



**Morning Prayer  
Code: 7/CH/2**

**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 pray in general and specially with psalms and understand its benefits( our prayers include two integral parts : psalm prayers and our personal prayers which we initiate with our own wording )
2. To explain the order of any canonical hour and the spiritual meanings behind it.
3. To revise with the teens briefly their knowledge about the canonical hours of the Agbia prayers.
4. To Understand the occasion of the first hour prayers(morning prayer) and the number of psalms used (19 psalms although the general rule for each of the other canonical hours is 12 psalms)
5. Give a good explanation of psalms 1 and 14( or any other psalm from the morning prayer). Let the teens try to memorize these psalms , at least the first psalm.
6. Provide the teens with a practical guide to enjoy praying with psalms like crossing ourselves with the cross ,kneeling down , closing the eyes , .....

**3.Outcomes**

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

1. Practice the Agbia prayers regularly as a part of their spiritual life. (The dose of psalms to be matching with the spiritual life and grow gradually)
2. Recite the occasions of the seven Agbia prayers.
3. Interrelate between the first hour , the resurrection of Christ and our victory all the day over sin.
4. Put into context and practice the Psalms prayers and other forms of prayers ( as the personal prayers which we initiate from our words , the Eucharist prayer , the arrow prayer ).
5. Remember by heart Ps. 1 and 14 or only the first.

**4.Verses:**

Ps. 119:164 ; Col.4:2 ; Ps.1 ; Ps. 14

**5. References:**

1. The spirituality of praying with Agbia

HG Bishop Metaos