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*Saint Mark's Church  
Sunday School*

## **Purity of Senses**

**Code: 12/SP/2**

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

To explore the means of the spiritual life and how to practice

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

1. To highlight the value of pure senses in the spiritual way
2. To stress the fact that “purity of senses “ is a resultant of the “grace of the Lord” and the “human struggle” in obeying the commandments and rejecting sins.
3. To define the meanings of the “Lord’s grace” and the “human struggle”
4. To explore how we receive His grace
5. To identify the fields of human struggle.

### **3.Outcomes**

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

1. Express their urgent need to the grace of the Lord through reciting some verses emphasizing this fact
2. Express their urgent need to the spiritual struggle through agreeing about
  - ❖ minimum number of daily prayer ( 2 to 3) practiced with songs
  - ❖ abstaining from food in the periods of fast till agreed time in the day ( 10-11 am)
  - ❖ Number of metanias they offer to the Lord in their prayers
  - ❖ Minimum charitable deeds offered to the needy ( either here or in Egypt)
  - ❖ Daily commandment from the bible to apply .
  - ❖ Practicing in a continuous basis repentance ,confession and attending the Liturgy from the beginning
3. Give commitments to abstain from any habit which restrict the spiritual progress ( either to make it for the whole class or individually)  
[ examples are certain TV shows , certain songs , some posters in their room ,....)

### **4.Verses:**

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|--------------------------|------------------|
| 1.Proverb 21:31          | 2. John 15:5     |
| 3.1Tim.5:22              | 4. Eph.2:8       |
| 5.Heb.12:4               | 6. Mk.9:23       |
| 7.John .16:24            | 7. Rom.12:1 . 11 |
| 8.Mt. 15:18-20 ; 5:29-20 |                  |