

+

*Saint Mark's Church  
Sunday School*

## **A simplified Liturgical cycle of the church Code: 12/CH/1**

### **1. General Aims of the unit**

To live and practice the spiritual life through our church traditions and rites.

### **2. Special aims of the lesson**

1. To encourage the teens to comprehend the Liturgy of time
2. To lead the teens to better understanding of the daily cycle , the weekly cycle , the monthly cycle and the yearly cycle
3. To emphasize the fact that “Jesus Christ” is the centre of each cycle
4. To encourage the teens to tune their spiritual life according to the Liturgical cycle of the church.
5. To provide the teens with a simple practical guide to live according to the church practices

### **3.Outcomes**

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

1. Remember by heart the contents of each of the Liturgical cycles.
2. Interrelate between the Liturgical cycles of the church and their spiritual daily life .
3. Record some elements from each cycle to practice and feel the blessings of the presence of Jesus Christ in their lives.

### **4.Verses:**

Heb.12:20-21; Phil. 4:4-7;Eph.3:16-19

### **5. References:**

- 1 Christ in Eucharist
2. Attached notes

Rev Fr. Tadros Malaty