

LESSON PLAN

CHAPTER 6

PATHFINDERS

Std 9 & 10

The Anaphora – Central Rite of the Holy Qurbana

Objective

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

1. Understand the meaning and significance of the Anaphora.
2. Identify the structure and key elements within the Anaphora.
3. Recognize the spiritual preparation required for participating in the Holy qurbana
4. Reflect on how they can prepare themselves internally for Holy Qurbana

Introduction

- ***Engage students with a short visual***

Show an image or short video (30 seconds) of the Holy Qurbana during the Anaphora (where the celebrant bows, incenses, lifts the gifts, etc.).

- **And ask the student:**

“What do you think is happening here?”

“Why do you think the priest bows and lifts the gifts?”

Relate to: This is the most sacred moment of the Holy Qurbana – the Anaphora – where bread and wine become the Body and Blood of Jesus

Presentation of the Topic

Use a board/chart/PowerPoint to explain the key parts in simplified and structured points:

a. *What is Anaphora?*

- Word means: “Lifting up / Offering”. It is the consecratory part of Qurbana – the heart of the liturgy.

b. *Stages leading to Anaphora:*

- Preparatory service – Dismissal of unworthy, Creed, washing hands.
- Offering of Gifts – Bread and wine brought to altar, covered with Sosappa (symbolizing burial).
- The Creed & Entry into Sanctuary – Proclaiming faith, entering holy presence.

c. *Four G’hantha Prayer Cycles:*

- First – Thanksgiving for blessings and peace sharing.
- Second – Purification and praising with “Holy, Holy, Holy”.
- Third – Institution narrative: “This is my Body...”
- Fourth – Intercession, remembrance, and invocation of the Holy Spirit.

Highlight the moment when the Holy Spirit is invoked – transformation

Habit Formation

Encourage students to:

Prepare spiritually before Qurbana – examine conscience, forgive others.

Participate actively and with reverence, especially during Anaphora.

Reflect silently during consecration – understand Jesus is present

Activity

Kindly do any one activity

- **Option A: Group Poster**

Divide students into 4 groups. Assign each group one G’hantha cycle. They should:

Draw a symbolic image or write a short prayer for their part. Share with class what that cycle means in their words.

- **Option B: Match-the-Section**

Give a worksheet with a) Titles of the Anaphora parts and b) the Descriptions shuffled.

Students must match title with its correct explanation

Bible Verse

Read and Learn

Hebrews 10:10

Conclusion

Reinforce:

Anaphora is not just a ritual but a spiritual journey into Jesus' death and resurrection. We are called to join in offering ourselves too.

End with a short prayer:

Lord, help us prepare our hearts and minds to receive you worthily in the Qurbana