

WEEK 27: SMELL - INCENSE / BEESWAX CANDLES BURNING / ROSEWATER

PRE-K - KINDERGARTEN

GOALS

What does incense represent?
Read and discuss Psalm 140.
Why do we use candles at church?

LESSON

If possible, burn incense in a small censer during the lesson. Use the incense as a visual in order to explain the lesson with more clarity.

If possible, burn a beeswax candle during the lesson. Show the kids how to hold the candle properly and also use it as a way to explain and support the lesson.

INCENSE:

(Show a picture of incense or you can have your censer burning with incense during the lesson to show your students the billowing clouds of smoke that rise towards the sky)

A few weeks ago, we talked about censers during our lesson on sounds during the Divine Liturgy. Today, we are going to learn about using our sense of smell during the Divine Liturgy.

Charcoal is placed inside of a censer and then lit. Once the charcoal becomes hot enough, incense is placed on top of it. As the incense is burning, you can see what looks like puffy clouds of smoke coming out of the censer. The incense represents our prayers rising to Heaven.

Psalm 140 (141) -

In the Bible, we read, "Let my prayer be set forth before You as incense..."

We use incense whenever we are saying prayers at church or at home. You can smell the incense burning and think about the prayers you are saying rising up to God!

BEESWAX CANDLES:

(You could have a candle burning while talking to your students or show them how to properly hold a burning candle: Stand still, don't hold the flame near anyone, don't tilt it to drip wax, don't pick at the wax, etc.)

Does anyone light a candle at home when they say prayers with their parents? Where else do we light candles when we are praying? (At church) You're right! There are always candles burning when we walk into an Orthodox Church. We see and smell the candles burning in the narthex. We see and smell them burning near the icons as well as when the altar boys carry candles for the processions or Gospel reading.

We use candles because they represent the light of Christ. Do you remember how dark it gets in the church when we go late at night for the Paschal liturgy? You can barely see anything - and then Father will come out singing, "Come, Receive the Light..." https://youtu.be/bCndH4_z2Z4 and slowly but surely the flame from Father's candle is passed around to everyone else in the church. Soon, the church is bright! Christ is the light of the world and we remind ourselves of this every time we light a candle.

Let's watch a short video on how beeswax candles are made by an Orthodox priest:
<https://youtu.be/PCQ2pmh4U1A>

ROSEWATER:

We use rosewater during Lamentations. During the 3rd Stasis (part) of the Lamentation on Holy Friday Evening the priest blesses the entire Church with rose water. This represents the beautiful aroma that comes from the tomb of Christ as an anticipation of His Resurrection. It is not an ordinary tomb that stinks like a corpse but one that exults the sweet aroma of life everlasting.

REVIEW:

- When do we use incense? (When we are saying prayers)
 - What does the incense represent? (Our prayers rising to Heaven)
 - What do candles represent? (Christ is the Light of the world)
 - When do we use candles? (When we are saying prayers at home or at church)
 - We watched a video about how candles are made by an Orthodox priest. What did he use to make the candles? (He used candle wicks that were dipped in hot beeswax.)
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1ST - 2ND GRADE

GOALS

What does incense represent?
Read and discuss Psalm 140.
Why do we use candles at church?

INCENSE

Our Prayers Rising to Heaven



INCENSE



INCENSE IS BURNED
INSIDE OF A CENSER



INCENSE REPRESENTS OUR
PRAYERS RISING TO HEAVEN

BEESWAX CANDLES

Christ is the Light of the World



WE GET BEESWAX
FROM BEEHIVES



WE USE THE BEESWAX
TO MAKE CANDLES



THE CANDLES REMIND
US THAT CHRIST IS THE
LIGHT OF THE WORLD

LESSON

If possible, burn incense in a small censer during the lesson. Use the incense as a visual in order to explain the lesson with more clarity.

If possible, burn a beeswax candle during the lesson. Show the kids how to hold the candle properly and also use it as a way to explain and support the lesson.

INCENSE:

(Show a picture of incense or you can have your censer burning with incense during the lesson to show your students the billowing clouds of smoke that rise towards the sky)

A few weeks ago, we talked about censers during our lesson on sounds during the Divine Liturgy. Today, we are going to learn about using our sense of smell during the Divine Liturgy.

Charcoal is placed inside of a censer and then lit. Once the charcoal becomes hot enough, incense is placed on top of it. As the incense is burning, you can see what looks like puffy clouds of smoke coming out of the censer. The incense represents our prayers rising to Heaven.

Think about the story of the three wise men who brought gifts to young Jesus. One of the gifts they brought to Him was incense!

Psalm 140 (141) -

In the Bible, we read, “Lord, I cry out to You; Make haste to me! Give ear to my voice when I cry out to You. **Let my prayer be set forth before You as incense...**”

We use incense whenever we are saying prayers at church or at home. You can smell the incense burning and it looks like the smoke is taking our prayers straight up to God!

BEESWAX CANDLES:

(You could have a candle burning while talking to your students or show them how to properly hold a burning candle: Stand still, don't hold the flame near anyone, don't tilt it to drip wax, don't pick at the wax, etc.)

Does anyone light a candle at home when they say prayers with their parents? Where else do we light candles when we are praying? (At church) You're right! There are always candles burning when we walk into an Orthodox Church. We see and smell the candles burning in the narthex. We see and smell them burning near the icons as well as when the altar boys carry candles for the processions or Gospel reading.

We use candles because they represent the light of Christ. Do you remember how dark it gets in the church when we go late at night for the Paschal liturgy? You can barely see anything - and then Father will come out singing, "Come, Receive the Light..." https://youtu.be/bCndH4_z2Z4 and slowly but surely the flame from Father's candle is passed around to everyone else in the church. Soon, the church is bright! Christ is the light of the world and we remind ourselves of this every time we light a candle.

Beeswax, being the work of many bees, is a symbol of communion in prayer. It is not just the person who lights the candle that prays but the entire Church.

Let's watch a short video on how beeswax candles are made by an Orthodox priest:
<https://youtu.be/PCQ2pmh4U1A>

ROSEWATER:

We use rosewater during Lamentations. During the 3rd Stasis (part) of the Lamentation on Holy Friday Evening the priest blesses the entire Church with rose water. This represents the beautiful aroma that comes from the tomb of Christ as an anticipation of His Resurrection. It is not an ordinary tomb that stinks like a corpse but one that exults the sweet aroma of life everlasting.

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3RD - 5TH GRADES

GOALS

What does incense represent?
Read and discuss Psalm 140.
Why do we use candles at church?

REVIEW:

- When do we use incense? (When we are saying prayers)
 - What does the incense represent? (Our prayers rising to Heaven)
 - What do candles represent? (Christ is the Light of the world)
 - When do we use candles? (When we are saying prayers at home or at church)
 - We watched a video about how candles are made by an Orthodox priest. What did he use to make the candles? (He used candle wicks that were dipped in hot beeswax.)
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INCENSE

Our Prayers Rising to Heaven



INCENSE



INCENSE IS BURNED
INSIDE OF A CENSER



INCENSE REPRESENTS OUR
PRAYERS RISING TO HEAVEN

BEESWAX CANDLES

Christ is the Light of the World



WE GET BEESWAX
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WE USE THE BEESWAX
TO MAKE CANDLES



THE CANDLES REMIND
US THAT CHRIST IS THE
LIGHT OF THE WORLD

LESSON

If possible, burn incense in a small censer during the lesson.

Use the incense to engage the sense of smell and sight to help elaborate the lesson.

If possible, burn a beeswax candle during the lesson. Show the kids how to hold the candle properly and also to engage the sense of smell and sight to support the lesson.

INCENSE:

(Show a picture of incense or you can have your censer burning with incense during the lesson.)

In the Old Testament, the Prophet Malachi foretold that incense would continued to be used for a long time, all around the world, and by everyone. ‘For the rising of the sun even to its going down, My name has been glorified among the Gentiles; and in every place incense shall be offered to My name, and a pure offering, for My name shall be great among the Gentiles,’ says the Lord Almighty.” (Malachi 1:11)

In the New Testament, we read about the story of the Nativity of Christ, we learn that when the three wise men journeyed to find the young child, one of the gifts that they brought Him was incense.

And when they had come into the house, they saw the young Child with Mary His mother, and fell down and worshipped Him. And when they had opened their treasures, they presented gifts to Him: gold, frankincense, and myrrh. (Matthew 2:11)

The gifts the wise men (or magi) brought to Christ were gold for a King, frankincense for God, and myrrh for a Man who would suffer and die on the Cross.

We also learn in Psalm 140, which is found in the Old Testament, that incense represents our prayers rising to God:

*Lord, I cry out to You, Make haste to me! Give ear to my voice when I cry out to You. **Let my prayer be set before You as incense, The lifting up of my hands as the evening sacrifice...***

We use incense at church as well as at home when we are praying. As we've talked about in previous lessons, we always strive to guide our senses, including our sense of smell, towards God.

BEESWAX CANDLES:

(You could have a candle burning while talking to your students or show them how to properly hold a burning candle: Stand still, don't hold the flame near anyone, don't tilt it to drip wax, don't pick at the wax, etc.)

We light candles at home when we are saying prayers and there are also always candles burning when we walk into an Orthodox Church. We see and smell the candles burning in the narthex, as well as, near the icons and when the altar boys carry them during processions for during the Gospel reading.

We prefer to use beeswax candles whenever possible. Saint Symeon of Thessaloniki teaches us that we use beeswax for candles because it pure. This means that it doesn't have all of the chemicals that you typically find in candles you buy from the store today. The purity of the candle reminds us that our hearts should be pure as well. We do this by going to confession and trying our very best to always be loving towards everyone around us.

