

Special Lesson: Red Sunday - Brave in Faith

Red Sunday - The Shield of Faith

Teacher Preparation and Materials Needed:

GOAL OF THE LESSON:

In this lesson, the students will learn about the great sacrifice the followers of Jesus and our ancestors made to teach about Kingdom of Heaven and God's Word.

Words of the week:

կարմիր - gar-meer - red

քաջ - kach - brave

լոյս - looys - light

Memory Verse:

“You are the light of the world. A city on a hill cannot be hidden.”

Matthew 5:14

Lesson

Lesson Opening & Creating Interest:

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տու՛ր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց եւ ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos yev paneets yen kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

Lesson Body:

Q: *When you hear the word “red,” what do you think of? Maybe fire? Maybe a heart? Maybe something bold and brave?*

Today is a day when we as Christians embrace the boldness, bravery, courageousness that Christ gave us. Today, the Armenian Church celebrates Red Sunday — Garmeer Geeragee — and it’s all about bravery, love, and standing strong. Red reminds us of something powerful: the sacrifice of Jesus, who loved us so much that He gave His life for us. It also reminds us of all the martyrs — men, women, and even young children — who refused to deny their faith, even when it cost them everything.

Lets think about it: how much would you be willing to stand up for something you believe in?

Would you speak up even if it felt awkward? Would you stay true even if people laughed at you or left you out?

That’s what Red Sunday is about. It’s a day to remember that our faith isn’t just something private — it’s something real, living, and sometimes challenging. And it’s worth everything. In the Bible, St. Peter tells us: *“Always be ready to give a defense to everyone who asks you a reason for the hope that is in you, but do so with gentleness and respect.”* (1 Peter 3:15)

- You don’t have to know everything. You don’t have to win arguments.
- You just need to be ready to say, “I believe in Jesus because He changed my life.”
- You need to live in a way that people see Jesus shining through you — in the way you forgive, in the way you stand up for others, in the way you never hide the truth.

Our Armenian ancestors understood this better than anyone. **Saint Gregory the Illuminator** spent years in a dark pit (Khor Virap) because he would not deny Christ — and later, he brought the whole nation of Armenia to Christ. **Saint Hripsime** and her companions gave their lives rather than give up their faith when they were persecuted in Armenia long ago.

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Saint Vartan Mamigonian stood on the battlefield at Avarayr, defending the freedom to believe in Christ. **The Martyrs of the Armenian Genocide** — thousands of ordinary Armenian men, women, teenagers and children chose to die rather than deny their Christian faith, whispering prayers and hymns as they were led to their deaths.

Q: How do the lives of these saints inspire you to walk in their footsteps?

- Their stories are not just ancient history.
- They are part of your story.
- They are the reason that today you can stand in church, wear a cross, and say proudly, “I am a Christian.”

Today, you may not have to fight a battle with swords — but every day, you face battles of the heart. You don’t have to be loud or angry to defend your faith. In fact, the most powerful defense is often a life lived faithfully—where your kindness, your honesty, your forgiveness, and your courage all point silently but powerfully to Jesus Christ. We all can start with asking questions to ourselves:

- Will you choose honesty when it’s easier to lie?
- Will you be kind when it’s easier to be mean?
- Will you stand by your faith when it feels lonely?

Red Sunday reminds us: God gives us courage. We are never alone. The Holy Spirit fills us with strength when we ask. The prayers of the saints surround us. And Christ, who gave His life for us, is always by our side. Just imagine what could happen if you lived boldly, even in small ways:

- Someone who’s scared might find hope because of you.
- Someone who’s angry might find peace because of you.
- Someone who’s lost might find Christ because of you.

Today, as we remember Red Sunday, let us ask God to make our hearts brave and our words wise. Let us stand tall like the martyrs who came before us, trusting that Christ, who conquered death itself, will give us everything we need to be faithful witnesses in our own time. We can do this with a help of **St. Nerses Shnorhali’s** prayer:

“Strengthen me with the armor of faith, shield me with hope, and clothe me with the garment of love, so that I may stand unshaken against all the trials of this life.”

May we always walk boldly, love deeply, and stand firm in Christ, today and always. Because we, even now, are part of the story of faith that began two thousand years ago and still goes on. And the world is waiting to see it shine through each and every one of us.



Shield of Faith Activity

This activity not only fosters creativity but also encourages students to reflect on their personal faith and the virtues of courage and love.

Materials Needed (per student or small group):

1. Shield Template (printed on cardstock or traced onto cardboard)
2. Red tissue paper (cut or torn into small pieces for background)
3. Glue stick or liquid glue
4. Scissors
5. Markers or colored pens
6. Old magazines or printed pages with relatable images that represent:
 - Faith (cross, Bible, church, prayer)
 - Courage (lion, strong individuals, firefighters, martyrs)
 - Love (hearts, kind gestures, family)

