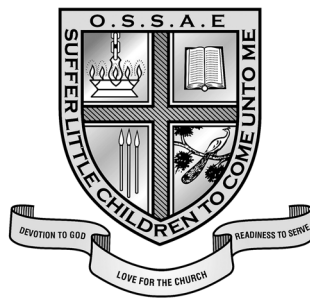


ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST



Nazreth Division **Class II** (English)

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Foreword

Biblical education has been considered to be of utmost importance in the spiritual and liturgical practices of our church. Our Lord in His words “Let the little children come to me, and do not hinder them, for the Kingdom of God belongs to such as these” expresses His great tender care for children and recognizes their value. Growing up by knowing God from childhood is a blessed privilege of the Christian life. We should develop a lifestyle in which the basics of spiritual life are practiced and reinforced, because a strong spiritual foundation is necessary to make our life meaningful. Training our children in Christian witness is a mission and a big responsibility before God. Sunday School education is a sacred service where we impart the knowledge of the Scripture to the children to help them to experience God. It helps them to experience the life of the saints who understood the beauty of that experience, the glory of worship which is a grateful response to the divine experience, and the social responsibility which is to be carried out in the fullness of that experience and identity. The greatest gift that we have to offer our children is the strong Orthodox faith that has been handed down to us through generations.

Sunday School education should not be evaluated in terms of secular education. It is a quest for the divine in which the teachers and students partake together making it a life-long learning experience. Sunday school education becomes perfect only with the indwelling of the Holy Spirit. The aim of this learning system is to recognize the value of the divine revelations that happened before ages and to interpret it according to the needs of the present age. This must be fulfilled in the model we see in the Holy Scripture. God has raised prophets and visionaries in different ages to reveal the divine will to His own people. The Sunday School teachers fulfill this great responsibility.

Sunday School education becomes meaningful only when the parents involve in the teaching and learning process. Values instilled from the Sunday School should be further reinforced and practiced at homes to make them part of their personality. Moses told the Israelites to teach their children the commandments of God “recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise” (Deuteronomy 6:7).

We should train the new generation to respond with a Christian conviction to the changes in the society. Our young generation should be able to share the models of love and forgiveness in this troubled society. Only then our new generation will inherit the blessings of those children who are blessed by our Lord. This is the universal responsibility that the Church has to carry out for the transformation of our society to goodness, and its growth to the Kingdom of God.

Our Sunday School curriculum has been developed effectively to teach the Scriptures and the spiritual practices of our church. This is visible in the content and teaching modules. Also, the online resources have been very valuable in the learning process. Let our Sunday School teachers and students make use of the available resources and opportunities to make the Sunday School learning a joyful experience which will enhance the moral and spiritual values of our younger generation.

01-06-2022

Alexios Mar Eusebius Metropolitan

President

O.S.S.A.E

Introduction

Reading is necessary for all to achieve their goal in life. Today a reader, tomorrow a leader is quietly trusting maxim in human life. Really a book opens a door of infinite possibilities and probabilities in life; new persons, new ideas and ideals which may transform the whole life. It is interesting that no entertainment is so cheap as reading, nor any pleasure so lasting. For learning and success, books have an unavoidable part in human life. As Patrick Rothfuss says, "I always read. You know how sharks have to keep swimming or they die? I'm like that. If I stop reading, I die".

This text book for OSSAE class IX comprises contents like bible studies including both Old Testament and New Testament, Prayer, liturgical hymns, ecclesiology, liturgy, dogmas and biographies of great men of God. Also the text includes current affairs like ecology, media and psychological issues faced by teenagers. The lessons are prepared after a pretty long stretch of study, discussions and corrections by a team of people who have expertise in the field of education, theology and liturgy. However, suggestions for improvement are most welcome. The contributions of those who prepared various lessons are invaluable. Being the notable teachers who paved the way for the coming generations we owe them a lot.

A book communicates knowledge, and not only knowledge but wisdom of all kinds. The lessons you study from this text may become best friends who will never walk away from you. They will help you to build a life which is centered in Christ. May it help you to have knowledge about our Lord Jesus Christ, great men of God and the way of spiritual life. Thus you can improve yourself in order to take better decisions in the future. The aim of Sunday School education has been based on Jesus' teaching about the Kingdom of God. It is the continuation of Jesus' teaching ministry in order to equip the people to inherit the Kingdom of Heaven. Hence our ultimate purpose is the achievement of eternal life in the Kingdom of God.

May God continue to bless you all.

Fr. Dr. Varghese Varghese

Director General

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STRUCTURE OF THE LESSONS

(Prepared by Prof. Dr. Sam V. Daniel)

1. **Message:** The central idea that should be sensitised through each lesson is given here.
2. **Verse to be Memorized:** A biblical verse related to the central theme of the lesson is given for memorizing. The teacher should read out this verse from the Holy Bible at the end of the class and the students should say it aloud several times.
3. **Teaching Aids:** Information on pictures, books, etc. connected to the central theme are given to present lessons effectively.
4. **Introduction:** This section helps in making the presentation of the lesson attractive and enjoyable.
5. **The Lesson or Text:** This is the content of the lesson. We have tried our best to make it student-centred. The ideas should be presented by participating students. The teacher should take the Holy Bible to class and should read out the biblical passages. The descriptions made should have the quality of a narration. The students should be encouraged through interaction questions. When important ideas come let the students recite them in Chorus.
6. **Song or Hymns:** A song or hymn connected with the lesson is given here. The teacher should sing it aloud and the students should recite it in chorus.
7. **Let Us Pray:** A simple prayer connected with the theme of the lesson is given here. The teacher and the students can say this prayer in the class together. All should stand up and cross themselves before the prayer.
8. **Resolution or Resolution:** An idea that can touch the students' mind like a decision and that can be implemented in their lives is given in this section. Make the students say aloud this concept.
9. **Let Us Think:** These are evaluation questions given to examine how far the students have grasped the ideas in the text.
10. **Activities:** Most of the tasks given in the section are for enacting, drawing, physical action or narration.
11. **Further Reading:** Various biblical passages connected with the lesson are given for reading in the evening and in the morning of all days of a week.

Unit 1

Bible Events



Chapter 1

Garden of Eden

(Genesis Chapters 1, 2)

Message: The whole universe is created by God. We shall feel the glory of God by observing all these.

Verse to be Memorised: The heavens are telling the glory of God; and the firmament proclaims his handiwork (Psalms 19:1).

Learning Aids: Picture of Garden of Eden, picture of birds, animals, and fruits.

Introduction

The whole universe is created by God. The sky, the earth, the Sun, the Moon, the stars, birds, animals, reptiles, fish and human beings - all these are creations of God. We are on the planet earth. What all things are here on earth besides we human beings? We see a lot of living beings like birds, animals, and plants on this earth. How beautiful they are! Flowering plants, fruit bearing trees, domestic animals, and wild animals - all these were created by God. God didn't create all of them in one day. He took six days to complete the creation. On the sixth day, God created man, Adam and he was put in the beautiful garden of Eden. Adam and Eve disobeyed God by the temptation of Satan and God drove them out of the Garden. This is the event related in the lesson.

The Lesson

The details of creation is given in the first two chapters of the book of Genesis, the first book in the Holy Bible. The first verse in the Holy Bible is "In the beginning, God created the heavens and the earth" (Genesis 1:1).

At that time, the earth was empty and void with no plants, trees or living beings. Then, on each day God created light, seas, trees, animals, birds, and fish one after another. God the Creator found everything He created as good.

When He finished creating all these He said, "Let us make man in our own image". When you play, you make different shapes out of mud. Much in the same way, God made the shape of human being and breathed life in to its nostrils. What

a wonderful thing! That human form immediately became a living man. He was given the name 'Adam'. God created a beautiful garden called Eden and Adam was put in this Garden of Eden.

At that time, Adam was the only human being on this earth. He was all alone. He didn't like to be alone as he had no friends. Do you like to sit alone in your home? Adam also was not happy then. For this, God found a solution. God decided to create a human being as a friend to Adam.

One day while Adam was asleep in the garden of Eden, God took a rib from Adam's side and created a woman and the new creation was called 'Eve'. She is the mother of all human beings. Adam was very happy when he saw her. God put them in the garden of Eden which was full of trees, plants, fruits, flowers and rivers with pure water. Everyday God came to see them, they spent their time with God, walked with God and they were very happy.

Do you know how many days God took to create all these? Six days. God took rest on the seventh day. God blessed the day and sanctified it. This day is called the 'Sabbath' day. We observe 'Sunday' of every week as sabbath day. On that day we keep away from other duties and go to church for attending the Holy Qurbana to praise God and to study in the Sunday School.

God asked them not to eat the fruits of the tree at the centre of the Garden of Eden; the tree bearing the fruit of the knowledge of good and evil or else they would die. They lived there obeying God. One afternoon, Satan put on the shape of a serpent and approached Eve and tempted to eat the forbidden fruit. Eve ate the fruit and gave it to Adam. Both of them thus disobeyed God. God didn't like this. Hence He drove them out of the garden and placed cherubim (angels) with swords at the entrance to the garden.

If children are disobedient, Father and Mother would become angry and unhappy. They do it not because they hate us but to make us good children. God also does not hate us. But He always loves us. But God doesn't like us to do evil things. God likes us to grow as good children.

.....
Hymn

OVBS Song (2006)

Only once, Only once
Our life in this world
Live in peace, love in peace
Enjoy life in Christ
God with us, God Loves us
Make life wonderful
Sing for God, dance for God
Ensure peace in World.

.....
Let Us Pray

*O God, You have created the Heavens and the Earth and all on this Earth.
Help us to love and help other with out causing grief to them.
Let us be obeying Your will. Amen.*

.....
Resolution

*We will love and protect all living things, plants and trees.
We will never be disobedient.
We will obey parents, teachers and elders.*

Let Us Think

1. What did God create in the beginning?
.....
2. Who did God create in His own image?
.....
3. What was the name of the first man?
.....
4. Which was the garden where the first man was made to live?
.....
5. Whom did God create as a friend to Adam?
.....
6. How many days did God take to create all things?
.....
7. God sanctified the seventh day. What is that day called?
.....
8. Who deceived the first human beings?
.....
9. What wrong did they do?
.....
10. What punishment did God give them?
.....

Activities

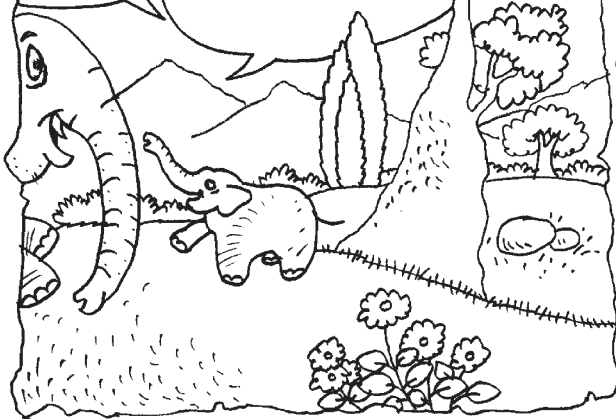
- 1) Can you name some animals and birds on Earth which were created by God?
- 2) Try to present this story to class through a role play.

Picture Story

A morning in the Garden of Eden

Maa, who created these trees and flowers?

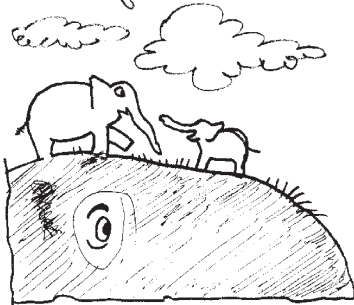
God created Everything in this garden... Trees, fruits, flower, rivers.



Baby Elephant is full of doubts

Then, when did Adam and Eve go out of the garden!

Who told this to you? This had happened so long ago.



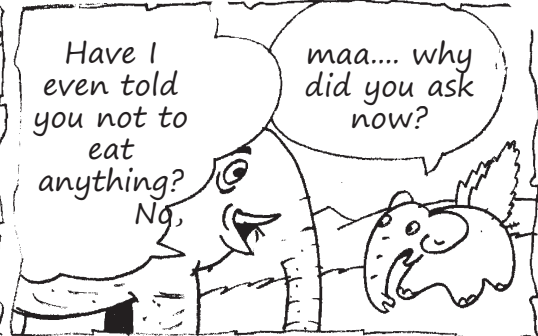
That cub told me this.

Oh, little one you had heard and learned everything.



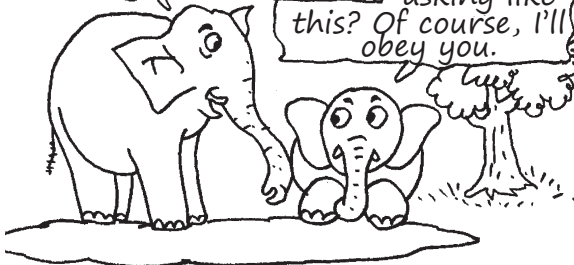
Have I even told you not to eat anything?
No,

maa.... why did you ask now?



If I tell you not to eat a particular food, won't you obey?

