



*Saint Mark's Church  
Sunday School*

## **Continuous Contemplation in the Bible** **Code: 10/SP/6**

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

Understanding the role of the word of God “the bible” in the whole spiritual life from the beginning till the end

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

1. Explore the value of the “word of God” to build the spiritual life and to keep it flourishing
2. Define the term “contemplation” and the spiritual power we get out of it .
3. Show how to practice contemplation in “word of God” during our daily routine.
4. Pinpoint causes that prevent us from contemplation and how to overcome them.

### **3. Outcomes:**

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

1. Debate the necessity of the Bible in their path to heaven and its power to change their lives.
2. Agree enthusiastically to start to practice quiet times to contemplate in the word of God.
3. Start to have a notebook to write down their contemplation , and this will be a source of encouragement in the periods of lukewarm.
4. Encourage each other to start contemplation in the verses of the bible , by exchanging their experiences.

### **4. Verses : . Jer. 15:16 ; Ps. 119:15 , 47-48**

### **5. References:**