

Special Lesson - Great Lent

1. Poon Paregentan: Lord's Prayer

Teacher Preparation and Materials Needed:

Video Lesson: The Lord's Prayer (duration 1:27)

Paregentan Activity: Make a character mask of choice (king, queen, sun, flower, different animals, etc.)

Items Needed: Construction paper, white paper, paper plates, crayons/ colored pencils, tan yarn, wide craft sticks, scissors, and glue.

Song: [Sing-a-long Lord's Prayer](#) (duration 1:27)

**The Lord's prayer in Armenian, sung a capella, with transliteration and translation.*

Homework Activity: Lord's Prayer trifold

**Cut out the three prayers and glue to construction paper, making a trifold and decorate.*

Memory Verse:

“For your Father knows what you need before you ask Him.”

Matthew 6:8

Lesson

Lesson Opening & Creating Interest:

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

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց, 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, paneets yev 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: Have you been at a carnival? What did you do there?

Q: Did you know that there is a special Great Carnival that the Armenian Church celebrates?

The Armenian Church calendar has several days dedicated to these fun events. They are celebrated prior to periods of fasting. Yet the greatest one of these comes before the Great Lent (50 days before Easter).

Q: What is Paregentan and why do we celebrate one of them so grandly?

The word Paregentan means “good living” or “good life”, as we are called to live cheerfully, joyfully, to be happy and grateful for all the gifts that God has given us. During the celebration of Poon Paregentan, we sing, dance and plays many fun games.

By celebrating Poon Paregentan or Great Carnival, we give thanks and remember all the blessings God has given us before we enter the period of Great Lent. This is important because during Great Lent we must be extra grateful for what we have, learn to give up what we often want but don’t need, and to share our blessings with others.

Great Lent is a time of fasting. During this time faithful choose not to eat certain kinds of food, such as meat, milk products, eggs, or delicious sweets. This reminds us that we need to be humble and grateful for having just enough food, clothes, and a bed to sleep in. Giving up just food or things is not enough. We also need to pray, forgive, and share our blessings with those who are in need. Great Lent is a period of 40 days that helps become good servants of God through prayer, fasting, and acts of kindness.

This doesn’t mean that we must pridefully announce what we gave something up during the period of Great Lent or how we helped others. In fact, we need to do this quietly, in prayer and with gratitude. In Mathew 6:1-12, Jesus talks about this as he teaches his disciples to pray.

As you learn the Lord’s Prayer or if you already know it and say it as a part of your daily routine, remember what Jesus had said: “...Your father knows what you need before you ask him.”

The Lord's Prayer

Our Father which art in heaven,
Hallowed be thy name.

Thy kingdom come,

Thy will be done on earth,
as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,
as we forgive our debtors.

(or And forgive us our trespasses, as we
forgive those who trespass against us)

And lead us not into temptation,
but deliver us from evil:

For thine is the kingdom, and the power,
and the glory, for ever.

Amen.

Words of Week:

Մեծ Պահք - Medz Bahk - Great Lent
Տէրունական Աղօթք - Deroonagan Aghotk
- Lord's Prayer

Բարեկենդան - Paregentan - Good Living

Memory Verse:

“For your Father knows what
you need before you ask Him.”

Matthew 6:8

Learn to sing the Lord's Prayer with your friends and when next time in church join the choir in singing this beautiful song.

Song: [Sing-a-long Lord's Prayer](#) (duration 1:27)

Paregentan Craft Activity: Make a character mask of choice (king, queen, sun, flower, animals, etc.)



Armenian children celebrating Poon Paregentan
Image from www.shoghakat.am

Cut out the three prayers and glue to construction paper, making a trifold and decorate. Pray the prayers every night with your family throughout the season of Great Lent.

This can be used as a group activity. Students aged 8-10 can make these tri-folds for the younger students and give them away as gifts.

**Hayr Mer
(Lord's Prayer in Armenian transliteration)**

*Hayr mer vor hergeens es;
Soorp yegheetsee anoon ko.
Yegetseh arkayootyoonun ko;
Yegheetseen gamk ko,
vorbes Hergeens yev hergree.
Uzhatz mer hanabazort, door mez aysor.
Yev togh mez uzbardees mer,
vorbes yev mek toghoomk merotz bardabanantz.
Yev mee daneer uzmez ee portzootyoon;
Ayl purgya uzmez ee chareh.
Zee ko e arkayootyoon yev zoroootyoon
yev park haveedyans.*

Amen

**Հայերեն
(Գրաբար)**

Հայր մեր որ յերկինս ես,
սուրբ եղիցի անուն Թո:
Եկեսցէ արքայութիւնն Թո:
Եղիցին կամք Թո
որպէս յերկինս եւ յերկրի:
Չհաց մեր հանապազորդ տուր մեզ այսօր:
Եւ թող մեզ զպարտիս մեր,
որպէս և մեք թողումք մերոց պարտապանաց:
Եւ մի տանիր զմեզ ի փորձութիւն:
այլ փրկեա զմեզ ի չարէ:
Չի քո է արքայութիւն եւ զօրութիւն
եւ փառք յաւիտեանս:

Ամէն

**The Lord's Prayer
(also known as Our Father)**

*Our Father which art in heaven,
Hallowed be thy name.
Thy kingdom come,
Thy will be done on earth,
as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil:
For thine is the kingdom, and the power, and
the glory, for ever.*

Amen

Review

Memory Verse Review:

“For your Father knows what you need before you ask Him.” (Matthew 6:8)

Words of the Week Review:

Մեծ Պահք - Medz Bahk - Great Lent

Տէրունական Աղօթք - Deroonagan Aghotk - Lord's Prayer

Բարեկենդան - Paregentan - Good Living

Lesson Review:

Questions:

1. When is Poon Paregentan? (The day before Lent begins, 50 days before Easter)
2. What does “paregentan” mean? (Good living)
3. What is the purpose of Great Lent? (To improve ourselves and make ourselves better people)
4. What three things do we focus on during Great Lent? (Prayer, fasting, and almsgiving)

** 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 keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya 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.