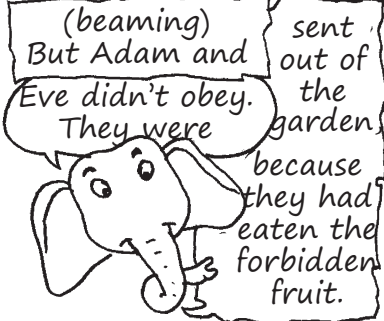
Maa... why are you asking like this? Of course, I'll obey you.

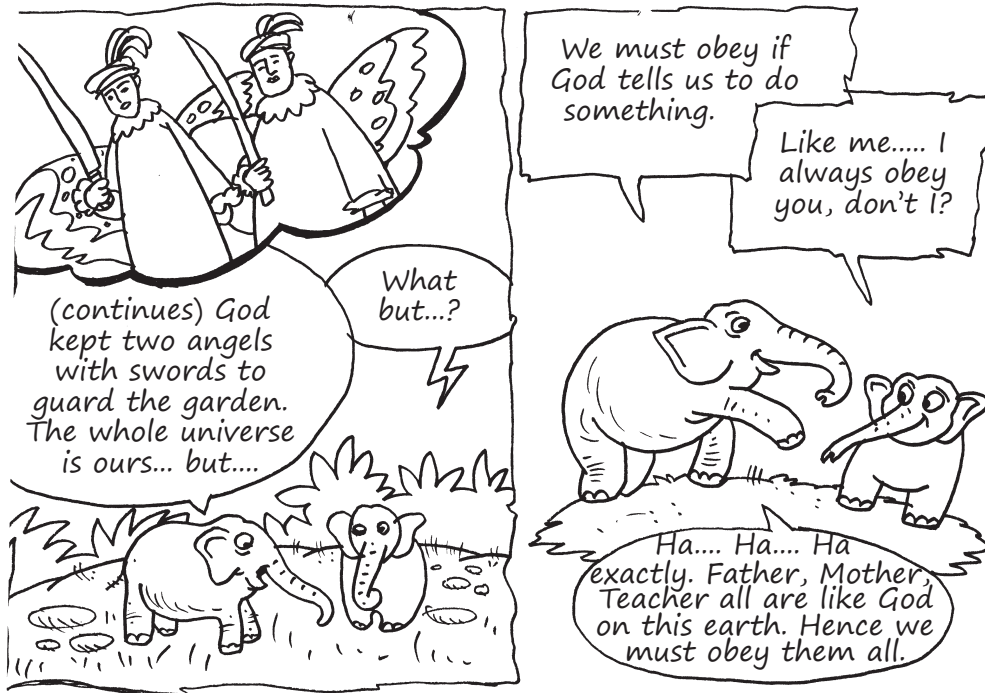


(beaming) But Adam and Eve didn't obey. They were

sent out of the garden

because they had eaten the forbidden fruit.





3. Vocabulary

Combine the letters inside the circles and read.

1. ⒸI⒱E ⒸU⒲ ⒹE⒩
2. ⒶP⒫⒪E ⒹA⒲K ⒶR⒲ ⓂA⒩
3. Ⓔ⒩Ⓓ ⒱A⒩ Ⓔ⒪⒢
4. ⒲⒩⒢ SⒶ⒩⒢ TⒶ⒩⒢ RⒶ⒩⒢ BⒶ⒩⒢
5. ⒲O⒩ ⒷU⒩ PⒺ⒩ ⒹE⒩ TⒶ⒩ TⒺ⒩ MⒺ⒩ CⒶ⒩E Ⓔ⒪⒢
6. Ⓔ⒩Ⓓ SⒺ⒩Ⓓ BⒺ⒩Ⓓ TⒺ⒩Ⓓ

Further Reading

Day	Morning	Evening
Sunday	*	Genesis 1:1-13
Monday	Psalm 24:1-5	Genesis 1:14-23
Tuesday	1 John 3:1-12	Genesis 1:24-31
Wednesday	Genesis 2:1-3	Genesis 2:4-17
Thursday	Psalm 11:4-7	Genesis 2:18-25
Friday	Genesis 3:1-8	Genesis 3:9-14
Saturday	John 1:1-12	*

Chapter 2

Noah's Ark

(Genesis Chapters 6-9)

Message: God saved Noah and his family because they obeyed His commandments. God punished those who did wrong, but never repented.

Verse to be Memorised: "My help comes from the Lord, who made heaven and earth" (Psalm 121:2)

Learning Aids: Model of a boat, picture of Noah's Ark and picture of rainbow.

Introduction

When does Monsoon season start in our country? Rain brings a lot of water to the earth. Do you like the rainy season? If there are torrential rains continuously for a few days, there will be flood all around. Big floods may result in a lot of damage to life and property-trees will get uprooted, traffic will be obstructed, flights will be delayed and infectious diseases might spread.

In the beginning, God created the earth and everything in it and also human beings. Human population steadily increased. Along with their numbers, the sins of humans also increased. This made the God very unhappy, because God cannot allow evil to exist. So God made big flood to destroy evil human beings. But God made arrangements to save Noah, who was just and righteous, from the flood. We are going to read about a huge flood that happened as punishment from God.

The Lesson

We have already learnt that God created Adam and Eve. Their descendants - were so many and they filled the land. They never obeyed God, instead they led evil lives. This made God very sad and angry. He decided to destroy all evil doing people from the earth. However, Noah who was a good and righteous man who lived there with his family received the grace of God. He had three sons. They were Shem, Ham, Japheth say. They loved and obeyed God and always did good to others. So God loved them and was not willing to destroy them.

God revealed this to Noah and said "I am going to bring a great flood which will destroy all the bad people of the earth. But you and family would remain safe from the flood. You must make a big boat (Ark) with three floors. You and your family and one male and female each from all animals and birds should enter the Ark!" You know what Noah did? Noah completely obeyed God and made Ark with three floors, using Gopher (Cypress) wood. Noah did everything as commanded by God.

He and his family, animals and birds, in two's entered the Ark. God closed the door of the Ark.

Then there was continuous heavy rain for forty days and nights. The water rose even above the highest mountains on earth. The Ark started floating and moving in the water. In the Ark, Noah and his family sang praises to God. Do you know how many of them were there? Noah and his wife along with his three sons and their wives. They were eight in number.

God saved Noah and his family who were inside the Ark. After the flood Noah and his family built an altar for God. He sacrificed some animals and birds there. God was satisfied with this sacrifice and pitied humankind. God gave word to Noah that from then on the creation would not be destroyed by flood. As a symbol, God made a rainbow on the sky. Have you seen a rainbow? How many colours are there in it? When you see this rainbow, you must think of the covenant God made with Noah. God will care for those who obey Him. We must obey God and do His will and live as God's children. Then God will save us from all dangers.

.....
Hymn

(Balaheenarude Apekshakalum..., Bovootho of Mar Ephrem)

Glory to Him who accepts
Like first-fruits and offerings
The tears of the penitent
And the prayers of the feeble

.....
Let Us Pray

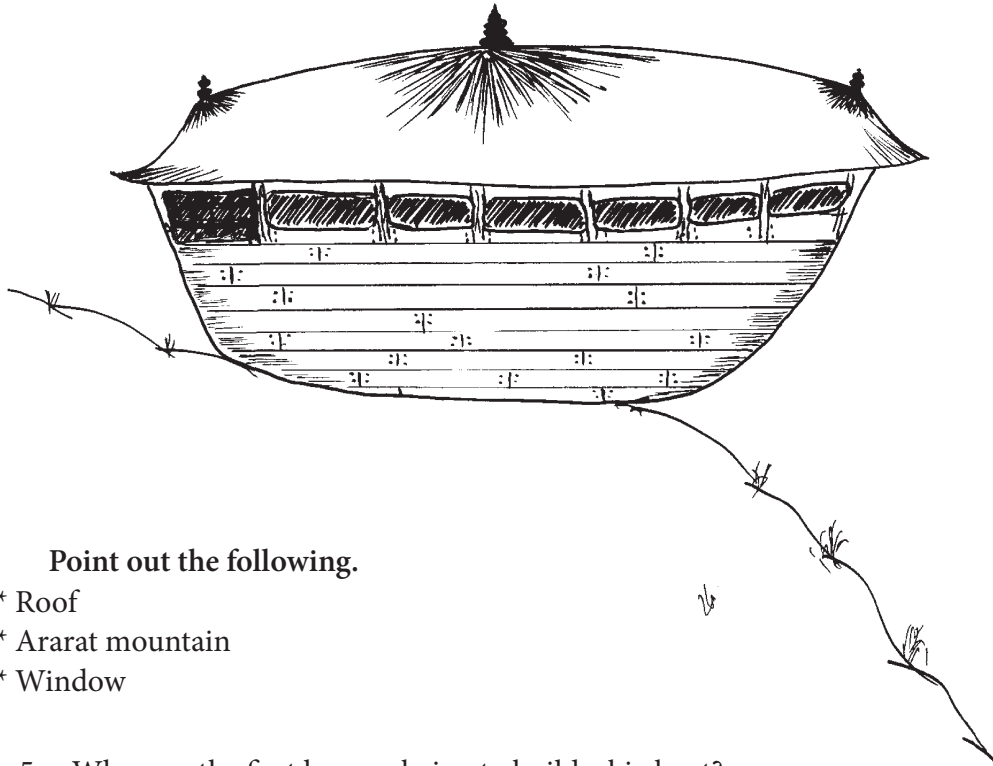
Lord, give us the wisdom and humility to obey your commandments. Amen.

.....
Resolution

We shall do God's will by obeying His commandments.

Let Us Think

1. Why did God decide to destroy human beings?
.....
2. What will happen if evil is allowed to increase?
.....
3. Why did God decide not to destroy Noah and his family?
.....
4. What wood was used by Noah to construct the Ark?
.....



Point out the following.

- * Roof
- * Ararat mountain
- * Window

5. Who was the first human being to build a big boat?
.....
6. Why did God make a flood on earth?
.....
7. Whose family obeyed God?
.....
8. How did God save that family?
.....
9. How many people were there in Noah's Ark?
.....
10. How many sons did Noah have?
.....
11. Name the sons of Noah
.....
12. What is the symbol that showed the Covenant of God with Noah not to destroy earth by flood in future?
.....

Activities

1. Draw the picture of a boat similar to Noah's Ark.

2. Answer the puzzle.

First letter of this name is in 'net' but not in 'pet'. The second letter is in 'on' but not in 'in'. Third letter is the first of the alphabet. Last letter is in 'hot', but not in 'got'.

.....

Further Reading

Day	Morning	Evening
Sunday	*	Genesis 6:11-22
Monday	Psalm 142:6,7	Genesis 7:1-5
Tuesday	Psalm 117	Genesis 7:6-15
Wednesday	Psalm 42:1-11	Genesis 7:16-23
Thursday	Proverb 7:1-3	Genesis 8:1-11
Friday	Psalm 143:6-11	Genesis 8:12-22
Saturday	Psalm 44:1-8	*

Chapter 3

Abraham and God's Messengers

(Genesis 18:1-15)

Message: Treating our guests nicely is a graceful thing. God knows what His dear ones need; and help them in their times of need.

Verse to be Memorised: "Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it" (Hebrews 13:1-2).

Learning Aids: Picture of a guest being received pleasantly at home, picture of Abraham greeting three angels (God's messengers) and the Holy Bible.

Introduction

Children, many guests come to our houses at various times, don't they? How do we treat them? We provide them with food and drink. We give alms to the needy ones. We respect them by doing all these and we must do this with happiness. Treating guests is the same as treating God. We must honour not only the rich guests, but also the simple and poor ones who come to our house. Abraham, a strong devotee of God was a highly hospitable man. One day three people, who were messengers of God, appeared near his house. Abraham got a chance to receive God's messengers without knowing that they are God's messengers. Abraham treated them in the most befitting manner and we are going to read that today.

The Lesson

There lived a good man, named Abraham. He was truly devoted to God and obeyed God in everything. So he was called, 'the father of the faithful'. God loved Abraham very much. Both Abraham and his wife Sarah were strong believers. Sarah, Abraham's wife was barren-they had no children. Naturally, this made them unhappy; but still they obeyed and worshipped God.

One day, Abraham was sitting at the door of his house, when he saw three people coming to his house. He did not know who they were. They were strangers. Abraham was a good host. He ran out of his house to receive them. He bowed down and greeted them; then he brought water and washed their feet. He requested them to come into the house. He prepared a sumptuous feast. The three guests were very happy. Before leaving the place, they gave Abraham a blessing. They blessed him, saying that, when they visit the place after a year, Sarah would give birth to a son.

These three people were angels or God's messengers. Abraham and Sarah got a son as a blessing, because they were hospitable to the three strangers (who were

angels). They named the boy Isaac. In this way we must be kind and hospitable to those who come to us hungry and thirsty. Then God will be pleased with us and give us His blessings.



.....
Hymn

(*Vazhvettabraham thathan than bhavanam...*, Order of the Blessing of a House)

Vazhvettabraham - thathan than Bhavanam
Moonnu pumanmaraal
Sakshaal manavaalan Massiha
Sakai bhavanathe vazhthi
Suaradhakare-riya veettil-thrithuam vaneedaname nal -
Thalamuraya-lathu vazhthappedanam

Meaning: The house of our father Abraham was blessed by the three men (who visited him); the house of Zacchaeus was blessed by (the presence of) Christ who is the Bridegroom of Truth. O Lord, may the Holy Trinity dwell in the house of Your worshippers that it may be blessed in the generations of the just.

.....
Let Us Pray

God, our loving Father teach us to help others, who are in difficulties, like father Abraham. Amen.

.....
Resolution

We will be hospitable to our guests and show kindness to those who need our help.

Let Us Think

1. Who received and treated God's messengers?
.....
2. What is the name of Abraham's wife?
.....
3. How many people did appear before Abraham?
.....
4. What was their blessing to Abraham as a reward of his hospitality?
.....
5. What are the advantages of receiving guests?
.....
6. Who is the 'Father of the Faithful'?
.....
7. How did Abraham treat the guests?
.....
8. What all food items did Abraham prepare for the guests?
.....
9. What is the name of the son who was given to Abraham and Sarah in their old age?
.....

Activities

1. Enact a skit in the class based on the following hints.

A family...in a dream Jesus comes to him...says Jesus will visit their house the next day...the whole family awaits Jesus visit...makes arrangements for receiving Jesus...In the morning a beggar comes...rejects him... another beggar comes at noon time...he is hungry...gives nothing to him...After sometime comes a woman with a baby...she asks something to eat for the crying baby ...gives nothing to them...still waits for Jesus to come...evening time...Jesus does not come...the whole family becomes sad...waits for some more time ...can't/ see Jesus...goes for sleep...again the head of the family sees a dream ...Jesus appears...says...I came to your house thrice on this day...you didn't consider me ...you did not give anything to me...he remembers the three visitors of the day...feels ashamed...understands the real situation...we must treat the guests as Jesus himself.

2. In such a situation, what would you do, if you were in Abraham's position?

Follow up Reading

Day	Morning	Evening
Sunday	*	Genesis 18:1-15
Monday	Luke 10: 30-42	Luke 11:5-13
Tuesday	Matthew 25:31-45	Luke 11:37-41
Wednesday	Luke 12:35-40	Luke 12:42-48
Thursday	Luke 14:1-6	Luke 14:7-14
Friday	Luke 12: 28-34	Luke 10:5-8
Saturday	2 Kings 4:8-17	*

Chapter 4

The Prophet Elijah and the Widow of Zarephath

(1 Kings 17: 7-16)

Message: If we surrender everything that we have to God Almighty for the benefit of others, God will multiply it however small it is.

Verse to be Memorised: “The young lions suffer want and hunger, but those who seek the Lord lack no good thing” (Psalms 34:10).

Learning Aids: Picture showing food items, and clothes, and picture of prophet Elijah and the widow.

Introduction

If a man comes to your house so tired of thirst and hunger and asks something to eat, what will you do? Once a prophet Elijah came to a poor widow at Zarephath. He was so tired and asked her a loaf of bread and a little water. She gave him bread without any hesitation and suddenly a miracle happened. She didn't think of her poverty and gave the prophet bread and water. Today we are going to read the miracle that happened then.

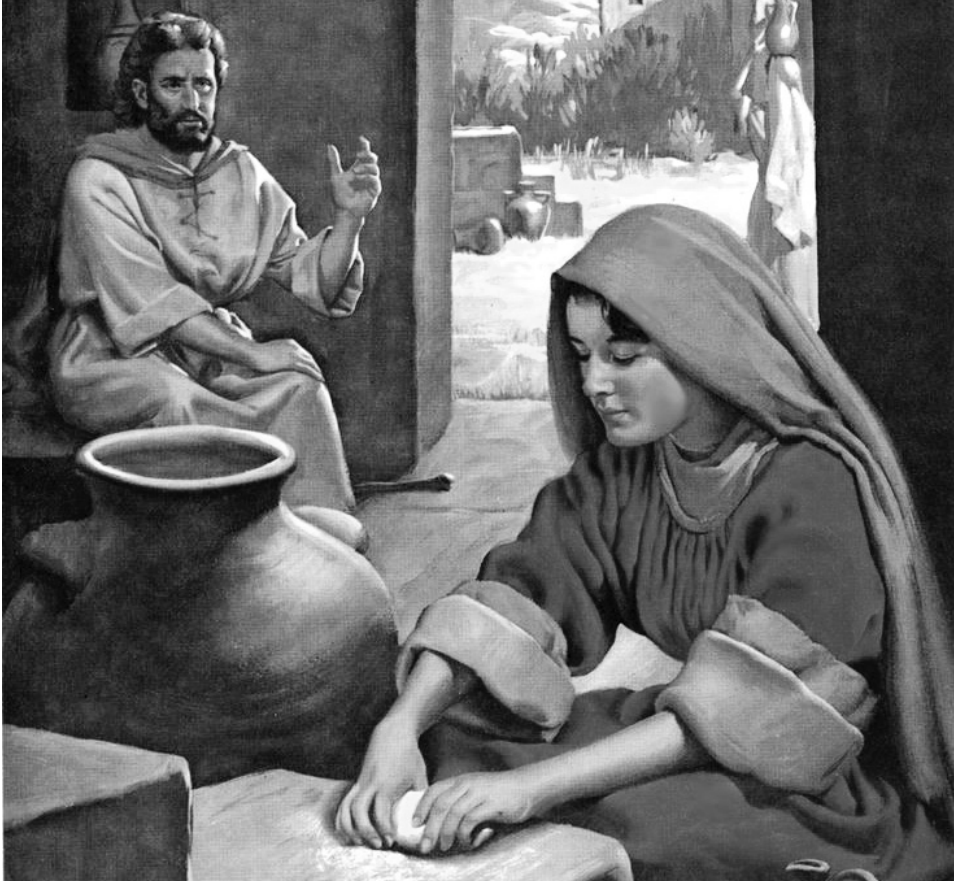
The Lesson

Widow is a woman whose husband died. Long ago the condition of the widows was so pathetic. There was nobody to help them. In old Testament, the widows and the orphans are the two categories which need special consideration. In the town of Zarephath, there lived a poor widow and her son. There happened a great famine in Zarephath. Prophet Elijah came to Zarephath as per God's will. He was so tired. At the gate of the town, he saw a widow gathering firewood. He asked for a drink of water and a loaf of bread.

The widow answered humbly, “As the Lord your God lives, I have nothing baked, only a handful of meal in a jar, and a little oil in a jug; I am now gathering a couple of sticks, so that I may go home and prepare it for myself and my son, that we may eat it, and die” (1 Kings 17:12).

“Don't worry” Elijah said to her “Do not be afraid; go and do as you have said; but first make me a little cake of it and bring it to me, and afterwards make something for yourself and your son. For thus says the Lord the God of Israel: The jar of meal will not be emptied and the jug of oil will not fail until the day that the Lord sends rain on the earth” (1 Kings 17:13-14).

The widow went and did as Elijah had told her. What a miracle! The flour in the bowl increased whenever it was taken and the amount of oil in the jar also increased. She became so happy. Her son, family members and herself lived without scarcity of food for many days. They all glorified the Lord. When we surrender our limitations and difficulties to the Lord, He will solve all those. Also charity is God's service. The more we give, the more we get. Helping others is a virtue and harming others is a sin.



.....
Hymn

(Eliyavinn aseervadhathal... Order of the blessing of a house)

Eliyavinnasheervadhathal; vidhavagehatthil
Kumbhatthil dhanyappodiyum
Kompil thylavumattilla
Aa varamarnneedatte nin-Bhaktharananjoru bhavanam nal
Thalamurayalithu vazhthappedanam.

Meaning: The blessing by which Elijah did bless the widow's house, and the pot of flour was not spent nor the cruse of oil diminished, may that same blessing come, abide and tabernacle in the house in which your worshippers have entered, and may it be blessed in the generation of the just.

.....
Let Us Pray

O Merciful God, as the widow of Zarephath helped the prophet even in her poverty, give us Your blessing to help others. Amen

.....
Resolution

We will make use of our abilities for the benefit of others.

Let Us Think

1. Name the place of the widow in this story
.....
2. Which prophet came to the widow?
.....
3. What all things were there with the widow?
.....
4. What did the prophet ask the widow?
.....
5. What blessing did the widow get when she obeyed the prophet?
.....

Activities

1. Say how we can give the following substances as charity.
 - a) Food
.....
 - b) Dress
.....
 - c) Books and Bag
.....
2. Tell this story in your class.
3. Play this as a skit in your class.

Further Reading

Day	Morning	Evening
Sunday	*	1 Kings 17:7-16
Monday	Deuteronomy 29:13-14	Matthew 25:34-40
Tuesday	Proverbs 19:16-17	Matthew 25:45-46
Wednesday	Psalm 15:1-5	2 Corinthians 8:1-4
Thursday	Psalm 41:1-4	1 John 3:17-19
Friday	Psalm 72:12-15	2 Corinthians 8:7-9
Saturday	Psalm 106:1-5	*

Chapter 5

A Shepherd Boy becomes King

(1 Samuel 16: 1-13)

Message: God lifts the humble and the lowly.

Verse to be Memorised: “God is our refuge and strength, a very present help in trouble” (Psalms 46:1).

Learning aids: Pictures of King and Shepherd

Introduction

Have you seen shepherds? What is their occupation? Who were the first ones to go to Bethlehem to bow baby Jesus? Saul was the first king of Israel. Since Saul disobeyed God, God rejected him. According to God’s will, Prophet Samuel went to Bethlehem. David was the son of Jesse, a native of Bethlehem in Israel. Haven’t you heard reading Psalms? The majority of chapters in Psalms were written by David. We are going to read the lesson which tells us about David who was anointed as the king of Israel by Prophet Samuel.

The Lesson

Saul was the first king of Israel. But Saul disobeyed the Lord’s command. So God rejected him. Samuel, the prophet of God knew this and went to Saul. He told Saul, “You rejected the Lord’s command, and He has rejected you as king of Israel.” Then they left each other.

After their separation, Samuel grieved a lot. One day the Lord said to Samuel, “How long will you go on grieving over Saul? Go to Bethlehem, to a man named Jesse, Because I have chosen one of his sons to be king.” As the Lord had directed, Samuel made preparation to go to Bethlehem. What is the importance of Bethlehem? Jesus Christ was born here. Samuel carried the jar of olive oil to anoint the king. He reached the house of Jesse to find out the king of Israel.

First of all the prophet purified Jesse and his sons. He called the sons one by one, first. Eliah, then Abinadab and then Shammah. “No the Lord hasn’t chosen him either” Samuel said. In this way, Jesse brought seven of his sons to Samuel. And Samuel said to him, “No, the Lord hasn’t chosen any of them.” Then he asked him, “Have you any more sons?”

Jesse answered, “There is still the youngest, but he is out taking care of the sheep.” “Tell him to come here”, Samuel said. So Jesse sent for him. His name was David. The Lord said to Samuel, “This is the one, anoint him!”. Samuel took the olive oil and

anointed David as the second king of Israel. David was a talented harpist. The Spirit of the God took control of David and was with him from that day on. Later David became the king of Israel.

Children, even though David was the youngest of the brothers, he was selected by the Lord to become the king. Even though his talents were not identified by his brothers or parents, the Lord identified them. Likewise we also must believe in God firmly and live according to God's will, God will dwell in us. He will raise us to great heights.



.....
Hymn

(Bovothoo of Mar Ephrem)

Overshadow my body
With Your right hand, which formed it
May Your fortress of mercy
Be a shield surrounding me.

.....
Let Us Pray

O Lord, lift us in our lives as Your dear children in the same way as You had lifted the shepherd boy David to become the king of Israel. Amen.

.....
Resolution

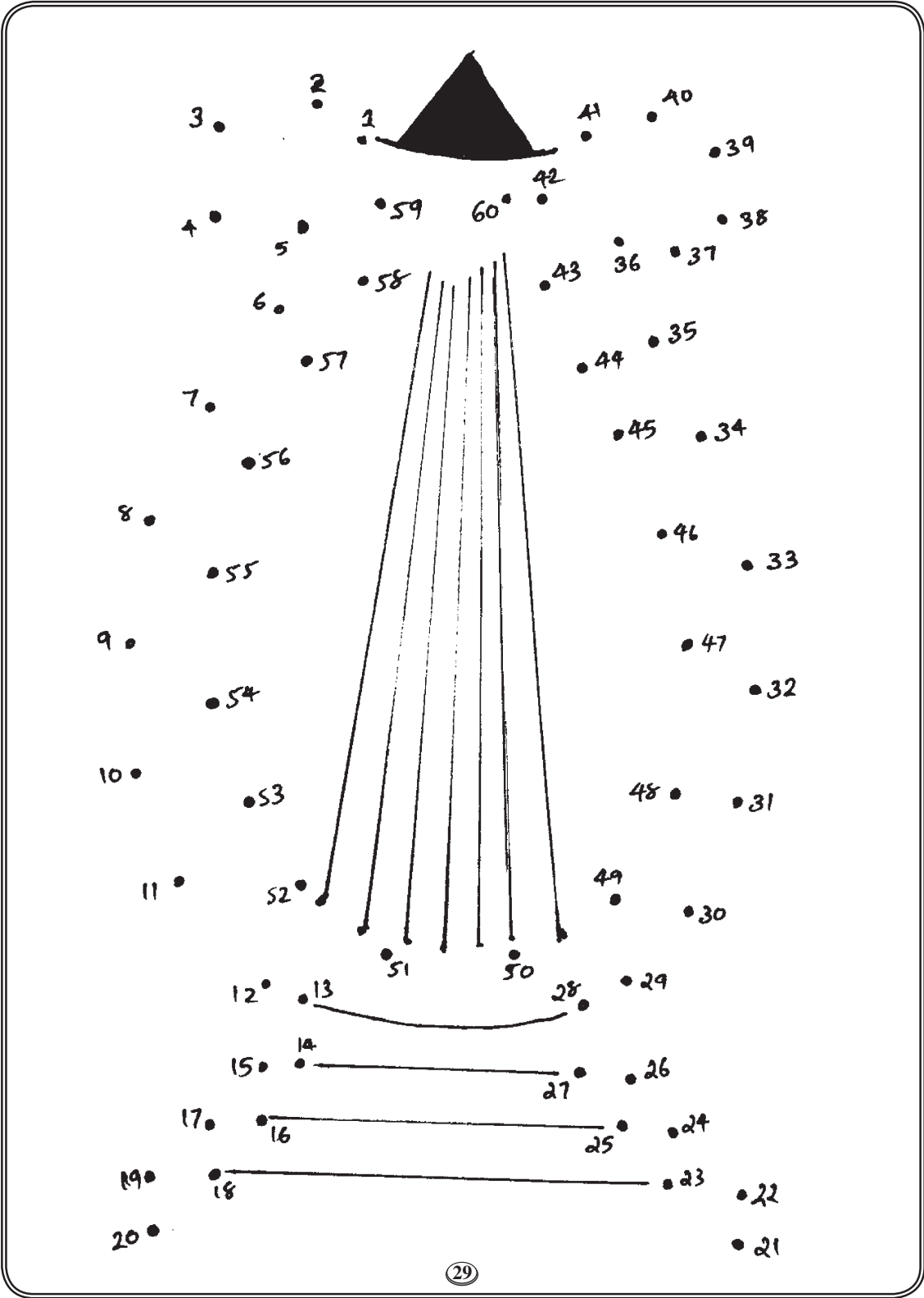
We will depend on God for solving the problems that we face in whatever tasks we do.

