

Lesson Plan

FAITH EXPLORERS

Chapter 15

People Who Witnessed by the Power of the Spirit

Objective

Saints and martyrs are witnesses of Jesus through the power of the Holy Spirit. We are called to follow their example.

Connect the idea of saints and martyrs to heroes, kids can admire and imitate.

Introduction

Ask the children:

- "Who is your favorite superhero? What makes them special?"
- "Did you know we have real heroes in our Church?"

Explain: "Saints and martyrs are heroes who didn't wear capes—but they were brave, kind and strong because they loved Jesus and were led by the Holy Spirit."

Presentation of the Topic

Real-Life Witnesses of Jesus:

§ Introduce St. Thomas the Apostle:

"He came all the way to India to tell people about Jesus! He started churches in 7 places in Kerala. Can you imagine how brave he was?"

§ Talk about Martyrs:

"Do you know what a martyr is?"

A martyr is someone who gave up their life because they loved Jesus so much."

§ Mention St. Stephen (first martyr), and list a few others:

St. George 🛡️, St. Agnes 🌸, St. Sebastian 🎯

§ Introduce Fruits of the Spirit (Galatians 5:22-23):

Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, Longanimity, Chastity, Temperance, Self-control

§ Explain in simple terms:

- These are like fruits that grow in our hearts when we live close to Jesus!
- Saints were full of these fruits.

Habit Formation

I Can Be a Saint Too

- Knowing the name of my baptism saint and also the good things that the saint has done
- Praying to my baptism saint to live like a saint by doing small activities pleasing to Jesus.

Activity

My Saint Badge & Fruit Basket

Part A: Saint Badge

Materials: Paper circles, crayons, safety pins

Each child writes the name of their baptism saint (or any saint they admire).

- Decorate it like a badge with stickers or drawings.
- Wear it proudly—"I want to be like Saint ___!"

Part B: Fruits of the Spirit Basket

Materials: Cutouts of fruit shapes (apple, banana, grape, etc.)

- Each fruit has a fruit of the Spirit written on it.
- Kids color and stick them on a "basket" drawn or printed on a sheet.
- Write one thing they'll do to show that fruit (e.g., patience—wait for my turn).

Bible Verse

"You are the light of the world... Let your light shine before others."

— **Matthew 5:14,16**

Conclusion

"Dear Jesus,

Thank You for the saints who showed us how to love You.

Please fill our hearts with the fruits of the Holy Spirit. Help us to be kind, loving, and brave like St. Thomas and all the saints.

Angel of God, my guardian dear, stay by my side and help me to do what is right. Amen"