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*Saint Mark's Church
Sunday School*

Third hour Prayer Code: 8/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 pray with psalms and understand its benefits
2. To revise with the teens their knowledge about the aim of each of the hours of the Agbia prayers.
3. To Understand the occasion of the third hour prayers and psalms used
4. Give a brief explanation of psalms 20 , 23
5. Provide the teens with a practical guide to enjoy praying this prayer.

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 and the personal value of each of them .
3. Interrelate between the third hour prayer and the descend of the Holy Spirit on the day of Pentecost and the gifts they expect in this hour from the Holy Spirit..
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. 20 or 23 or both.

4.Verses:

Ps. 119:164 ; Ps.20 ; Ps. 23

5. References:

1. The spirituality of praying with Agbia HG Bishop Metaos