

Blessed is the Kingdom: An Orthodox Church School Curriculum



Lesson 3 3rd-5th grades

The Great Litany

Objective: Through looking at The Great Litany students gain an understanding of corporate prayer and the peace of Christ gained through prayer.

Lesson Introduction

5 min

Begin by **saying**:

Last week we talked about how Adam and Eve disobeyed God and fell out of communion with God. They lost their connection. We also talked about some ways that we can regain that connection. Do you remember any of those ways? (Attend church, pray, be kind, fast) Our goal is to have God's peace. What do you think peace means?

Take answers, and then **explain**.

Peace can mean not fighting or not at war. But God's peace means more than this. It means prosperity, well-being, feeling safe and secure. Christ is our peace. Through Him we are brought near to God. By remaining anchored in God's Kingdom, all conflict can be overcome.

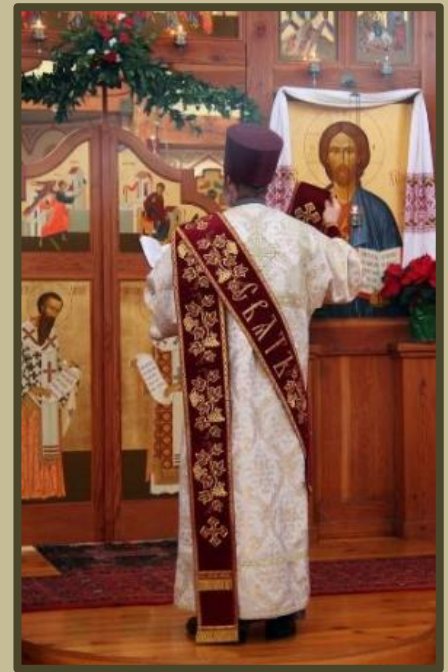
Pull out the bowl with water. Then **say**:

Let's pretend this bowl of water is us. What are some things that may make you feel stressed or angry?

Take answers and after each one, **sprinkle** a bit of pepper into the water. Then **say**:

Living in a fallen world, we frequently encounter stressful things. They can overwhelm us and cover us in worry. But thankfully, when we have God on our side, he protects us and grants us His peace. He sent his son, Christ, (hold up the soap) to help us overcome the world. His peace protects us.

Place the piece or drop of soap into the center of the bowl of water. The pepper should move away from the soap.



Opening Prayer

O Heavenly King, the Comforter, the Spirit of Truth who art everywhere and fillest all things. Treasury of Blessings, and Giver of Life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good one.

Supplies Needed

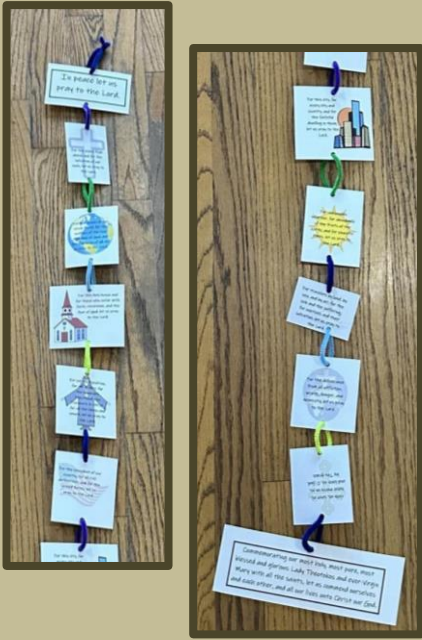
- Bowl with water
- Pepper
- Small piece of soap or drop of Dawn dish soap



Supplies Needed

- Small bag of candy to eat or take home, if desired

- Device or screen to play audio or video
- The Great Litany printable (one for the teacher for the lesson portion)
- Plate
- Hard coated candy--enough to put in a circle around the plate
- Warm water



The Great Litany

Skip to 18:52-21:30 for this portion

We know from our past two lessons that Liturgy begins with "Blessed is the kingdom of the Father and of the Son, and of the Holy Spirit". In church we begin our prayers with saying: "In peace let us pray to the Lord." When we say these prayers, we are not simply praying by ourselves or as a group, but we are praying as part of Christ's body or through Christ. This is what praying "in peace" means. That we are praying along with Christ. He is protecting us and guiding us like what we saw happen with the pepper and soap. Let's listen to what comes next in the service.

