

## Blessing 101- Unit 4A – Investigation of Blessing Principles LESSON PLAN

<b>Date:</b> 1/3/07	<b>Lesson #:</b> Week 4 – High School – Sunday School	<b>Unit:</b> High School
<b>Course:</b> Blessing 101 – Investigation of Blessing Principles		<b>Topic:</b> Getting Ready for the Matching and Blessing
<b>Instructor:</b>		
<b>Subject of Lesson:</b> This is the section in the course when the students should begin to personally work out a strategy to prepare themselves to get matched and stand as a Blessed Central Family		
<b>Instructional Aids, Material, or Tools Needed:</b>  <b>Flip Chart or White Board - to write down ideas</b>		
<b>References:</b>		

### Lesson Outline:

Now that you have a sense of the larger context and meaning of the Matching and Blessing, let's take some time to develop a "Preparation Strategy", so give me your ideas and suggestions for this process: (This exercise is a chance for them to brainstorm and give suggestions) – I will, however, have additional ideas to interject and gently guide the process.

Getting ready for the blessing is about becoming a really good person. So, the best way to prepare yourself for the blessing is to gain a mature character. What are ways to become a person with a mature character? What does a mature person act and think like? It's not about finding the right person but being the right person.

Be prepared to accept the other person for who they are and understand that they are in the process of growing themselves too. With this understanding, we can empower each other, forgive each other and encourage each other. Just remember that this process of change takes time and needs patience.

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Matchings bring together people of very different cultures, ethnic groups, and circumstances – individuals who are very different from you in every way possible and who may be total strangers, may not even speak your own language. Therefore an open mind and heart are really necessary.

Prepare yourself for God's choice.

### IDEAS FOR PREPARATION:

Set good habits, everything comes down to getting used to doing certain things. One of the powers of conditions is that it is a good way to get into a habit.

Develop a strong prayer life (regular communication with God) so that we can get to know God.

Set prayer and study conditions to make a foundation for the Blessing – can be started years earlier. I would suggest studying the book “Blessing and Ideal Family”.

Talk to your parents and other blessed couples (especially 2<sup>nd</sup> generation) to elicit their ideas and get their testimonies. Get to know your community.

Include opportunities for Public Service in your life – this allows you to get a lot of spiritual support and to set good conditions. It also allows you to get beyond your self – oriented perspective. Be aware that the Blessing often comes at a time in your life when you are charged with a lot of emotions and feeling but not a lot of life wisdom. Surround yourself with the wisdom from the vertical element so as not to harbor a ton of regret that must be cleaned up later in your life. )

Don't be too nervous, everyone being matched has also been preparing in their life of faith and faces similar challenges. Just remember that you own this process and have the power to make it successful. Remember that ultimately the reason for the Blessing is your happiness.

The end of the session will entail a summing up of our brainstorming session and a chance for them to set up a “Blessing Preparation Plan” regarding this important part of their future. Start the process in this session but then continue the process with their parents and other people they feel close to.

Part of this process would be to understand how to develop goal setting skills.

**Conclude the Presentation with a time for some discussion and feedback/status gathering with the participants.**

Assignment:

Notes: