

How to Grow in the Spiritual Life

Timothy Project

Teacher's
Manual

Timothy Project

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Locality: _____

Module: **How to grow in the spiritual life**

Date: ___/___/___ **Lesson No 01**: Duration of lesson: 01 hour: N° of lessons: 08

TEACHING UNIT: A Life of Praise

Specific objectives	Contents	N° of lessons	Methodology	Teaching Resources
<p>1.To show the need and place of Praise in our Christian Walk [Spiritual Life]</p> <p>2 To show how characters in the New Testament, including Jesus, used the Psalms.</p> <p>3. To show how Praise is possible even in times of extreme distress.</p>	<p>Psalms 22, 67, 89, 145, 150.</p>	<p>01</p>	<p>1. Ask and discuss how Psalms are used in the Church today.</p> <p>2. Using NT references show how often the Psalms are used as a reference point to "expound, confirm, amplify and illustrate their teaching." [quoting from Student Manual]</p> <p>3. Using copies of Psalm 22 and two different coloured pens, underline in one colour expressions of human distress and in the other colour the character of God whom we praise.</p>	<p>1 Bible</p> <p>2 Student Manual.</p> <p>3. Copies of Psalm 22.</p> <p>4. Coloured pens.</p>

Evaluation:

1. Choose a verse of praise from a Psalm and develop the theme of Praise in your own words.
2. Discuss - "Praise relieves stress, depression and negativity."