



Spiritual Struggle Code: 10/SP/4

1. General Aims of the unit

Understanding the spiritual path of the believers here on earth and the role of our Spiritual struggle.

2. Special aims of the lesson

1. Explore the 2 faces of the coin of my spiritual life i.e. “the grace of God” and “the spiritual struggle”
2. Explore the fields of my spiritual struggle [prayers , reading the bible , obeying the commandments of the Lord recorded in the bible, , abstaining from practicing sins , continuous and honest repentance and confession , gaining the fruits of the Spirit (virtues) ,.....]
3. Give examples about the saints who struggled and crowned through the grace of our Lord Jesus Christ.
4. Encourage every teen to start the spiritual struggle in his/her own pace with the guidance of the father of confession as Jesus Himself is the guarantor of victory all the way.

3. Outcomes:

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

1. Comprehend fully that the spiritual struggle is an essential part of their spiritual life which leads them to eternal life.
2. Debate the fields of spiritual struggle and highlight that most essential for them.
3. Remember by heart some stories of great strugglers that match more their fields of struggle (to have them as their special intercessors)
4. Write a personal recipe for spiritual struggle and use it as a daily reminder for spiritual victory.

4. Verses : Luke 13:24; Gen 32:28, Heb. 12:1, 12:4; 1 Tim 6:12 ; 2Tim 4 4:7-8

5. References:

1. Spiritual struggle
2. The Spiritual man

(notes attached)
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(the Christian Orthodox Library CD- COeRL)