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*Saint Mark's Church
Sunday School*

Strictness in the spiritual path

Code: 11/SP/6

Eph.5:15-16

1. General Aims of the unit

To explore the basics of the spiritual life and how to practice them.

2. Special aims of the lesson

1. Explore the spiritual path , its basics and factors contribute to its progress.
2. Highlight the importance of strictness in every aspect of our life as a key for success
3. Analyze the areas need strictness in our spiritual life [(prayers , mitanias) – (bible reading ,contemplation and applying the commandments, spiritual readings) – (regular repentance , confession and Eucharist) – (fasting ,praising, alms) – (resisting sins and tempting environment)
4. Highlight the share of the Divine grace in living in strictness and the rewards and glory of victory we received from our Lord

3.Outcomes

By the end of this lesson the teens are able to:

1. Debate the utmost necessity of strictness in the spiritual life.
2. List the areas of spiritual life they need most to be strict in and their commitments to the detailed steps for strictness in this area.
3. Remember by heart at least one hero in each aspect of spiritual life and detail the area of his/her strictness.

[Hint: Use examples of the saints who practice strictness in their spiritual life from OT , NT , church history and contemporary saints as Joseph , Daniel , the 3 young men , the Rechabites(Jer. 35) , John the Baptist , St. Paul , Anba Abraam , Pope Kyrellos IV, Ta Mav Eirene ,]

4.Verses: Eph.5:15-16 ; 1Cor. 9:24

5.References: 1.Characteristics of the spiritual way –Ch. 9 H.H.Pope ShenoudaIII
2. Attached notes –Introduction to the spiritual path.