- **For the peace from above and for the salvation of our souls, let us pray to the Lord.**
 - *We are again requesting peace from Christ and our salvation into the Kingdom of God. We are praying to be reunited with God as Adam and Eve were united with Him in the garden.*
- **For the peace of the whole world, for the welfare of the holy churches of God, and for the union of all, let us pray to the Lord.**
 - *Not only are we praying for the whole world, but also it reminds us not to look to this world for that peace, but to look for union with God. We still ask God to protect the world and the Church and extend his peace to all.*
- **For this holy house and for those who enter with faith, reverence, and the fear of God, let us pray to the Lord.**
 - *What's the name of our church? Who is someone in our parish we can pray for?*
- **For our Metropolitan; for our Bishop; for the honorable Priesthood, the Diaconate in Christ, for all the clergy and people, let us pray to the Lord.**
 - *Remind students who their Metropolitan is, who their Bishop is, and who their priest and other parish clergy are.*
- **For the President of our country, for all civil authorities, and for the armed forces, let us pray to the Lord.**
 - *Remind them who their president is, and that we pray for them to have the peace of Christ as well.*
- **For this city, for every city and country(side), and for the faithful dwelling in them, let us pray to the Lord.**
 - *What city or town do we live in?*

Lesson Continued

5 Minute Bonus

Talk about praying in church versus praying at home privately. Set up a mini icon corner in your classroom to demonstrate things that can help us pray at home. Stand in front of these during your closing prayer. Some things to include: an icon, a cross, a prayer rope, a prayer book, a censor, a candle.

Supplemental Ideas

- Modge Podge an icon of Christ to add to their icon corner at home
- Decorate battery powered tea lights for their icon corners

Teacher Resource

OCA Essential Orthodox Christian Beliefs: A Manual for Adult Instruction

<https://www.oca.org/cdn/PDFs/2023-0609-EOCB.pdf>

Chapter 2 The Kingdom of God and the World



- **For seasonable weather, for abundance of the fruits of the earth, and for peaceful times, let us pray to the Lord.**
 - *What is seasonable weather? It is not always sun—rain is needed at times. Do any of you grow a garden?*
- **For travelers by land, by sea, and by air; for the sick and the suffering; for captives and their salvation, let us pray to the Lord.**
 - *We pray for all those in need. Do you know anyone traveling? Have you ever flown or gone on a road trip? Or anyone you can remember to pray for that is sick?*
- **For our deliverance from all affliction, wrath, danger, and necessity, let us pray to the Lord.**
 - *What does affliction mean? (Sickness); what does wrath mean? (Anger); what could be a danger you would want to avoid? (Take answers); Necessities are needs; what is something you would need? (Take answers)*
- **Help us, save us, have mercy on us, and keep us, O God, by Thy grace.**
 - *We ask again for God's peace through His salvation and His mercy.*
- **Commemorating our most holy, most pure, most blessed and glorious Lady Theotokos and ever-Virgin Mary with all the saints, Let us commend ourselves and each other, and all our life unto Christ our God.**
 - *We specifically remember the Theotokos and all the saints. And we likewise give all of our life to Christ. As everything we do should be for Him.*

After talking about all of the petitions of the Great Litany, **pull** out the plate and hard coated candy. Then **say**:

When we come to church, we pray collectively as members of the church or the Body of Christ. In doing this we regain our connection with God, and work to have the peace of Christ that we talked about at the start of the lesson. We support each other in this life. Each of the candy represents one of us entering the church.

Place candy around the edge of the plate in a circle. Then slowly add warm water to the plate to slightly cover the candy. Then **continue**:

Our prayers (hold up the cup of water) surround us and mix together as a whole. The incense used in the service represents our prayers rising to heaven. Watch what happens when I add water (or prayers) to the candy.

