

LESSON PLAN

CHAPTER 4

Summit Seekers

Std 11 & 12

Christian Life: Celebration of Faith

OBJECTIVE

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

- 1. Understand the liturgy as the center of Christian life.**
- 2. Reflect on personal sacramental experiences and their spiritual impact.**
- 3. Differentiate between liturgy, sacrament, sacramentals, devotions, and rituals.**
- 4. Appreciate the relevance of the Liturgical Calendar in their faith journey.**
- 5. Commit to active, conscious participation in the liturgical life of the Church.**

INTRODUCTION

- Introduce the chapter**

Imagine like Covid time you are told that for one year, no Holy Qurbana will be celebrated anywhere in the world due to a global ban on liturgical gatherings. No communion, no public worship, no liturgical calendar celebrations. How would this impact you spiritually, emotionally, and communally?

- Discussion**

- 1. What part of your spiritual life would you miss the most?**
- 2. Would your faith grow, weaken, or stay the same?**

- **Purpose:** This helps students realize the centrality of liturgy and sacraments in Catholic life.

PRESENTATION OF THE TOPIC

Lesson is divided into 5 Core Themes:

1. Liturgy

CCC 1069: Work of God among His people.

Liturgy = God's love poured out in action (e.g., Holy Qurbana, sacraments).

2. Sacraments and Sacramentals

*Sacraments = instituted by Christ
(e.g., Eucharist, Baptism)*

Sacramentals = instituted by the Church (e.g., blessings, holy water)

*Reflect on their personal Sacramental milestones
(Holy Communion, Confirmation).*

3. Liturgy of the Hours

The Church prays constantly for the world. Monastic and laity participation; importance of "time sanctification."

4. Popular Piety – Devotions & Rituals

Devotions: Rosary, Way of the Cross, Novenas.

Rituals: Cultural expressions of faith – funeral prayers, naming ceremonies.

5. Festal Celebrations & Liturgical Calendar

Purpose: Enter more deeply into the mysteries of Christ.

Challenge: Are we merely celebrating or encountering Christ?

HABIT FORMATION

1. Students to choose one concrete way they will actively participate in liturgical life this week.

2. Join evening family prayer as their own 'Liturgy of the Hours.'

3. Make a personal sacrifice during the next feast (e.g., fasting, volunteering).

ACTIVITY

Activity Title: “My Faith Timeline – A Journey Through Liturgy and Life”

Step 1: Ask students to draw a timeline of their spiritual milestones – e.g., Baptism, First Holy Communion, Confirmation, Personal spiritual turning points (e.g., retreats, confession, moments of deep prayer)

Step 2: In pairs or small groups, discuss:

a) How did these sacraments/devotions shape your understanding of Christ?

b) Is your journey mostly sacramental, devotional, or ritualistic? Why?

Step 3: As a class, reflect on how faith celebrations (liturgical or devotional) help them remain rooted in a world full of distractions.

BIBLE VERSE

Read and Learn

John 6:54

CONCLUSION

End with a short prayer:

Lord Jesus, help me never to take your presence in the sacraments for granted. Teach me to celebrate my faith with heart, mind, and soul. Amen.