

Plug Into The P.O.W.E.R

Workshops Topics & Activities

Prayer:

“And God is able to make all grace abound toward you, always having all sufficiency in all things, may have an abundance for every good work.” II Corinthians 9:8

- **Illustration (Exciting Intro 2-3 mins)**

Prayer Poster (All About Prayer)

Materials: prayer poster and a marker - 1 set per group

Use the poster to explain: Liturgical (group prayers) The Divine liturgy, Vespers and Tasbeha. Individual Agpeya, personal prayer in the morning, bedtime before we eat... and the Jesus Prayer (Explain how we can use this prayer all day). Make it in the form of questions and answers while sketching, and then explain the importance of each type briefly.

We pray every day and if there is something or someone special that we have to pray for, we'll write it on a piece of paper and on Sunday we'll take the prayer with us to church and give it to Abouna on the altar during liturgy, to pray for it (Explains the idea of combining our prayers with the liturgical prayers on the altar)

- **Example (Short & Interactive 5 mins):**

The Race Car

Imagine you entered into a competition and won the first prize which was a real race car!!! That car was a GIFT you didn't have to pay for it, it is very powerful and super-fast! You loved your gift and started to drive it everywhere you go and used it every day. One morning you go into your cool car and you try to start it up but it won't...why is that??? Have them guess...(No Gas) so in order to keep it working and powerful it needs gas...same thing with us, we are God's creation with the GIFT of the Holy spirit we are very powerful, however we need prayer to keep the Power of the Holy Spirit working inside us...elaborate ☺

- **Game or craft:**

Prayer poster (All About Prayer)

Materials: Prayer poster and markers(online purchase) - 1 poster per child

Children to fill out their posters with their favorite prayers and the types of prayers discussed.

→ **To the Servant:** if the Saint of your group is David the Prophet, mention the following to relate the saint with the virtue:

Question: Do you want to know why our group is named the Group of David the Prophet?

David was a prophet and a king, he lived a life of prayer and praise driven by repentance and his love for God. His prayer didn't just consist of requesting favors from God, but rather thanking Him endlessly. He trusted and relied on God fully. David humbled himself and glorified God's name in everything he did. He knew that God was the source of all things and that everything came from Him. These are some of the qualities of David that God saw, and that's why God saw that he was "A man after My own heart."

Plug Into The P.O.W.E.R

Workshops Topics & Activities

Others:

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ.” II Corinthians 1:3-5

- **Illustration (Exciting Intro 2-3 mins):**

The Three Pencils

Materials: 3 pencils one new and beautiful, one halfway sharpened and one almost completely sharpened with a used eraser - 1 set of three pencils per group

Ask the children: if we enter these 3 pencils into a competition of the most perfect pencil which one would you think wins?

After getting their answers explain: The new pencil looks good from the outside, but it hasn't done anything for any one or served any purpose, while the used pencil had helped a lot of people and was consumed by them, so even if it doesn't look as good from the outside in God's eyes it looks beautiful because it helped people.

- **Example (Short & Interactive 5 mins):** (choose one of the two examples below)

Example 1: Start by asking them these questions: who gets allowance? How much do you get? How do you spend it? Is it enough?

There were 2 best friends...

1: don't forget to bring all you allowance tomorrow we'll go bowling and then go out for lunch

2: Okay see you

Next Day...

1: did you bring enough money?

2: yes but only for bowling

1: why? I told you that you need all your allowance, now that's not gonna be enough to do both..

2: I know but I had to save some of it for Christmas

1: why? You get all you want in Christmas anyways..

2: I know, but I also know that some kids don't get anything...so I'll be saving a little of my allowance and by Christmas I should have enough to buy one gift for a kid in need.