Lesson Activities

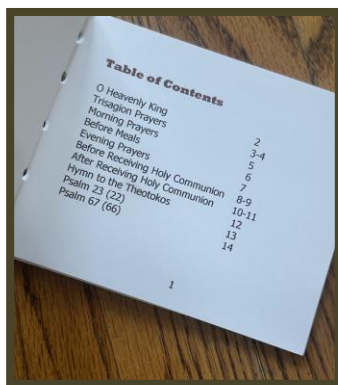
Prayer Book—10 min

Supplies needed: pages at the end of this lesson printed on cardstock (precut into fourths); hole punch; pieces of yarn or ribbon; gold sticker embellishments if desired

Begin by **saying**:

Today you are going to get to create your own prayer book to take home. This would be a good addition your to your icon corner at home.

Go through the index of the prayer book and when the prayers would be used. Then have students punch 5 holes in the edge of their prayer books. Thread these holes with ribbon or yarn, tying them at the ends. Have students write their name on the back cover. If desired, add gold stickers to the cover and interior.



Body of Christ Tag—10 min

Supplies needed: space for students to run

Students stand in a line at one end of the room. One person is it (and represents the body of Christ or the church), and when they say go, everyone must run to the opposite side of the room.

If a student gets tagged, then they are also it and link arms with the tagger. Thus they are growing the Body of Christ or the church. This creates a tagging “blob”, and makes it harder for students to pass them to get to the other side. The “it blob” continues to say go, and the other students continue to run back and forth on command until all students have joined the “blob”. They are now all members of the Body of Christ or part of the church.

Choose a new person to be it, and play again. If the “it blob” is struggling to tag students, then decrease the width of the boundaries of play, so that the blob can spread out side to side and make it almost impossible for the students to run past without getting tagged.



Closing Thoughts— 5 min

Remind students of the peace of Christ, and that we want to strive to capture it in our lives. Before leaving to reenter the busy world, ask them to stand quietly for 30 seconds in front of an icon of Christ and be still and peaceful. Then recite the closing prayer together.

Closing Prayer

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without defilement you gave birth to God the Word. True Theotokos we magnify you!

Craft Great Litany Petitions Printable 1

In peace let us
pray to the Lord.



For the peace from
above and for the
salvation of our
souls, let us pray to
the Lord.



For the peace of the
whole world, for the
welfare of the holy
churches of God, and
for the union of all, let
us pray to the Lord.

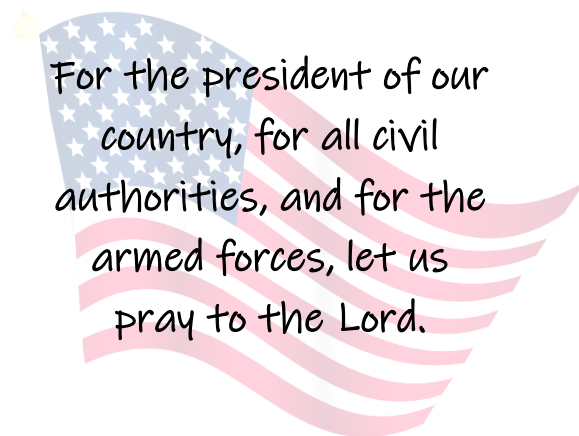


For this holy house
and for those who
enter with faith,
reverence, and the
fear of God, let us
pray to the Lord.

Craft Great Litany Petitions Printable 2



For our Metropolitan;
for our Bishop; for
the honorable
Priesthood, the
Diaconate in Christ,
for all the clergy and
people, let us pray to
the Lord.



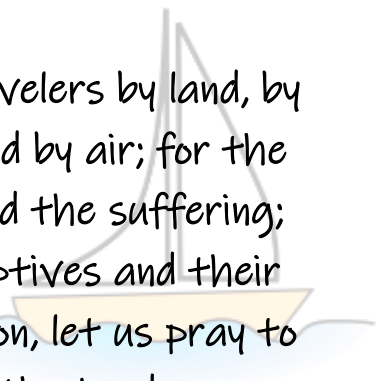
For the president of our
country, for all civil
authorities, and for the
armed forces, let us
pray to the Lord.