Let Us Think

1. Who was the first king of Israel?
.....
2. What was the sin committed by Saul?
.....
3. Who was the prophet of Israel at the time of king Saul?
.....
4. Where was Jesse's house?
.....
5. Why did Prophet Samuel go to Jesse's house?
.....
6. Who was the shepherd boy who became the king of Israel?
.....
7. How many children did Jesse have?
.....
8. Whom did Samuel anoint as the king?
.....
9. What were the peculiarities of the boy, David?
.....
10. What were the talents of David?
.....

Activities

1. **In what all ways can we practise God's will?**
Participate in worship regularly, pray regularly, observe the Lents, help others, read the Holy Bible regularly, attend Sunday School classes, obey our elders and parents, and study well. Write more.
.....
.....



2. Play a skit based on the story.
3. Make a dialogue between Jesse and Prophet Daniel.
4. David was extremely talented in playing the harp. Identify the talents given to you. Do you encourage your friend's talents?
5. See the musical instrument of David by joining the dots 1 to 60 (See the next page).

Further Reading

Day	Morning	Evening
Sunday	*	1 Samuel 16:1-3
Monday	Psalm 23:1-3	1 Samuel 16:4-6
Tuesday	Psalm 23:4-6	1 Samuel 16:7-13
Wednesday	Psalm 25:1-3	1 Samuel 16:18-23
Thursday	Psalm 25:4-7	John 10:1-6
Friday	Psalm 25:8-13	John 10:7-10
Saturday	Psalm 25:14-18	*

Chapter 6

The Visit of the Wise Men (Magi) from the East

(St. Matthew 2:1-12)

Message: All our learning and knowledge must lead us to God.

Verse to be Memorised: “Blessed are the pure in heart, for they will see God”
(St. Matthew 5:8).

Learning aids: Picture depicting the journey of the wise men, pictures related to Christmas and some frankincense.

Introduction

Jesus Christ was born in Bethlehem in a manger, as the child of Virgin Mary. Wise men in the East who were scholars and astronomers saw an unusual and wonderful star in the sky. They concluded that the wonderful star signified the birth of a wonderful baby. So they went all the way to Bethlehem to see the new born king. They saw baby Jesus in there, worshipped Him and placed gifts before him. We will learn more about this incident.

The Lesson

What do we celebrate at Christmas? It is the day Jesus Christ was born in Bethlehem in a manger. We celebrate Christmas on December 25 every year. Most of us were born in the hospital. But do you know, where Jesus was born? Not in a house, not in a hospital; but in a manger, where the fodder for cattle is stored!

St. Mary, his mother wrapped him in swaddling clothes to save him from the cold. Mother Mary and baby Jesus did not receive any medical attention. At this time, some astronomers in the East were studying the stars in the sky. They were amazed to see an unusually bright star in the sky, different from all others. They discussed the matter and came to the conclusion that a wonderful king was born somewhere. Immediately, they started on a journey, seeking the ‘baby king’. They saw the unusual star moving above them, they followed it.

When we go to see a new born baby, what are the things that we would take with us? Usually playthings, clothes, gifts and the like. Similarly, the wise men brought gifts for the new born king-gold, myrrh and frankincense. But how could they locate Bethlehem? The star which they saw moving above them, stopped moving at one point and stood still. It was exactly above Bethlehem where Jesus was born!

They knelt down before Jesus, placed gifts before him and worshipped him. They were really fortunate. They could see and worship Jesus-the new born king. It was their 'enquiring' nature that took them to Bethlehem. They used their scientific knowledge to seek God!

.....
Hymn

*(Tharaka porassile vinjare ariyichu...,
Feast of the Nativity of our Lord, Morning Prayer)*
Tharakaporassile - vinjareyariyichu
Kazhchakalavarenthi-thirumahimaykkarulee
Kunthiruvum ponnum moorum.
Udayone! ninne - rajajyothsyanmar
Garhithabethlahem-guhayil pranamichu
Nin preshakanayi sthothram.
Gaganatthil Shanthi - Shithithannil Shanthi
Preethiyadanjudayon - jananartham vannal
Adhaminepparirakshippan.

Meaning: The star announced to the Magi from Persia, and they carried gifts and offered gold, myrrh and incense to Your Majesty. The Magi, the princes, worshipped You in Bethlehem in the contemptible cave, O Lord God. Praise to Him who sent You.

.....
Let Us Pray

Lord Jesus Christ, as the wise men could see You and worship You, enable us to feel Your presence and worship You here and now. Amen.

.....
Resolution

We will make use of our learning and knowledge to search for God and please Him by serving Him.

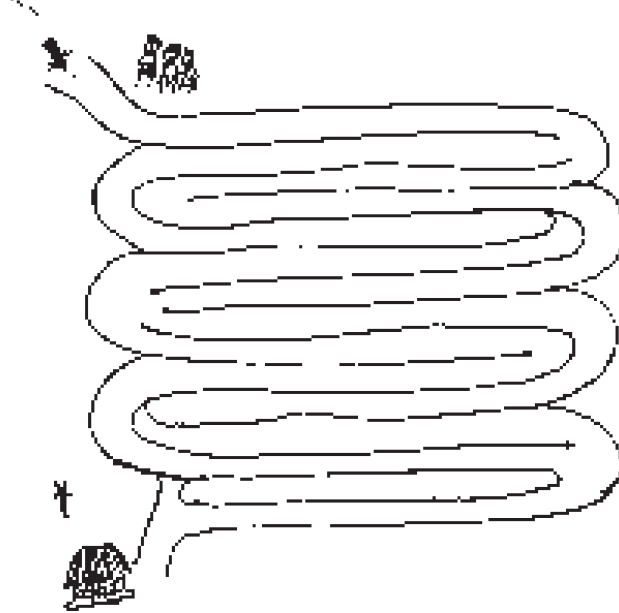
Let Us Think

1. What did the wise men understand when they saw the wonderful star?
.....
2. What gift did they bring for the baby?
.....
3. If you were with the wise men, what all things would have you brought for baby Jesus?

.....

Activities

1. Play skit based on the visit of the magi.



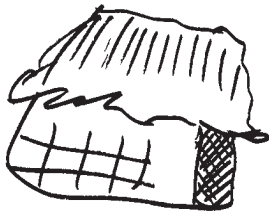
2. Help a poor man as you give a gift to Jesus.
3. Observe the twenty five day lent before Christmas and celebrate Christmas.
4. Show the way to the manger.
5. How do we celebrate the birth of Jesus in Christmas time?



*Getting ready with a
Sataclause*



*Good Christmas
messages*



Making beautiful crib



Arranging Christmas tree



By going to Church with devotion

(Write suitable sentences under the picture)

Moral story Christmas Gift



A Christmas time. Rony couldn't celebrate Christmas. No star... No crib... No decorations... no colour bulbs. How can it be ... his family is so poor. He becomes sad. Christmas morning. He hears a knock at the door ... opens the door ... sees his close friend Tom. Tom has a packet in his hand. Tom wished happy Christmas to Rony and hands over the gift. Hai, Rony today is Christmas ... this is the gift for you. Tears rolled down from Rony's eye out of happiness and gratitude.

Further Reading

Day

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Morning

*

Isaiah 57:15

Psalms 138:1-5

Matthew 5:3-5

Psalms 138:6-8

Job 22:29

Matthew 11:29

Evening

Matthew 2:1-6

Matthew 2:7-12

Matthew 2: 13-15

Isaiah 11:1-4

Exodus 4: 29-31

Genesis 18:1-5

*

Chapter 7

The Wedding at Cana

(St. John 2:1-11)

Message: God plentifully supply our needs, even when we find ourselves helpless. Through the intercession of St. Mary, Mother of God, God hear our prayers and show us mercy.

Verse to be Memorised: “Greetings, favored one! The Lord is with you” (St. Luke 1:28).

Learning Aids: A wedding invitation card, a picture of a marriage feast and picture of servants standing near water jars and Jesus beside them.

Introduction

Usually our parents provide us with food, clothes, books, toys and the like. That shows they love us. Our parents make sure that we have everything we need. More than this our Lord provides us with what we need, because He knows what we really need. Today we have before us an example of this. How Lord Jesus comes to the help of a family in need.

Haven't you attended marriage ceremonies and marriage feasts and receptions? After church service everybody goes to the reception hall. Meals will be served for everyone. St. John in his Gospel, describes a marriage feast that took place at Cana in Galilee. Many people attended the marriage feast. Jesus, Mother Mary and His disciples were all there as guests. It was at this place that Jesus performed His first miracle. Let's read about this.

The Lesson

A Jewish marriage feast was going on in Cana of Galilee. A large number of guests were present there. Lord Jesus, His mother and disciples were also invited for the feast. So they also attended the feast. All the guests were being served dinner, but unfortunately the stock of wine, which was an essential item for the feast ran out. The hosts became worried and panic. What could they do at that time? What would you do in such a difficult situation? Mary, Mother of Jesus came to know of this difficulty of the host. Silently she approached Jesus and said to Him, “Wine has run out”. The mother knew that He was the Son of God and He could do something to solve the problem and help the family. So she told the servants: “Do as Jesus commands you to do.”

Jesus immediately understood His Mother's anxiety and what she wished. Mary wished that Jesus could do something to help the family. Jesus asked the servants to fill the six big water jars. Then he asked the master of the feast to serve it for the guests. The water had turned in to good wine. The entire household was amazed; and they thanked Him. His disciples believed in Him and His glory. It was St. Mary's words that made Jesus perform this miracle. We call it intercession. So we can request St. Mary and other saints too to pray for us.



.....
Hymn

(Daivathinekan Putran..., Kothane Sunday, Kasoliki)

The Word of God the Father
Was a guest at the wedding
In Cana of Galilee
And performed a wondrous work
When the wine had run empty,
Mary entreated her Son
But the Lord told His mother
That His hour had not yet come
Yet the Lord of creation
Honoured His mother's request,
And He transformed the water
Into the choicest of wine
The bride and bridegroom rejoiced
And the wedding feast resumed
The guests who had gathered there
Praised the mercy of the Lord.

.....
Let Us Pray

*Our Lord Jesus Christ, You helped a family in Cana in their hour of need.
In the same way, listen to our prayers with sympathy and answer them.
May the intercession of St. Mary be our stronghold everyday. Amen.*

.....
Resolution

*We will obey our parents. We will bring our problems tensions and needs
before our Lord Jesus. We will seek the intercession of St. Mary.*

Let Us Think

1. Name the place where the marriage took place.
.....
2. Is it good to stay out side the church and talk and enjoy, while the
sacrament of marriage is going on in the church?
.....
3. What was the first miracle by Jesus?
.....

4. Which item of the feast ran out?
.....
5. What did Jesus ask the servant to fill in the jars?
.....
6. Who did ask Jesus to perform this miracle?
.....

Activities

1. Tell this story in your class.
2. Observe the 15 day Lent in August.
3. Know from your teacher about the various specialties of the liturgy of sacrament of marriage.

Further Reading

Day	Morning	Evening
Sunday	*	John 2:1-4
Monday	Psalm 27:1-9	John 2:5-8
Tuesday	Psalm 47:1-5	John 2:9-11
Wednesday	Psalm 47:6-7	Luke 2:5-20
Thursday	Psalm 46:1-3	Luke 1:49-53
Friday	Psalm 34:1-4	Luke 1:27-28
Saturday	Psalm 26:1-3	*

Chapter 8

Jesus and Little Children

(St. Mark 10:13-16)

Message: God loves little children. He is the true friend of all kids and also those who have the innocence and mind of children.

Verse to be Memorised: “Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it” (St. Mark 10:14-15).

Learning Aids: A picture of Jesus with a small child in his lap and other children standing around and a picture of ‘Ignatius Noorono.’

Introduction

Have you seen the picture of Jesus with children? Can't you guess the love of Jesus to children? Jesus loved the little children so much. So many children were brought to Him and He blessed them all. Today we are going to learn about the love of Jesus Christ to children.

The Lesson

What all things do you find in a beautiful garden? Different kinds of flowers, different butterflies, and honeybees. How beautiful! Children are the flowers in the garden of God. Innocent children are like the flowers which spread fragrance. During His life in the world, when children were brought to Him for blessing, Jesus said, “Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs.”

The meaning of Jesus words goes on like this: If we are not innocent and having full faith in God like children, we cannot enter the kingdom of God. “Those who walk blamelessly, and do what is right, and speak the truth from their heart” (Psalm 15:2). Those who are innocent will be worthy of entering the church of God. A child believes firmly in his parents. He is innocent. In the same way we must believe in God firmly.

Children are innocent and pure at heart. Hence they can receive blessing from god. So we are given baptism when we are children. We have to keep this innocence and seriousness throughout life in order to enter the kingdom of Heaven. Have you ever tried to talk to Jesus? Prayer, meditation, worship are the different ways for talking to God.

We must throw away idleness and laziness and keep innocence and sincerity to impress God. A child whom Jesus held close to him was Ignatius Noorono, a holy father. The meaning of 'Noorono' is 'close to fire.'



.....
Hymn

(Bovothoo of Mar Ephrem)

With wisdom and purity
Let us glorify our God
Father, Son, Holy Spirit
Who is the one and true God.

.....
Let Us Pray

O Lord Jesus Christ, we love You. Give us Your love, be with us always and lead us to Your Kingdom. Amen

.....
Resolution

We will love Jesus Christ and live as His friends, throughout our life.

Let Us Think

1. Who were asked to brought to Jesus?
.....
2. Who are worth of entering God's Temple? (Psalm 15)
.....
3. Which are the ways of talking to God?
.....
4. Name the child whom Jesus held close to him and blessed.
.....

Activities

1. Jesus is your friend. How will you play with Jesus as a friend?
2. Name your best friends. What are their qualities?
3. Learn to make more good friends. Avoid bad friends.

Further Reading

Day	Morning	Evening
Sunday	*	Mark 10:13-16
Monday	Psalm 15:1-3	1 Peter 1:16
Tuesday	1 Samuel 3:19	1 Peter 2:1-3
Wednesday	Jonah 6:40	Matthew 18:1-5
Thursday	1 Peter 5:3-7	Hebrews 12:5-9
Friday	Psalm 128:1-4	Ephesians 6:1-3
Saturday	Proverbs 29:15-17	*

Chapter 9

Jesus Heals a Paralytic

(St. Luke 5:17-26)

Message: It is our duty to nurse the sick and to pray for them.

Verse to be Memorised: “The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven” (St. James 5:15).

Learning Aids: A picture showing some people opening up the roof of a house and descending a paralytic to Jesus and a picture of person standing beside a patient and praying.

Introduction

Are we willing to nurse the sick and suffering? We should be. When we nurse and serve the sick and suffering, we are serving God. This is pleasing to God. The lesson teaches us about the need to console and nurse the sick and suffering among us. Today we are going to read a real incident in which four people carried a paralysed man to Jesus, descended him from the roof of the house and placed him before Jesus. When Jesus saw their deep faith, he healed the paralysed man.

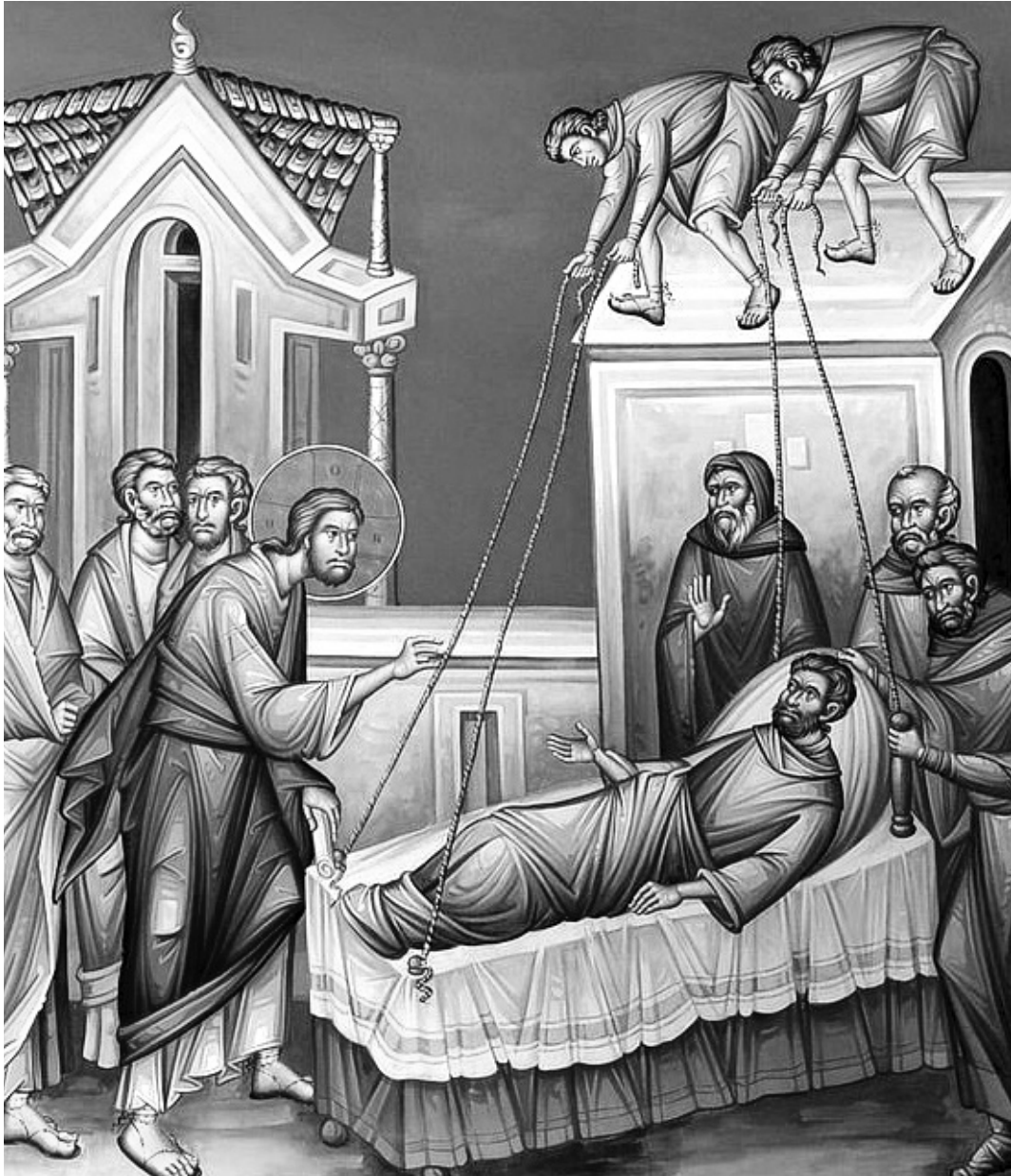
The Lesson

Have you heard about paralysis? If any part of the body is affected by paralysis, then it would be impossible to move that part. A paralysed man usually cannot move about like other people. Such people always need assistance of others. We will find it very painful if there is a small injury on our hand or leg. Paralysis is much more serious. They cannot eat or move about or to anything on their own.

One day Jesus Christ was teaching people in a house. There were a large number of people that even the doorway was almost choked with people. At that time, a paralysed man was brought there, by being carried by four people. The sick man could not walk, talk or move about. They could not take him to Jesus because of the big crowd. So they thought of what to do? Finally they decided to make an opening on the roof. Then slowly they brought the sick down and placed him in front of Jesus.

Can you guess why they took so much pains to take the sick to Jesus? They cared for the sick, they loved him very much and they had the faith that Jesus could heal him completely. When Jesus saw this, he appreciated the faith of the four friends of the man and healed him. Jesus said to the man, “Your sins are forgiven, my friend.” When the pharisees murmured against this, Jesus said, “I tell you, get up, pick up your bed and go home.” At once the man got up and did as Jesus told.

Thus he was forgiven his sins and healed. This clearly shows that God answers our sincere prayer and help the sick and suffering. So, nursing the sick is our duty as Christians. We must pray to God on their behalf. God would heal the sick if we have true faith.



.....
Hymn

(Kushtam poondor saukyam nedi... The Sunday of the Paralytic, Kasoliki)

The lepers were healed-the blind saw
And crippled persons-ran with ease
The departed rose-from their graves
When they heard the voice-of the Son
Praise to the Father-Who sent Him

.....
Let Us Pray

*O Lord Jesus Christ, give us the good will to nurse the sick and suffering.
Please grant them healing. Amen*

.....
Resolution

*We will always be willing and ready to help and nurse
the sick and pray for them.*

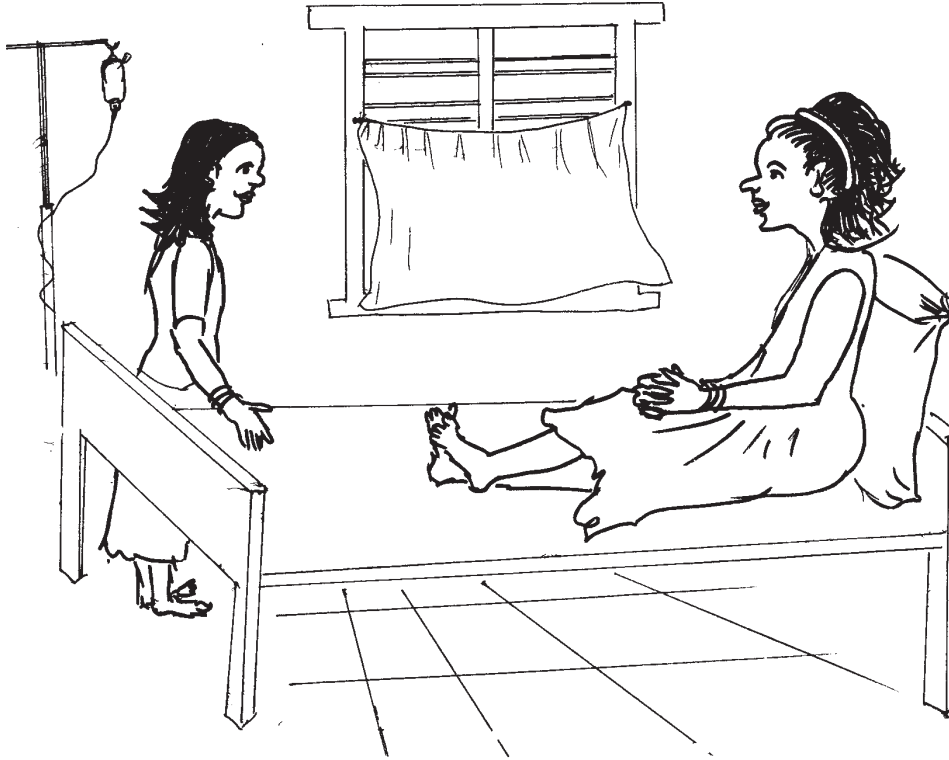
Let Us Think

1. What was the sickness of the man in this story?
.....
2. How was the love of the four men towards the man whom they carried?
.....
3. Why couldn't they come to Jesus by walking?
.....
4. How did they bring him near Jesus?
.....
.....
5. What did Jesus say to paralysed man, when he understood the faith of his friends?
.....
6. What were the two blessings to him by Jesus?
.....
7. Mention the different ways by which you can help the poor and the sick?
.....
.....

Activities

1. Make a story from the picture.

Aleena and Helen are good friends... One becomes sick... other nurses her with love, care... prays... heals... become happy... good friends for ever.



2. Enact the roles of the four persons carrying the paralysed man to Jesus.
3. Role play the happiness and the words of the healed man.
4. Visit the sick people along with parents and elders and pray for them.

Further Reading

Day	Morning	Evening
Sunday	*	Exodus 15:22-26
Monday	Exodus 4:5-7	Job 42:7-10
Tuesday	Psalms 103:1-4	Psalms 103:5-8
Wednesday	Psalms 103:9-13	Psalms 103:14-19
Thursday	Psalms 103:20-22	Luke 5:12-16
Friday	Mark 1:40-45	Mark 2:1-12
Saturday	Matthew 15:21-28	*

Chapter 10

Jesus' Dearest Family

(St. John 11: 1-45)

Message: Jesus defeated death and resurrected. He could bring back the dead to life. Hence we should not be afraid of death.

Verse to be Memorised: "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die" (St. John 11:25-26).

Learning Aids: Picture of Lazarus being resurrected and a picture of a tomb.

Introduction

Have you ever gone to houses where someone died? Were the family members sad or happy? Suppose a man from God comes and brings back the dead to life. They will be very happy, won't they? Jesus loved the family of Lazarus at Bethany very much. When Lazarus died, Jesus was so sad and went to the tomb, prayed to God Almighty and Lazarus was brought back to life. Today we are going to read about the resurrection of Lazarus.

The Lesson

Martha and Mary were sisters. They lived in Bethany, near Jerusalem. Lazarus was their only brother. This family was so dear to Jesus. Lazarus became ill. At that time Jesus was not there. The sisters sent Jesus a message: 'Lord, your dear friend is ill.' Jesus loved Martha, her sister and Lazarus, yet when he received the news that Lazarus was ill, he stayed where he was, for two more days. After that he went to Bethany with his disciples.

When they reached Bethany, Lazarus was dead and had been buried in the tomb. He could hear the weeping of his sisters as He approached the house. Many Jews came there to console his sisters. When Martha heard that Jesus was coming, she went out to meet him and said, 'If you had been here, Lord, my brother would not have died.' Jesus told her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.'

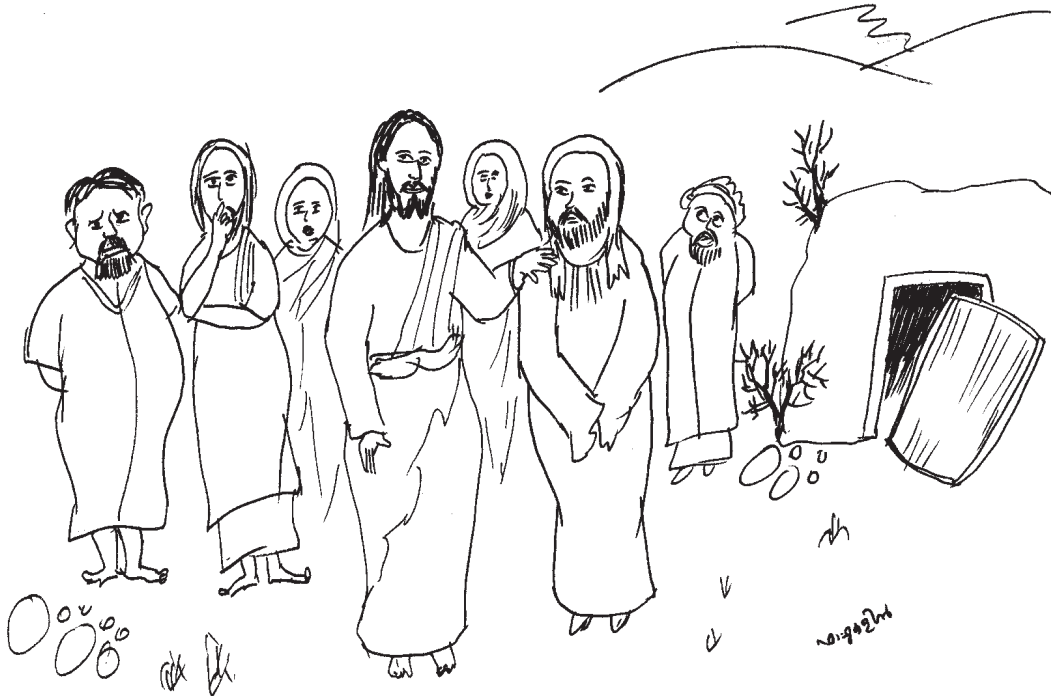
Martha went back and called her sister and they all went to the tomb with Jesus. Jesus was so moved and He wept at the tomb of Lazarus. There was a stone placed at the entrance of the tomb of Lazarus. Jesus said, 'Take the stone away.' Martha answered, 'There will be a bad smell, Lord. He has been buried four days before.' Jesus said to her, 'If you believe, you will see God's glory.' They took the stone away.

Jesus looked up and said, 'Father, I thank You for having heard me. I knew that You always listen to me, but I say this for the sake of the people here, so that they will believe that You sent me.' After He had said this, He called out in a loud voice, 'Lazarus, come out!' He came out, his hands and feet wrapped in grave clothes, and with a cloth round his face. 'Untie him.' Jesus told them, 'Let him go.' Many of the people who had come to visit Mary saw what Jesus did and they believed in Him.

Jesus defeated death and He rose from the tomb on the third day. He can bring back the dead to life. Those who receive the Holy communion, which is the body and the blood of Jesus Christ will resurrect, even when they are dead at the second coming of Jesus Christ. Hence we sing in the worship like this.

(Karthave nin Rakttha Shareerangal...)

Lord, grant good remembrance to all the faithful dead;
Thy holy body they took and Thy living blood
May they stand on Thy right side
On that day Thy grace shall dawn.



.....
Hymn

(Lazarrine nikshepichha... The Saturday of Lazarus, Kasoliki)

The Lord came to Bethany
Where Lazarus was buried

It had been four days, O Lord
Since he was put in the tomb
People flocked there from all faiths
To witness a miracle;
If you have faith in the Lord
You will behold God's glory
The Savior shouted "Arise"
And come forth, O Lazarus
Lazarus rose from the grave
And all the doubters marveled.

.....
Let Us Pray

O loving Jesus Christ, You brought back Lazarus to life. Please come to our house and make us clean from our sins. Help us to lead a pure life. Amen.

.....
Resolution

*We will try to lead a life without sins.
We will receive the Holy Communion regularly.*

Let Us Think

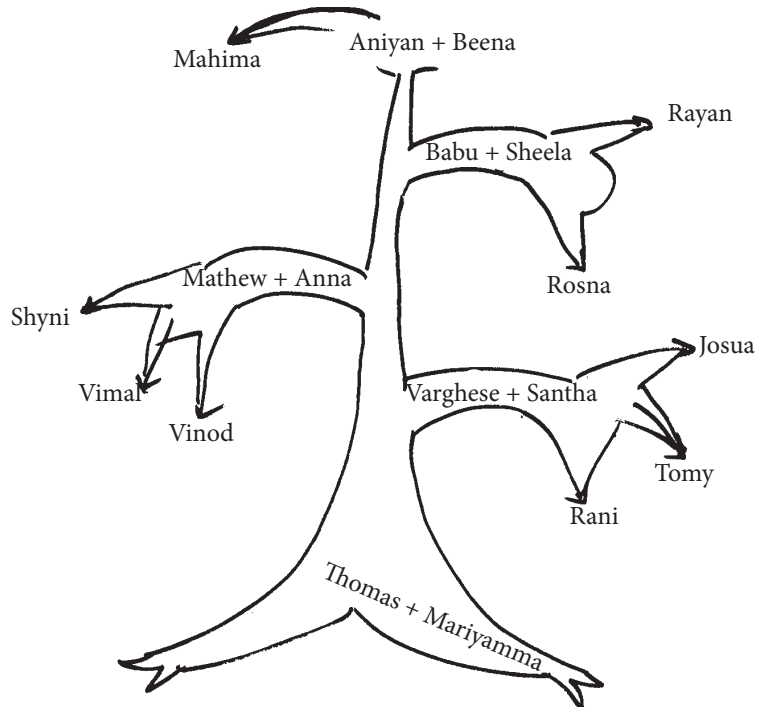
1. Where did the family of Lazarus live?
.....
2. How many sisters did Lazarus have?
.....
3. What were their names?
.....
4. Name the person who was dead and buried two times?
.....
5. Whose family was so dear to Jesus?
.....
6. Where did Jesus weep?
.....
7. What did Jesus do at the tomb before doing the miracle?
.....

Activities

1. Go to the house where someone is dead along with elders and participate in the prayers.

2. Draw a family tree of your family at the end of this lesson.

eg.



3. Say what all things you will do if Jesus comes to your house

We will behave politely, use polished language, pray everyday

Further Reading

Day	Morning	Evening
Sunday	*	John 11:1-15
Monday	1 John 3:13-16	John 11:17-30
Tuesday	Romans 5:6-12	John 11:31-45
Wednesday	2 Corinthians 5:1-10	Matthew 9:18-26
Thursday	1 Corinthians 15:20-28	John 12:1-8
Friday	Philippians 1:20-25	John 12:9-11
Saturday	1 John 5:13-29	*

Your Family Tree

Unit 2

Prayer

Chapter 11

Let Us Pray Regularly

Message: We must pray regularly in the morning and evening.

Verse to be Memorised: “Seven times a day I praise you for your righteous ordinance” (Psalm 119:164).

Learning Aids: A hand book of orthodox prayers, prayer books for special occasions, picture of a child in prayer and the Holy Bible.

Introduction

Don't we all pray? How often do you pray? Do you pray everyday? For whom do you pray? Are you enthusiastic for prayer? King David was so eager to pray. Prophet Daniel was also a man of prayer. In this lesson we try to understand why do we pray and when do we pray. We must pray regularly in the morning and evening. Jesus prayed everyday. This lesson tells us not to be lazy in saying our prayers.

The Lesson

Do we pray early in the morning and in the evening? We should get up at the same time everyday. After washing our face and other morning routine, we must pray, do exercise, and study. We should develop the habit of doing all these. It is clear from the Holy Bible that Jesus Christ prayed regularly. In the same way, we must pray regularly. The Holy Bible reveals the blessings received for prayer.

Daniel lived in the period of King Darius. Daniel was very brilliant and efficient in his work. Hence the advisors of the King became jealous of Daniel. They planned to apply a trick for finding fault with Daniel. They went to the king to issue an order so that for the next thirty days nobody in the kingdom should worship any god other than the king himself. The order was proclaimed throughout the country. Everyone in the country worshipped the king. But what did Daniel do?

“Although Daniel knew that the document had been signed, he continued to go to his house, which had windows in its upper room open toward Jerusalem, and to get down on his knees three times a day to pray to his God and praise him, just as he had done previously” (Daniel 6:10). The king came to know about this and he ordered that Daniel be thrown in the lions den. Then Daniel was thrown in to the lion's den. The lion did not attack Daniel. Since Daniel had the habit of praying regularly, God saved Daniel from the lion's den.

In the same way we must pray regularly. How often shall we pray? Our church teaches us to pray seven times a day. The seven times of prayer are evening prayer, Soothoro (prayer before going to bed), mid night prayer, morning prayer, third hour (nine O' clock in the morning), Sixth hour (noon prayer) and ninth hour (3' O clock in the afternoon).

Then why do we pray only in the morning and evening? We combine the prayers for the seven canonical hours and make them in the morning and in the evening for convenience. But in monasteries these prayers are done in the seven canonical hours themselves. We must pray at the right times everyday. You may practice the following simple prayers in the night when going to bed and in the morning when you wake up from bed.

1. Prayer before going to bed.

O God! We praise You for all the blessings we received today. Please forgive us the sins. Give us the protection of Your angels and give us sound sleep. Amen (Make the sign of the cross).

2. Prayer when you got up in the morning.

O God! We praise You for waking up safe. Guard us from all the harms that might come in our way today. Please help us to help others. Amen (Make the sign of cross).

.....
Hymn

(Bovootho of Mar Ephrem, *Kadal koopamagnikalil...*)

May the prayer which ascended
From the furnace, sea and pit
Open the door of mercy
For our prayer and petition

.....
Let Us Pray

Loving God, teach us pray always to You. Guard us from Satan's temptations which may keep us away from prayer. Help us to pray regularly as king David and prophet Daniel. Amen.

.....
Resolution

We will pray regularly. Everyday we will pray in the morning and the evening.

Let Us Think

1. Which king ordered to put Daniel into the lion's pit?

.....

2. Why was Daniel thrown into the lion's pit?
.....
3. What was the King's order? Why didn't Daniel obey the King's order?
.....
4. What did the king do when Daniel disobeyed the King's order?
.....
5. How many times a day did Daniel pray?
.....
6. In which direction did Daniel turn when he prayed?
.....
7. How many times should we pray a day as per Church teachings?
Can you name the Canonical hours?
.....

Activities

1. Present the incident of Daniel being thrown into the lion's den as a skit in the class.
2. Pray regularly in the morning and evening at home.
3. Match the following.

Darius	Prophet
Prayer	Betrayers
Advisers	Seven times
Daniel	King
4. In the morning when you wake up and in the evening when you go to bed, say the prayers we learned in this lesson.

Further Reading

Day	Morning	Evening
Sunday	*	Daniel 6:1-10
Monday	Luke 6:12, Psalm 16:4	Daniel 6:11-14
Tuesday	Mark 6:46, 47 Psalm 42:8	Daniel 6:15-22
Wednesday	Mark 1:35, Psalm 119:140, 148	Daniel 6:23-27
Thursday	Genesis 24:63, Psalm 119:63	1 Kings 8:22-25
Friday	Daniel 9:20, 21, Psalm 55:17	1 Kings 8:26-30
Saturday	Acts 2:42-47, Psalm 61:1-4	*

Chapter 12

Let Us Pr ay: The Kauma

Message: Enable children to learn to recite the Kauma and understand its meaning.

Verse to be Memorised: “Praise the Lord! O give thanks to the Lord, for he is good; for his steadfast love endures forever” (Psalm 106:1).

Learning Aids: A hand book of Orthodox Prayers, the Holy Bible, a picture of a family in prayer and a picture of Jesus praying in the garden of Gethsemane.

Introduction

Our prayers and sacraments begin with the Kauma. This prayer includes praise to God, the Lord’s Prayer and the intercession of the Mother of God. In this lesson, the Kauma is explained. Let us learn it today.

The Lesson

The word ‘Kauma’ means a sequence of prayer. We say this prayer standing. Do you always stand, when you pray this? The glory of this prayer is that it includes the prayer that Jesus Christ taught his disciples i.e. the Lord’s Prayer. Let us analyse the different parts of this prayer.

This prayer begins with praising God as Trinity. It gives praise to the Holy Father and the Son and the Holy Spirit. **In the name of the Father, and of the Son, and of the Holy Spirit, one true God.** The next part says, **Glory be to Him now and always forever, Amen.**

The next section reveals the glory and nobility of God. Here we praise God along with angels. **Holy, Holy, Holy, Lord God Almighty, by whose glory, the heaven and the earth are filled, hosanna in the Highest.** The sky, the earth and the whole universe is filled with praises of God, from the angels, human beings and all living things. They are all praising the Lord without any interval. When we pray, our prayer also gets joined to their praise.

Then we continue like this: **Blessed is He, who has come, and is to come (Jesus Christ), in the name of the Lord; Glory be to Him in the Highest.**

The next part is the praise given to Jesus by angels at the time of his burial.

Holy art Thou, O God

Holy art Thou, Almighty

Holy art Thou, Immortal.

This explains that Jesus Christ is the Holy, Almighty, Immortal God. On hearing this Joseph of Arimathea and Nicodemus prayed, **Crucified for us have mercy on us.** We remember sinless Christ who was crucified for us sinners. We say this three times and make the sign of cross; and prostrate when we say 'Crucified for us, Have mercy on us.'

Then comes 'Kurielaison' which we learned in Class I, we pray, **Lord, have mercy upon us. Lord, be kind and have mercy. Lord, accept our service and our prayers. Have mercy on us.** We can't live without the mercy of the Lord. Hence we pray for the mercy of the Lord. Then we offer praise to God. We say, **Glory be to Thee, O God. Glory be to Thee, O Creator. Glory be to Thee, O Christ the King, Who has compassion on His sinful servants. Barekmor.**

We end this by saying 'Barekmor' which means 'God, bless us'. Then we say the Lord's prayer. **Our Father Who art in Heaven...** At last we say the prayer starting with, **Peace be with you Mary, full of grace (Hail Mary, full of grace...)**. This is the intercession to St. Mary. This prayer includes the words of angel Gabriel to St. Mary and the words told by Elizabeth, mother of St. John the Baptist when she was filled with Holy Spirit (We get the content of the prayer in verses, Luke 1:28-33 and 1:39-45).

The last part of the prayer is our request to Mother Mary. We request her to pray for us continuously, even at the time of our death. We call her 'Mother of God' from Elizabeth's words who called her 'My Lord's mother'. Since Jesus Christ is God, we call his Mother as 'Mother of God'. Whenever you say this prayer, do it in utmost devotion and proper understanding.

.....
Hymn

Shudhan nee Aaloho!
Shudhan nee belavaane!
+Krooshettone! mruthiheenaa! parishudhan nee
Krupa cheitheedannname.

Naadhaa! krupa cheitheedannname
Naadhaa! kanivaal krupa cheika
Naadhaa! karmmavumarthanakallu-mettittavayaal
Krupa cheitheedannname

Sthothram the dhevesha!
Sthothram the srushttaave!
Sthothram paapikalladiyaaril - krupa cheitheedum
Mashiha raajaave. Barekmor

.....
Let Us Pray

O loving God, help us to praise You always along with the angels through our daily prayers. Let our prayer be as incense before You. Amen.

.....
Resolution

We will praise God everyday with much devotion and enthusiasm.

Activities

1. In 'Kauma' prayer, God's four adjectives are given. Put '✓' mark against the correct ones.

- 1. God is Holy
- 2. God is Almighty
- 3. God is Glorified
- 4. God is Immortal
- 5. God is Nameless

2. Fill in the blanks

- 1. Glory be to the Father, the Son and.....
- 2. Holy,, Lord God..... by whose glory, the ..
..... and the are filled; Hosanna in the Highest.
- 3. Crucified for us, on us.

3. Say each part of the Kauma Prayer.

4. At the time of family prayer, say the Kauma prayer carefully and learn it by heart.

Further Reading

Day	Morning	Evening
Sunday	*	James 5:13-16
Monday	Matthew 21:21-22	John 4:20-24
Tuesday	Matthew 7:7-11	John 11:40-42
Wednesday	Matthew 18:19-20	Luke 23:44-47
Thursday	Mark 11:22-26	Psalms 34:1-6
Friday	Psalms 68:16-20	Psalms 138, Luke 1:39-45
Saturday	Psalms 130, Luke 1:28-33	*

Chapter 13

Let Us Observe Lent (Fasting Seasons) and Pray

Message: We must observe the Lents of the Church.

Verse to be Memorised: “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward” (St. Matthew 6:16).

Learning Aide: A prayer containing prayers of Lents and a table of Lents.

Introduction

Do you observe lent? Do all your family members observe lent? What are your favorite food items? Do you know when we discard these food items especially fish, meat, egg, milk and milk products? During the time of Lent, we never eat these food items. All the members of the Church are obliged to observe the Lents of the Church. During Lent, we must engage ourselves in fasting, prayer, Bible reading and meditation. Through this lesson we came to know the various Lents and Lenten seasons of the Church.

The Lesson

Why is it said that during Lents we should not eat the food that we like? The lent help us to give priority to the will of God by setting aside our worldly desires. Why do we observe Lents? Our Lord Jesus Christ observed lent. He defeated Satan. In the same way observe lent to defeat Satan and the evil power. Prophet Moses when he grew up, observed fasting for forty days. Prophet Elijah also observed forty days fast and got strengthened with God’s power.

How do we observe Lent? Do good, hear good, see good, spend more time for prayer, prostrate while praying and fast ‘as long as you can’. When we are fasting, we are with Jesus Christ. Hence we don’t feel hunger. We have to abstain from some food items like fish, meat, egg, milk, and milk products. Why is it said to discard only some food items? The food we eat is capable of influencing our behavior. Hence our body and mind, words and deeds will be purified with fasting.

What are the fasting days? We must observe fasting on all Wednesday and Fridays. We remember Holy Virgin Mary on Wednesday and the Crucifixion of Jesus Christ on Friday. The Church has fixed five more Lenten seasons. Let us learn the names and brief detail of those seasons now. We shall learn the descriptions in higher classes.

The Lents prescribed by the Church

1. Nativity Lent (25 days Lent) from December 1-25: Twenty five days before Christ's birth.
2. Three Day Lent: Meditating on the three days of Jonah in the belly of the whale and the fasting of Ninevites.
3. Great Lent (50 day's Lent): Fifty days Lent before Easter.
4. Apostles Lent (13 days Lent): In memory of the Apostles (June 16-29).
5. Dormition Lent (15 day's Lent): Fifteen days before Dormition ('falling asleep') the Mother of God (August 1-15).

By observing Lents we will develop the ability to control ourselves, escape from sin and evil, please God and get strengthened spiritually. Our ancestors observed Lents, prayed, stayed with God and became holy and defeated Satan. In the Great Lent and Nineveh Lent, we prostrate forty times after noon prayer. Each of the following prayers are said 10 times, as we prostrate.

1. Kurielaison.
2. O Lord, have mercy upon us.
3. O Lord, be kind and have mercy upon us.
4. O Lord, answer our prayers and have mercy upon us.

.....

Hymn

(Bovootho of Mar Ephrem)
Both Moses and Elijah
Fasted forty days and nights
As our Lord also fasted
And conquered the evil one.

.....

Let Us Pray

*Our Lord, You have observed fasting and Lents for us.
We praise You for Your love toward us.
Help us to observe the Lents of the Church and pray earnestly. Amen.*

.....

Resolution

We will observe the Lents. We will encourage others to observe Lents.

Let Us Think

1. What do you mean by the term 'fasting'?
.....
2. Give the names of three persons from the Bible who observed Lents.
.....
3. How long did Jesus fast?
.....
- 4) Which are the fasting days and fasting seasons of our Church?
.....
.....
- 5) Which are the two days in the week that we observe fasting?
.....
- 6) How many times do we prostrate after noon prayer in Great Lent and the Three days Lent?
.....

Activities

1. Observe all the Lents and fasting days of the Church including Wednesdays and Fridays.
2. Share your experience at the time of Lent.
3. The names of some food items are given below. Put a '✓' mark against those which, we can eat during lent. Put 'x' mark against other.

1. Chicken roast
2. Rice
3. Fish curry
4. Peas
5. Banana
6. Egg curry
7. Milk
8. Chappathi
9. Ice Cream
10. Appam

4. Give the number of days for which the following Lents are observed.

1. Great Lent days

2. Apostle's Lent days

3. Nativity Lent days

Further Reading

Day	Morning	Evening
Sunday	*	Jonah 3:1-10
Monday	John 4:24	Exodus 34:27-28
Tuesday	1 John 3:22	1 Kings 19:7-9
Wednesday	Matthew 17:21	Matthew 4:1-3
Thursday	Proverbs 15:5-9	Mark 9:28-29
Friday	Psalm 145:18	Acts 14:23
Saturday	Psalm 34:4	*

Unit 3

Liturgical Hymns

Chapter 14

Let Us Sing and Pray

Message: Sing the hymns in the Holy Qurbana with proper understanding and attention.

Verse to be Memorised: “Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions” (Psalm 51:1).

Learning Aids: The Holy Qurbanakramam and the Holy Bible

Introduction

You have learned the hymn ‘Hearken, gracious Lord, we pray...’? Can you sing it? This lesson deals with the importance and meaning of the hymn, ‘Hearken, gracious Lord, we pray...’ which is used in the second part of the Holy Qurbana. At this time we remember the Crucifixion and Resurrection of our Lord. Let us study the next part.

The Lesson

(Alivodu shikshichadiyare...)

When chastising us, O God,
Spare us from thy wrathful rod,
Open to us mercy’s door,
Kindly hear as we implore

Now let us look for the meaning. When you do mistakes, your parents and teachers will try to correct you, won’t they? How do they do it? They may advise you or sometimes admonish or punish you. Which are the other ways of punishment? We do so many mistakes before God. Through this hymn, we request God to be merciful while punishing or chastising us.

When chastising us, O God,
Spare us from Thy wrathful rod.

We entreat God to give us only simple punishments even though we continue to make mistakes, and avoid His anger.

Open to us mercy’s door,
Kindly hear as we implore.

Here we request God to open His merciful door to hear our prayers. God loves us more than our parents. Hence God forgives our mistakes more than our parents do. If we do any mistake, God will forgive us if we repent and confess our sins before God. We must try to live without committing mistakes and we must pray God, to help us not to make mistakes.

(Ninne Vilikkunne...)

Hearken as we call to Thee
In ourselves so frail are we.
Hear our prayer, for good art thou
Grant our needs though great e'now.

Here we acknowledge that we are so frail and we call to God for His help. We tell Him: 'Good Lord, grant our prayers because You are a merciful God.' When you sing these hymns, try to sing attending to its meaning. This hymn can be used meaningfully on other occasions also.

.....
Hymn

This hymn '*Hearken gracious Lord, we pray...*' may be sung by all together. Pupils may be divided into two groups and asked to sing.

Hearken gracious Lord we pray
Halleluiah-w-Halleluiah
Knocking at thy door, we say
Barekmor, Kurielaison.

.....
Let Us Pray

O Lord Jesus Christ, we are so frail and we call you for Your help. Good Lord, grant our prayers by Your grace. God, have mercy up on us and forgive our sins. Amen.

.....
Resolution

We will pray everyday by surrendering ourselves before God and also present our needs before Him.

Let Us Think

1. When do we sing this hymn 'Hearken gracious Lord, we pray...?'
.....
2. What do we meditate on at this time?
.....

3. 'When chastising us, O God, spare us from Thy wrathful rod'. Give the meaning of these lines.

.....

4. Fill in the blanks (2 lines).

Hearken as we call to Thee

.....

.....

Activities

1. Try to sing the hymn 'Hearken gracious Lord, we pray...' with different tunes.
2. When this is used in Holy Qurbana sing it along with others with devotion.
3. Mercy grant, Lord, mercy grant,
Thine abundant mercy, grant;
Count not Thou our evil deeds;
Kind one, who doth know our deeds.

Try to discuss the meaning of these lines in class, especially why we need the mercy of God; and the need for asking for forgiveness.

Further Reading

Day	Morning	Evening
Sunday	*	Deuteronomy 32:1-5
Monday	Psalm 149:1-4	1 Samuel 2:1-4
Tuesday	Psalm 149:5-9	Luke 21:67-75
Wednesday	Luke 1:76-79	Psalm 113:1-9
Thursday	Psalm 108: 1-6	Psalm 106:1-3
Friday	Psalm 105:1-3	Psalm 92:1-5
Saturday	Psalm 34:1-5	*

Chapter 15

Let us Sing Songs of Intercession

Message: Students shall learn to sing the hymns in the Holy Qurbana seeking the intercession of St. Mary and other saints, meditatively. Also they shall learn to sing the hymns which contain prayer for the departed.

Verse to be Memorised: “Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective” (St. James 5:16).

Learning Aids: The Holy Qurbanakramam and the Holy Bible

Introduction

You know about the hymns which are used for intercession of St. Mary and other saints along with incense. This lesson introduces and explains the importance and meaning of hymns used for intercession of St. Mary and the saints and also the hymn of prayer for the departed faithful.