Discuss and compare helping others versus taking care of yourself only

Plug Into The P.O.W.E.R

Workshops Topics & Activities

Example 2:

Once there was a young boy who lost both of his parents in an accident, God sent him a very wise old farmer to take care of him. The old man sent the boy to school but the boy was always sad. When the old man asked him for the reason he said, that he is neglected and picked on in school because he didn't have what the other kids had and he didn't dress as cool as they did so no one really wants to be friends with him. The old man told the boy I have a solution to your problem but you must promise me that you'll do what I tell you: "Starting tomorrow, help anyone you see in need but don't wait for anything in return" The boy didn't quite understand how this would make him happy but he decided to try it anyway. The next day he went to school and saw one of his classmates who was absent and offered to give him the homework, another one fell during recess and he helped him out...and so on. He loved and cared for everyone and people loved him as well...what made that boy happy is that he forgot about himself and started looking around him for ways to make others happy.

- **Game or craft:**

The blindfold game

Materials [6] scarves to blindfold half of the group

Divide the group into two groups of 6. Divide each group into twos, blindfold one and leave the other.

Setup a simple obstacle course for each group.

At the start point have one blindfolded kid from each group to start the obstacle course while his partner verbally guides him thru. Once he reaches the end the next kid from his row starts with his partner and so on. The team that reaches the end first wins. (Explains that helping others goes a long way)

→ **To the Servant:** if the Saint of your group is Saint Abraam, mention the following to relate the saint with the virtue:

Question: Do you want to know why our group is named the Group of Saint Abraam?

His name was Fr. Boulos, before he became Bishop Abraam. He was the abbot of a monastery. His charity toward the poor, the orphans and the widows, made some of the monks resentful of him, they complained against him and he was asked to leave the monastery. And he went to another monastery. He spent most of his time worshiping God. However, he did not stop his love for the poor. He shared his food and clothes with the people who lived in the desert surrounding the monastery.

During his time as Bishop Abraam the diocese became a place of rest and comfort for the poor and rich alike. He became famous for his charity to the multitude of poor that came to him. He gave them all what he had of money. He made his own home a shelter for many of them. He offered clothing for those who had no clothes and food for the hungry. Anba Abraam lived a life of pure love to Christ and was extremely generous, loving and kind to the poor.

Plug Into The P.O.W.E.R

Workshops Topics & Activities

Word:

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow and is a discerner of the thoughts and intents of the heart.” Hebrews 4:12

- **Illustration (Exciting Intro 2-3 mins):**

The parable of the Sower

Materials: 4 cups; first one has a large pebble, second has sand, third has mulch and the fourth has soil. Lentils to distribute - 1 set of 4 cups per group

Ask them these questions:

If you were to plant the lentils you have which one would you choose? Why?

Why do you think the other three cups are not good for planting?

- **Example (Short & Interactive 5 mins):**

Tell them The parable of the sower and explain: we all listen to the word of God, we all have the Holy Spirit inside us. But to grow in our life with God we need to live by His word...elaborate ☺

- **Game or craft ??? (Discuss new ideas)**

Plant your Lentils - A “do it at home” activity

Materials: 1 cup, lentils and a piece of cotton for each kid

Each one of the kids will have the lentils to plant in their cups: every time they do something that pleases God and according to His word (pray, attend liturgy, go for confession, help others...) they'll water their plant (with honesty) and if they neglect following the word of God and watering their plant it will dry out and die. That's exactly what happens to our relationship with God if we live by His word we grow in our life with Him and if we don't we gradually lose our relationship with Him.

→ **To the Servant:** if the Saint of your group is Saint Anthony, mention the following to relate the saint with the virtue:

Question: Do you want to know why our group is named the Group of Saint Anthony?

St. Antony is considered to be the father of all the monks. He was born into a rich coptic christian family. His parents died when he was 20 but as he was in the church he heard the verse Matthew 19:21 “If you want to be perfect, go, sell what you have and give to the poor, and you will have treasures in heaven; and come and follow me.”. which told him to sell all he had and give it to the poor. He did as the verse sai, entered the monastic life when he was 20 and lived in the glory of God for the remainder of his life. The devil tried to tempt him with wealth, and other things, and his sister that he left behind. All this time, St. Antony used the greatest weapon to defeat the devil, which was his faith in Christ and living according to His word.

Plug Into The P.O.W.E.R

Workshops Topics & Activities

Equipped:

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10

- **Illustration (Exciting Intro 2-3 mins):**

The mirror and the glass

Materials: A sheet of glass and a mirror - 1 sheet of glass and 1 mirror per group

Ask a child to look at the mirror and the glass and ask what the difference that he noticed is. In the mirror he saw only himself, but through the glass he saw what's on the other side. Imagine if your house was made of mirrors only: you would only see yourself and there wouldn't be any way for you to see outside or even for the sun to go in. We only need one mirror to look at ourselves to remember that we are God's image and to see the gifts and talents that God gave us. But you need the windows more to bring in sunshine and to look outside and help people in need and better serve God.

- **Example (Short & Interactive 5 mins):**

The two intelligent Siblings

Once lived a family in a small village, God gave them two sons and they were both very smart. Everyone noticed how smart they were and knew that it was God's gift to them and they were sure that when the boys grow up they will be very successful. As the boys grew older they started thinking differently the first one used all his intelligence in becoming very famous in the whole city he was a very important and rich man that everyone talked about but didn't really do much to others. The second one was very successful too but he stayed in his hometown and invented a lot of things to help his village with any problems they faced. One day came a very strong earthquake and a lot of people were trapped and lost their homes...the famous and rich didn't really have any means to help the others because he never thought of others, while the other man started thinking of ways of rescuing people and God helped him and the whole village safely thru. He was successful in using what God gave him to serve others in need.

- **Game or craft:**

The longest rope

pieces of yarn of different lengths and a cross-1 set per group

Divide the kids into 2 groups ask them to tie together their pieces of yarn to form a rope. The teams with the longer rope that reaches the cross, wins (Explains that using what you have wisely helps you and the people around you)

→ **To the Servant:** if the Saint of your group is Saint Paul, mention the following to relate the saint with the virtue:

Question: Do you want to know why our group is named the Group of Saint Paul?

Before he became Saint Paul his name was Saul, he ordered for the persecution of Christians. Jesus appeared to Saul near Damascus and blinded him until he was baptized by Ananias and was given his sight. Saul was renamed Paul and was equipped by the gifts of the Holy Spirit to go out around the world to teach about the crucified Christ while performing many miracles on his journey. St. Paul established churches and preached the word of God in Asia and Europe. St. Paul was persecuted by many and stoned because of his faith but the Power of the Holy Spirit was on his side and he was able to persevere through it all.

Plug Into The P.O.W.E.R

Workshops Topics & Activities

Respond:

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.” Galatians 5:22-23

Explain 10 mins:

What are the fruits of the Spirit and the meaning of each one.

Conclude all of the above: I am God’s creation and He gave me the gift of the Holy Spirit, if I pray, help others, live by His word and use what He gave me to serve Him. I will carry the fruits of the Spirit and live with the Power of the Holy Spirit. A good tree always gives fruit!!

→ **To the Servant:** if the Saint of your group is Samuel The Prophet, mention the following to relate the saint with the virtue:

Question: Do you want to know why our group is named the Group of Samuel the Prophet?

Samuel was serving the Lord under Eli the priest as a child. One night Samuel was sleeping in the Tabernacle, God called Samuel, so he ran to Eli the priest and answered "Here I am; for you have called me". Eli then denied and asked him to go back to sleep. But then again the sound came calling Samuel 2 more times, Eli understood that it was the Lord calling Samuel and sent him saying: "Go, lie down: and it shall be, if he calls you, that you shall say, Speak, Lord, for you did call me." (1 Samuel 3:9) Even as a young boy, Samuel clearly heard the voice of God in his first prophetic message. Samuel always delivered the message of God, knowing that obedience to God was more important and valuable than the approval of men. Samuel proved more than once, it is God who must remain our priority. God will reward those who have remained faithful to His Word “But Samuel replied: ‘Does the Lord delight in burnt offerings and sacrifices as much as in obeying the voice of the Lord? To obey is better than sacrifice’” (1 Samuel 15:22).

- **Game or craft 15 mins:**

The Fruits of the Spirit bookmark craft

Materials:

1 craft kit for each child.