.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What are we to do when we run out of gas and are close to despair?
- ❖ Do we believe it is enough to just pray to God?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Remember Your word to Your servant, in which You have made me hope. This is my comfort in my affliction that thy promise gives me life." - Psalms 119: 49-50

"Now faith is the assurance of things hoped for, the conviction of things not seen." - Hebrew 11:1

Ask students the following questions and help facilitate a discussion:

- ❖ What does faith mean to you?
 - ❖ Faith is a loving trust in God.
- ❖ Do we have faith in God that He will help us?
- ❖ What is required to have faith?

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

We will encounter good days and bad days our lives. When our tanks are full, and we are enjoying life, we are content. What about the days when we are running low on gas? How can we find peace in the midst of despair? When we are tired and burnt out, how do we keep moving? In those moments, it is best to reach out to God. The question is, who do you call God? Is God just a thing you call on when times are rough? We must strive to constantly keep a good relationship with Him at all times. When we are content we should seek Him just as much as when we are scared or alone. God needs to be apart of our life everyday. We can keep Him present by calling upon Him in prayer. When the struggles do come, we will never hit empty, we will not fall into despair because we can never run out of gas when we are always making sure our tanks are full.

CONCLUSION

5 minutes

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

- ❖ What is one way to fill your spiritual tank 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.

(Prayer of Philaret, Metropolitan of Moscow)