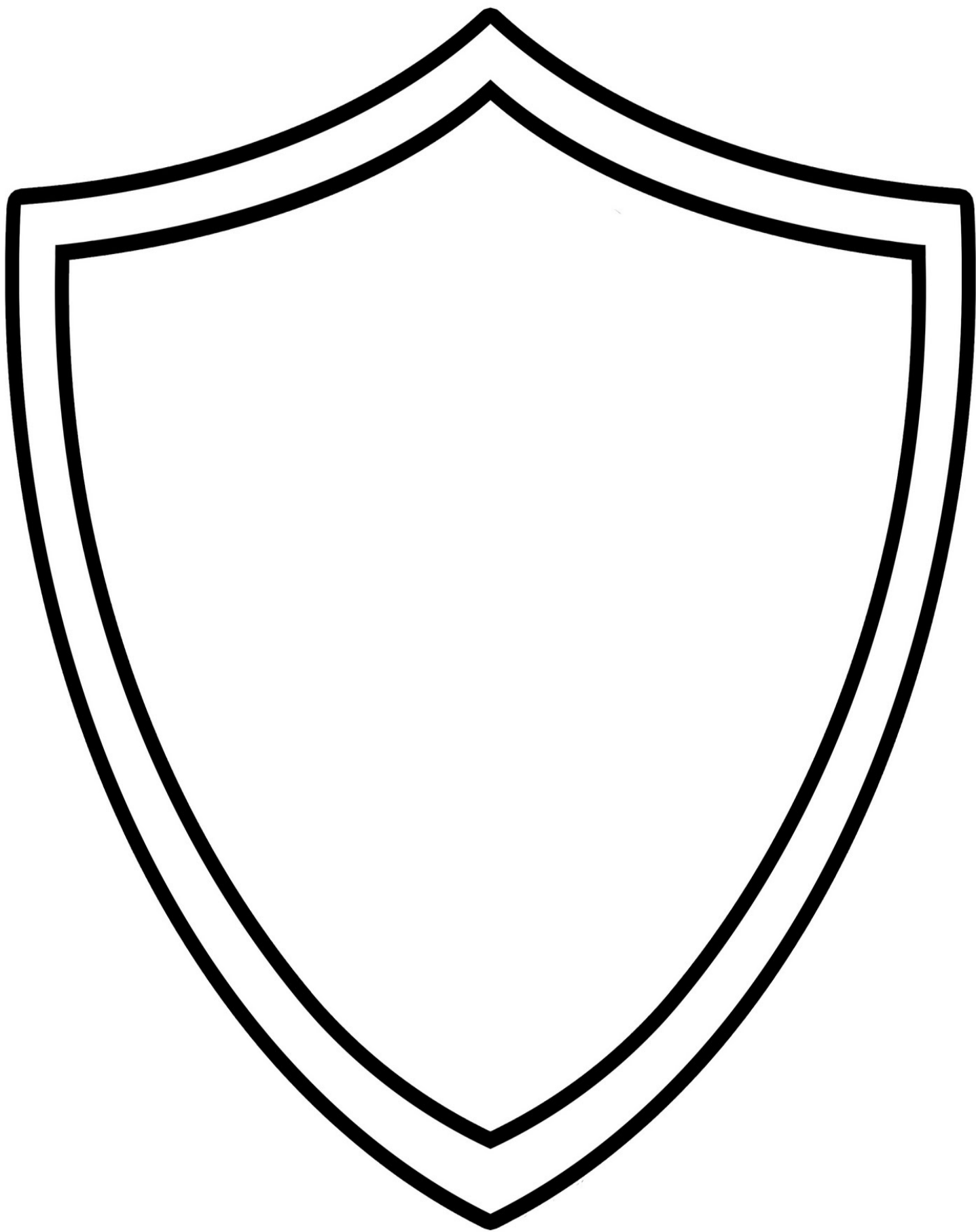
Optional decorative items:

1. Glitter, small stickers (crosses, hearts, stars)
2. Alphabet stickers or cut-out letters for words like "FAITH," "LOVE," "HOPE"
3. Construction paper for extra layering

Instructions:

1. Print the shield template it on sturdy cardstock or regular paper.
2. Have students carefully cut out the shield outline.
3. Use red tissue paper, markers, magazine clippings, and other craft materials to decorate the front of the shield, symbolizing courage, faith, and love.
4. Allow students some time to think of a personal prayer asking for strength and bravery in faith. Ask the students to write their personal prayers on the back of the shield.
5. After completing the shields, engage students in a discussion:
 - "What does it mean to 'put on the armor of God' in today's world?"





Review

Memory Verse Review:

“You are the light of the world. A city on a hill cannot be hidden.” (Matthew 5:14)

Lesson Review:

Questions:

1. What Sunday follows Green Sunday? (Red Sunday)
2. What does the word ‘martyr’ mean? (Witness)
3. What did the martyrs do? (They testified of God’s goodness and were killed because of that)
4. Where are there still Christian martyrs being killed today? (Some examples are Egypt, Ukraine, Israel, Pakistan, China, Syria, and Armenia)
5. Are you a descendant of the Holy Martyrs? (Yes. You have their blood in you)

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Life Application

What are we going to do with what we have learned today?

Red Sunday reminds us that bravery doesn’t always look like fighting with swords—it often looks like choosing what’s right, even when it’s hard. This week, be brave in the small things: speak kindly when others are rude, stand up for someone who’s alone, or say you believe in Christ even if it feels awkward. When you choose courage rooted in love, you are walking the same path as the saints who came before you.

** Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesher-ee, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sa-sanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.