For this city, for
every city and
country, and for
the faithful
dwelling in them,
let us pray to the
Lord.

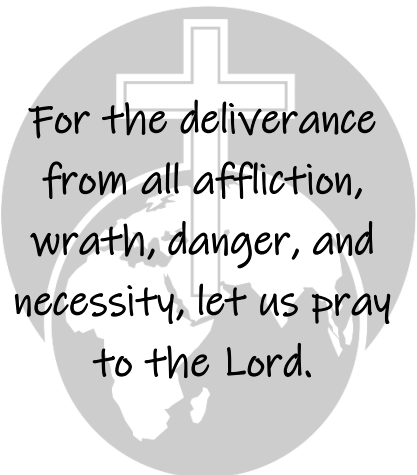


For seasonable
weather, for abundance
of the fruits of the
earth, and for peaceful
times, let us pray to
the Lord.

Craft Great Litany Petitions Printable 3



For travelers by land, by
sea, and by air; for the
sick and the suffering;
for captives and their
salvation, let us pray to
the Lord.



For the deliverance
from all affliction,
wrath, danger, and
necessity, let us pray
to the Lord.



Help us, save us,
have mercy on us,
and keep us, O God,
by Thy grace.

Commemorating our most holy, most pure, most
blessed and glorious Lady Theotokos and ever-Virgin
Mary with all the saints, let us commend ourselves
and each other, and all our lives unto Christ our God.



Blessed is the Kingdom:

An Orthodox Church School Prayer Book

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O Heavenly King

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest all things; Treasury of Blessings, and Giver of Life - come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Trisagion Prayers

Holy God! Holy Mighty! Holy Immortal! Have mercy on us.
Holy God! Holy Mighty! Holy Immortal! Have mercy on us.
Holy God! Holy Mighty! Holy Immortal! Have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

O most Holy Trinity, have mercy on us.

O Lord, cleanse us from our sins.

O Master, pardon our transgressions.

O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. Lord, have mercy. Lord, have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Trisagion Prayers Continued

Our Father, Who art in Heaven, hallowed be Thy name.
Thy Kingdom come; Thy will be done, on earth as it is in
Heaven. Give us this day our daily bread; and forgive us
our trespasses, as we forgive those who trespass against
us; and lead us not into temptation, but deliver us from
evil.

Lord, have mercy. (12x)

Glory to the Father, and to the Son, and to the Holy Spirit, now
and ever and unto ages of ages. Amen.

Come! Let us worship God, our King!

Come! Let us worship and fall down before Christ, our King and
our God!

Come! Let us worship and fall down before Christ Himself, our
King and our God!

Before Meals

In the name of the Father, and of the Son, and of the Holy
Spirit. Amen.

Our Father, Who art in Heaven, hallowed be Thy name.
Thy Kingdom come. Thy will be done, on earth as it is in
Heaven. Give us this day our daily bread; and forgive us
our trespasses, as we forgive those who trespass against
us; and lead us not into temptation, but deliver us from
evil.

Glory to the Father, and to the Son, and to the Holy Spirit,
now and ever and unto ages of ages. Amen. Lord, have
mercy. (3x)

O Christ our God, bless the food, drink, and fellowship of
Thy servants, for Thou art holy always, now and ever and
unto ages of ages. Amen.

Morning Prayers

Having arisen from sleep, we fall down before Thee, O
Blessed One, and sing to Thee, O Mighty One, the angelic
hymn: Holy! Holy! Holy! art Thou, O God; through the
Theotokos, have mercy on us.

Glory to the Father, and to the Son, and to the Holy Spirit.

Do Thou, O Lord, Who hast raised me from my bed and
from sleep, enlighten my mind and heart, and open my
lips that I may praise Thee, O Holy Trinity: Holy! Holy!
Holy! art Thou, O God; through the Theotokos, have
mercy on us.

Now and ever and unto ages of ages. Amen.

Evening Prayers

Have mercy on us, O Lord, have mercy on us; for laying
aside all excuse, we sinners offer to Thee, as to our
Master, this supplication: Have mercy on us.
Glory to the Father, and to the Son, and to the Holy Spirit.

O Lord, have mercy on us, for in Thee have we put our
trust. Do not be angry with us, nor remember our
iniquities, but look down on us even now, since Thou art
compassionate, and deliver us from our enemies. For Thou
art our God, and we are Thy people; we are all the work
of Thy hands, and we call on Thy name.
Now and ever and unto ages of ages. Amen.

O blessed Theotokos, open the doors of compassion to us
whose hope is in you, that we may not perish but be
delivered from adversity through you, who are the
salvation of the Christian people.

Before Receiving Holy Communion

I believe, O Lord, and I confess that Thou art truly the Christ, the Son of the Living God, Who camest into the world to save sinners, of whom I am first. I believe also that this is truly Thine own pure Body, and that this is truly Thine own precious Blood. Therefore I pray Thee: have mercy upon me and forgive my transgressions both voluntary and involuntary, of word and of deed, of knowledge and of ignorance. And make me worthy to partake without condemnation of Thy most pure Mysteries, for the remission of my sins, and unto life everlasting. Amen.

After Receiving Holy Communion

I thank Thee, O Lord my God, for Thou hast not rejected me, a sinner, but hast made me worthy to be a partaker of Thy Holy Things. I thank Thee, for Thou hast permitted me, the unworthy, to commune of Thy most pure and Heavenly, Gifts. But, O Master Who lovest mankind, Who for our sakes didst die and rise again, and gavest us these awesome and life-creating Mysteries for the good and sanctification of our souls and bodies; let them be for the healing of our soul and body, the repelling of every adversary, the illumining of the eyes of my heart, the peace of my spiritual power, a faith unashamed, a love unfeigned, the fulfilling of wisdom, the observing of Thy commandments, the receiving of Thy divine grace, and the attaining of Thy Kingdom.

Before Receiving Holy Communion Continued

Of Thy Mystical Supper, O Son of God, accept me today as a communicant; for I will not speak of Thy Mystery to Thine enemies, neither like Judas will I give Thee a kiss; but like the thief will I confess Thee: Remember me, O Lord in Thy Kingdom.

May the communion of Thy Holy Mysteries be neither to my judgment, nor to my condemnation, O Lord, but to the healing of soul and body. Amen.

After Receiving Holy Communion Continued

Preserved by them in Thy holiness, may I always remember Thy grace and live not for myself alone, but for Thee, our Master and Benefactor. May I pass from this life in the hope of eternal life, and so attain to the everlasting rest, where the voice of those who feast is unceasing, and the gladness of those who behold the goodness of Thy countenance is unending. For Thou art the true desire and the ineffable joy of those who love Thee, O Christ our God, and all creation sings Thy praise forever. Amen.

Hymn to the Theotokos

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without defilement you gave birth to God the Word. True Theotokos we magnify you!

12

PSALM 67 (66)

May God be gracious to us and bless us and make His face to shine upon us! That Thy way may be known upon earth, Thy saving power among all nations. Let the peoples praise Thee, O God, let all the peoples praise Thee! Let the nations be glad and sing for joy, for Thou dost judge the people with equity and guide the nations upon earth. Let the people praise Thee, O God; let all the peoples praise Thee! The earth has yielded its increase; God, our God, has blessed us. God has blessed us; let all the ends of the earth fear Him!

14

PSALM 23 (22)

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures. He leads me beside still waters; He restores my soul. He leads me in the paths of righteousness for His name's sake. Even though I walk through the valley of the shadow of death, I fear no evil, for Thou art with me. Thy rod and Thy staff, they comfort me. Thou preparest a table before me in the presence of my enemies. Thou anointest my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

13

This book belongs to: