

THE BEATITUDES

THE LIFE OF CHRIST WITH SAINT LUKE



WHAT ARE VIRTUES?

The virtues are acting like Jesus. He was very patient, kind, and loving. He took care of people's needs and was always obedient to His mom, the Theotokos.

Choose one or more stories from the book - *The Berenstain Bears Values & Virtues Treasury* - to read to the kids. (The book will be in your room.)

Then discuss the characteristic with the kids. How can they apply this virtue to their own lives? What does it mean to be patient? How can we be kind?

1

GOAL

What are virtues and why are they important?

2

AT CHURCH

We listen and learn about Christ's teachings in the gospel readings & the priest's sermon.

3

AT HOME

We read the lives of the saints with our children & teach the virtues through our example.



Class routine:
Move my photo from "home" to "church"



Class routine:
Light a candle -
respectfully
prayerfully
without playing



Class routine:
Venerate our icon



Sing "Lord have mercy" in
English, Greek,
Arabic, Romanian

LIVES OF THE SAINTS:

Examples for Our Lives

For teachers & parents -

St. Paul teaches us in the epistles that we are all called to be saints. How do we do this?

This is a life-long journey for all of us. The saints provide us with a plethora of examples of how to cultivate the characteristics of Christ within ourselves - these are called the virtues.

Each of us has different life circumstances - Are we married or not? Do we have kids or not? How many kids do we have? Do we live with others or alone? How long have we been an Orthodox Christian? Is everyone living in our home Orthodox or are some not? Our unique situations abound and we cannot compare our own spiritual journey to the person or family next to us. They are different.

Thankfully for us, we have the lives of thousands of saints to read and benefit from learning how they strived for union with God with the example of all of their different life circumstances.



It's important for us to not only read the lives of the saints to our children, but to also discuss with them the virtues these saints cultivated in themselves.

When we do this, then we begin to see how each of the saints have something to teach us as well, even if we don't live in a monastery or are secluded in a desert. We begin to understand the lessons they are teaching us to be **humble** in *our* situation, to be **patient** in *our* situation, to use **self control** in *our* situation.

And most importantly, our kids need to see how to be patient, loving, merciful, obedient, and use self control by how we do it ourselves. If they have never seen patience and mercy bestowed upon them, how are they supposed to do it themselves?

EXTENDED LEARNING OPPORTUNITIES

The Gospel of Luke: Good News for the Poor by Fr. Lawrence Farley
pages 128 - 149

God, Where is the Wound? Healing Remedies for Today's World by
Schemanun Siluana Vlad ~ *Lecture 3: Health, Illness, Healing and Salvation
Through Jesus Christ*

Search the Scriptures Live: The Beatitudes by Dr. Jeannie Constantinou

The Explanation of the Holy Gospel According to Luke by Blessed
Theophylact pages 64 - 72



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AT HOME

FOR PARENTS

Therefore, take heed: children are your mirror, their illnesses are your hidden illnesses, their behavior is the overt manifestation of what you are hiding. Read the books of St. Porphyrios who teaches us very clearly what parents need to do when they have problems. The visible problems of the children are the hidden illnesses of the parents.

Schemanun Siluana Vlad

God, Where is the Wound? Healing Remedies for Today's World, page 163

Our children learn an enormous amount from us, both directly and indirectly. They watch and listen as they see how we handle stress, grief, joy, exhaustion, how we care and show respect for one another, and whether we say sorry or seek forgiveness from each other after we've made a mistake or upset each other.

Our daily example of how we live our lives are all teaching moments for our children - and they tend to copy us. If we say "please" and "thank you" to them, they tend to say it to us as well. If we mock and criticize one another, they tend to do it as well.

We also need to remember to be patient and merciful with our children as they are learning the virtues as well. How can we expect our children to do something perfectly when we, ourselves, have yet to master it? *"A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher."* Luke 6:40

HOME ACTIVITY #10

- **Patron Saints Activity:** This week, each night gather together (during dinner, before bed) and read aloud the life of one person's patron saint in your family. Together, discuss the virtues that this saint had acquired. How did they go about doing it? How can we use our patron saint's example in our own life to help us cultivate the virtues in ourselves and our family?
- **For example: Symeon the God-Receiver**

Symeon was **obedient** when the angel gave him instructions. *What does it mean to be obedient? How can I be better at it and with whom?* Symeon waited **patiently** for the arrival of Christ. *What does it mean to be patient? When are some times I could have been more patient and what could I have done differently?*

