



LESSON PLAN

CHAPTER I

Sumit Seekers

Std 11th & 12th

Christian Life: Meaning and Depth

Objective

By the end of the lesson, students will be able to:

- Understand the meaning and uniqueness of the Christian life.
- Compare Christian and other philosophical worldviews.
- Identify the key aspects of living a Christian life.
- Appreciate the mission and final goal of Christian life.
- Commit to practicing holiness in daily life.

Introduction

Ask students:

“What is the purpose of your life?”

“Do you think life has meaning? If yes, how do you discover it?”

Show a short video (2–3 min) showing diverse perspectives on life (philosophical, religious, modern) or share a story of someone who found purpose through faith (e.g., St. Augustine or Mother Teresa).

Presentation of the Topic

A. The Uniqueness of Christian Life

Christian vision is centered on Jesus as the only Savior.

It emphasizes love, truth, freedom, and holiness.

Christian teachings remain relevant to human dignity, equality, and care for creation.

B. Philosophical Views of Life (Brief comparison)

Philosophy	Core Belief
Greek	Growth in goodness & knowledge
Hindu	Moksha & Self-Realization
Buddhism	Enlightenment via the Eightfold Path
Charvaka	Material pleasure
Confucianism	Ethics & responsibility
Gandhism	Truth & non-violence
Marxism	Classless society

Ask: "**Which of these do you think offers lasting hope?**"

C. Six Pillars of Christian Life

1. Accept Jesus and believe in the Holy Trinity
2. Be baptized and become part of the Church

3. Live according to the Gospel and Church teachings
4. Be mission-oriented
5. Live with heaven as your goal
6. Become holy

D. Role of Saints and Missionaries

St. Peter's confession: "You are the Messiah..." (Mt 16:16)

St. Thérèse of Lisieux and St. Alphonsa: examples of holiness and mission

Habit Formation

Encourage students to:

Choose one beatitude to practice each week (e.g., "Blessed are the merciful...")

Start a gratitude journal to record moments when they feel God's presence.

Activity

Group Activity Options:

A. Vision Board Activity (Individual or Group):

Ask students to create a "Christian Life Vision Board" using magazine cut-outs, drawings, or digital tools showing:

Jesus as their center

Church, community, Gospel

Mission, Heaven, and holiness

B. Role Models from Indian Saints:

In groups, students research a saint from the Indian Church (e.g., St. Kuriakose Elias Chavara, St. Euphrasia, Bl. Rani Maria) and present their path to holiness using:

Poster

Short video

Role play

Conclusion

Summarize Key Learnings:

Christian life is a journey guided by the Holy Spirit and rooted in Christ.

It includes community life, mission, holiness, and hope of heaven.

Embracing this life gives meaning and joy.

Reflection Question:

“How will you live a more Christian life this week?”

Bible Verse

Bible verse for reflection:

"It is no longer I who live, but Christ lives in me..." (Galatians 2:20)

Conclusion

Invite a student to lead a short prayer, thanking Jesus for being the way, the truth, and the life, and asking for grace to follow Him