We use candles because they represent the light of Christ. Do you remember how dark it gets in the church when we go late at night for the Paschal liturgy? You can barely see anything - and then Father will come out singing, "Come, Receive the Light..." https://youtu.be/bCndH4_z2Z4 and slowly but surely the flame from Father's candle is passed around to everyone else in the church. Soon, the church is bright! Christ is the light of the world and we remind ourselves of this every time we light a candle.

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MIDDLE SCHOOL

GOALS

What does incense represent?
Read and discuss Psalm 140.
Why do we use candles at church?

Beeswax, being the work of many bees, is a symbol of communion in prayer. It is not just the person who lights the candle that prays but the entire Church.

Let's watch a short video on how beeswax candles are made by an Orthodox priest:

<https://youtu.be/PCQ2pmh4U1A>

ROSEWATER:

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REVIEW:

- When do we use incense? (When we are saying prayers)
- What does the incense represent? (Our prayers rising to Heaven)
- What do candles represent? (Christ is the Light of the world)
- When do we use candles? (When we are saying prayers at home or at church)
- Why do we prefer using beeswax candles? (Their purity, sweet & natural fragrance, and their symbolism for how we should live our lives)

INCENSE

Our Prayers Rising to Heaven



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BEEWAX CANDLES

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LESSON

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Use the incense to engage the sense of smell and sight to help elaborate the lesson.

If possible, burn a beeswax candle during the lesson. Show the kids how to hold the candle properly and also to engage the sense of smell and sight to support the lesson.

INCENSE:

(Show a picture of incense or you can have your censer burning with incense during the lesson.)

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And when they had come into the house, they saw the young Child with Mary His mother, and fell down and worshipped Him. And when they had opened their treasures, they presented gifts to Him: gold, frankincense, and myrrh. (Matthew 2:11)

The gifts the wise men (or magi) brought to Christ were gold for a King, frankincense for God, and myrrh for a Man who would suffer and die on the Cross.

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HIGH SCHOOL

GOALS

What does incense represent?
Read and discuss Psalm 140.
Why do we use candles at church?

We also learn in Psalm 140, which is found in the Old Testament, that incense represents our prayers rising to God:

*Lord, I cry out to You, make haste to me! Give ear to my voice when I cry out to You. **Let my prayer be set before You as incense**, the lifting up of my hands as the evening sacrifice. Set a guard, O Lord, over my mouth; keep watch over the door of my lips. Do not incline my heart to any evil thing, to practice wicked works with men who work iniquity; and do not let me eat of their delicacies. Let the righteous strike me; it shall be a kindness. And let him rebuke me; it shall be as excellent oil; let my head not refuse it. For still my prayer is against the deeds of the wicked. Their judges are overthrown by the sides of the cliff, and they hear my words, for they are sweet. Our bones are scattered at the mouth of the grave, as when one plows and breaks up the earth. But my eyes are upon You, O God the Lord; in You I take refuge; do not leave my soul destitute. Keep me from the snares they have laid for me, and from the traps of the workers of iniquity. Let the wicked fall into their own nets, while I escape safely.*

We use incense at church as well as at home when we are praying. As we've talked about in previous lessons, we always strive to guide our senses, including our sense of smell, towards God. We sing this psalm during evening prayers or vespers as incense is burning in the censer.

BEESWAX CANDLES:

(Optional: have a candle burning while talking to your students and use as a supporting element to your lesson)

We light candles at home when we are saying prayers and there are also always candles burning when we walk into an Orthodox Church. We see and smell the candles burning in the narthex, as well as, near the icons and when the altar boys carry them during processions or for the Gospel reading.

St. Symeon of Thessaloniki teaches us that we use beeswax candles as a reminder to ourselves to keep our souls as pure as the beeswax, to keep our souls supple (flexible, yielding, moldable) until we make it straight and firm in the gospel, for our souls to have the sweet aroma of Divine Grace, and to shine the light of Christ before everyone.

Above all, we use candles because they represent the light of Christ. Do you remember how dark it gets in the church when we go late at night for the Paschal liturgy? You can barely see anything - and then Father will come out singing, "Come, Receive the Light..." https://youtu.be/bCndH4_z2Z4 and slowly but surely the flame from Father's candle is passed around to everyone else in the church. Soon, the church is bright! Christ is the light of the world and we remind ourselves of this every time we light a candle. The candle is a witness to our faith - that we belong to the Divine Light. In all that we say and do, we should always strive to shine the Light of Christ to everyone around us. In doing so, more people are illumined and find Christ.

Beeswax, being the work of many bees, is a symbol of communion in prayer. It is not just the person who lights the candle that prays but the entire Church.

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LESSON

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