The Lesson

(Parisudhanmare ningal...)

Plead for us, ye holy saints,
Pray to Him whose will ye did,
That from anger we be spared-
That from scourges we be hid.

Here the words ‘anger’ and ‘scourge’ stand for punishment. When we do mistakes at home, our parents may punish us. We request the saints to pray for us to God Almighty so that He may spare us from the punishment of anger. We believe that the saints will pray for us, and because of them, God will spare us from punishment. Hence we sing this hymn especially in Holy Qurbana. In same way we pray for the departed faithful in the Qurbana. The base of this is that, by our prayer God will shower mercy upon them. Now let us learn such a hymn.

(Sharanathale...)

They who served and died in hope
Trusting in Thy mercy, Lord.
May Thy living voice them raise
From their graves to paradise.

This hymn means that ‘they who have lived in God’s mercy and died in hope may be raised by His living voice from graves and led to paradise. Those who live

depending on God shall receive God's grace. We pray for them. They could hear the voice of God. We believe that they will be raised from the tombs and taken to Paradise. Hence it is our duty to seek intercession of saints and pray for the faithful departed.

.....
Hymn

Sing the two hymns and similar hymns from Holy Qurbanakaramam.

.....
Let Us Pray

*Loving God, keep our departed faithful in the bosom of Abraham, Isaac and Jacob. Give us all peace, and forgive us our sins. Holy Mother, pray to God for us. Holy saints, please pray for us so that God may forgive our mistakes.
Amen.*

.....
Resolution

Everyday we will pray for our departed faithful and seek the intercession of saints.

Activities

1. Sing the hymns- 'Plead for us, ye holy saints' and 'They who served and died in hope' many times. When these hymns are sung in the Church, sing with proper attention and devotion.
2. Find out other hymns for the intercession of the saints.
3. Discuss the meaning of these two hymns in class and the need for intercession of saints and prayer for the departed.

Further Reading

Day	Morning	Evening
Sunday	*	Psalm 136:1-5
Monday	2 John 1:7	Psalm 136:5-10
Tuesday	1 John 3:13-14	Psalm 136:11-15
Wednesday	3 John 1:8	Psalm 136:16-18
Thursday	3 John 1:12	Psalm 136:16-18
Friday	Philemon 1:7	Psalm 24:1-6
Saturday	Philemon	*

Unit 4

My Church

Chapter 16

The Importance of Church Worship

Message: The worship in church is a heavenly experience. We must participate in it in purity and devotion.

Verse to be Memorised: “My soul longs, indeed it faints for the courts of the Lord; my heart and my flesh sing for joy to the living God” (Psalm 84:2).

Learning Aids: Picture of a Church, Holy Qurbanakramam and the Holy Bible

Introduction

Do you love going to church and Sunday School on Sundays? The Temple of Jerusalem was the centre of the liturgical life of the Israelites. Jesus went to church regularly and participated in the prayers. We experience God’s love through these prayers. Church is the dwelling place of God. Let us learn the importance of worship in our church.

The Lesson

Why do we go to church on all Sundays? Won’t God listen to our prayers even if we pray at home? We go to church for worship as it is the dwelling place of God. Why do you go to school? Isn’t it enough if you are studying at home? If we don’t go to school, we may not be able to learn effectively. It is our duty to praise God and pray to Him. We must share our happiness and sorrows with God.

Jesus Christ who was born for Jewish parents went to Temple of Jerusalem regularly, from his childhood and attended the Synagogue worship regularly. The Temple at Jerusalem was built by king Solomon. The Jews assembled in the Temple for prayer for performing sacrifices, for making offerings, for praising God and for seeking blessings from God. Hence Jesus also went to Jerusalem Temple regularly.

Was Jerusalem Temple like our own church? Our church has much similarity to the Jerusalem Temple. Our worship generally follows the worship pattern of Jerusalem Temple. Our church and the symbols are so arranged to reveal the presence of God. Hence we must always keep our church neat and tidy. If we make pollute or desecrate the church, God will punish us. Once when Jesus went to Jerusalem Temple, He began to drive out the merchants, saying to them. “It is written in the Scriptures that God said, my Temple will be called a house of prayer. But you

have turned it in to a hide out for thieves”. From this incident, it is clear that Jesus wanted to keep the church pure and clean.

In the church you should not talk carelessly or make noise or jump up and down. The church helps us to pray earnestly, worship God, to receive the Holy communion and praise God as a community. When the bell rings in church, it actually asks us to come to church for prayer. Hence whenever we hear the church bell, we must make the sign of the cross. Through the church worship, we share with one another God’s love and human love. We assemble in the church for worship and we are the children of Mother Church. We all are siblings. The sorrow and happiness of the whole community. The members of the church must love and help each other. We give the kiss of peace to one another in the Holy Qurbana as a symbol of this.

.....
Hymn

(Bovooutho of Mar Ephrem)
Praise the One Watchers worship
Praise the One the angels serve
Lord of Watchers and angels
Hear the pleas of Your faithful.

.....
Let Us Pray

O loving Jesus Christ, help us to come to the church regularly and attend the services properly as You did in Your childhood. Amen.

.....
Resolution

All those who assemble in my church are children of the Church and they are my parents and siblings. I will pray for them and along with them.

Let Us Think

1. Which was the famous worship centre of the Jews?
.....
2. Who built the Jerusalem Temple?
.....
3. What all qualities do we acquire by attending worship in the church?
.....
4. What all things must be kept in mind while attending church worship?
.....
.....
.....

5. What does the church bell remind us?

.....

6. Why do we give kiss of peace in Holy Qubrana?

.....

.....

Activities

1. Draw the picture of a church and colour it.
2. Go inside your church with your teacher and understand about the church.
3. Practise to give the 'Kiss of Peace'.
4. Attend the church worship with devotion and holding the Holy Qurbanakramam, say the responses to the prayers and sing hymns properly.
5. Make the sign of Cross three times when you hear the church bell.

Further Reading

Day	Morning	Evening
Sunday	*	Psalm 26:1-7
Monday	Luke 21:1-4	Psalm 26:8-12
Tuesday	Luke 12:1-5-9	Psalm 135:1-3
Wednesday	John 15:1-4	Psalm 135:4-9
Thursday	John 15:5-7	Psalm 135:10-14
Friday	John 15:8-11	Psalm 135: 15-21
Saturday	John 15:12-15	*

Chapter 17

How to Behave Ourselves in the Church?

Message: The Church is holy. We must take part in the worship with fear and respect and feel the presence of God.

Verse to be Memorised: “For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than live in the tents of wickedness” (Psalm 84:10).

Learning Aids: Holy Qurbanakramam, the Holy Bible and a picture of a worshipping community.

Introduction

How do you usually prepare yourselves for going to school? If you reach school late what will happen? All of us will get up early and do the preparation and go to school. Don't you think we need to have the same enthusiasm in going to the church? Do you get up earlier than the other days? We should feel happy to go to church. Church is the place where God dwells. In the church, we feel and experience the presence of God. In the church, we also praise and worship God. We must participate in worship with cleanliness of body and manner. We must always bear in mind that we are standing before God. We must attend the church services with fear and devotion. So we must go to church with proper preparation. Today we learn about those things to be kept in mind while preparing to go to the church.

The Lesson

What all preparation do you make to go to church on Sundays? We should wake up early on Sundays, do the morning routine and say the prayers. We should avoid loose talk. Preferably put on simple white dress. Girls need to take scarf to cover the head. Then we go to church with members of the family. God's church is holy. All the services are divine. Jesus Christ who was born in a Jewish family went to the Jerusalem Temple regularly when he was a child.

When you enter the church, remember to make the sign of the cross and pray with fear and devotion. Here is a prayer to be said while entering the church. “O God, I enter your house. Forgive my sins and make me clean. Bless me to attend the services with devotion and to make my offerings. Amen.”

After entering the church, each one must stand in his row. We worship as a community. We must stand in rows. We must keep in mind that we are before God and hence we must stand to attend the services. We shall not be inattentive or careless. By looking in to the Qurbanakramam we must say the responses to prayers

and sing hymns. Worship is not mere saying the prayers, but surrendering ourselves to God.

Whenever we hear the word 'Sleeba' we must make the sign of the Cross and bow our head. Don't you remember the way of making the sign of cross? We touch our forehead with our three fingers together representing the Holy Father, the Holy Son and the Holy Spirit. We move our fingers from forehead to chest to remember that Jesus Christ, the Word of God came down to earth from Heaven. We move our fingers from left shoulder to right shoulder to remember that we who were on the 'left' due to our sins were brought to the 'right' to be God's Children through the death and resurrection of Christ. This is the meaning of making the sign of Cross.

Throughout the worship, we must see Jesus Christ in our mind. When we all pray together with one mind, God will be pleased with us. We should not have any other thoughts and we must worship God with full concentration.

.....
Hymn

(Bovootho of Mar Ephrem, *Sthothram sthothram karthave...*)

Glory to You! Praise to You!
Thousands of praises to You
Glory Lord! Glory to You
Lord, have mercy on us all.

.....
Let Us Pray

*O Merciful God, help us to come to Your church with holiness
to take part in the worship.
Help us to be regular in coming to the church and worshipping you. Amen.*

.....
Resolution

*We will attend the church services carefully.
We will behave in church in a disciplined manner.*

Let Us Think

1. Why do we say that the Church is holy?
.....
2. Give the meaning of 'making the sign of the Cross'.
.....
3. Explain how we shall behave ourselves in the church.
.....
.....

4. Why do we hold the three fingers together when we make the sign of the cross?

.....

Activities

1. Learn the prayer which is used as we enter the church. Say this prayer when you come to church. Remember to keep your sandals or shoes outside the church.
2. Come for the worship early. Hold the Qurbanakramam in your hands and sing the hymns and so the prayers.
3. Learn to make the sign of cross correctly.

Further Reading

Day	Morning	Evening
Sunday	*	Proverbs 1:1-9
Monday	Acts 7:44-48	Psalm 91:1-4
Tuesday	1 Chronicles 29:1-3	Psalm 91: 5-8
Wednesday	1 Chronicles 29:10-13	Psalm 91:9-12
Thursday	1 Chronicles 29:14-16	Psalm 91:13-16
Friday	1 Kings 8:28-30	Psalm 121:1-4
Saturday	1 Kings 8:43-45	*

Unit 5

Introducing Great Personalities

Chapter 18

Holy Innocents

Message: Holy innocents are the innocent infants who became martyrs for Jesus Christ. We shall seek shelter in the intercession of these holy martyrs.

Verse to be Memorised: “Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven” (St. Matthew 5:10).

Learning Aids: A picture of Holy Innocents and the Holy Bible.

Introduction

What is the importance of Christmas? When do we celebrate it? What all things do you know about Christmas? Jesus Christ was born in Bethlehem. He was born in a manger. The angels appeared to the shepherd and sang melodious songs. The shepherds went to the messenger and saw baby Jesus. The Magi from the East presented Gold, Myrrh and Frankincense to him. While, King Herod planned to kill Jesus Christ, when he came to know from the wise men that a king is born in Judea. To eliminate a rival king, he ordered to kill all infants under the age of two. The soldiers went out and killed all the infants. But they couldn’t kill Jesus Christ. Holy innocents are the innocent infants who were thus killed mercilessly. Let us learn about the infant martyrs who were killed after the birth of Jesus.

The Lesson

The Magi came from the East. They followed a guiding star and reached Bethlehem. They didn’t know the exact place where Jesus was born. So they came to the king Herod’s palace. They came to know from the King and religious leaders that Jesus was born in Bethlehem. But the king was not happy about this. The learned men in the palace said that this infant would become a king in the future. The king was frightened. He thought that when this infant becomes a king, his kingship will be lost.

The king sent them to Bethlehem with these instructions. “Go and make a careful watch for the child and when you find him, let me know, so that I too may go and worship him.” This was actually a trick played by the emperor. The wise men were warned by the angel, not to go back the king, after they saw Jesus; so they

returned by. The king became furious because he couldn't kill the infant who would become king.

The king was very crafty. As he could not find baby Jesus, he ordered to kill all the boys below the age of two. He thought that Jesus also would get killed by this sudden action. All the boys below the age of two in all families were killed by the soldiers. But they couldn't kill baby Jesus. The angel of the Lord appeared in a dream to Joseph and said, "Herod will be looking for the child in order to kill him. So get up, take the child and his mother and escape to Egypt and stay there until I tell you to leave". Joseph got up, took the child and its mother, left during the night for Egypt, where he stayed until king Herod died.

In the attempt to kill baby Jesus, quite a number of infants were killed. We call these infants as Holy Innocents. We know the term 'Sahada' means 'martyr'. All these infants live in heaven with Jesus. This Holy Innocents will be praying for children everywhere. We may request these Holy Innocents to pray for us. Let us seek the intercession of these Holy Innocents who died for Jesus Christ.

.....
Hymn

(Mashihaaye kaannmaan...)

Martyrs who desired-to behold the Christ
By the sword, gained wings-and flew to the heights.

.....
Let Us Pray

O Merciful God, we remember the martyrs who died for Your sake. Let their prayer be a stronghold for us. Amen.

.....
Resolution

We will pray seeking the intercession of the Holy Innocents.

Let Us Think

1. In which palace did the Magi reach in search of Infant Jesus?
.....
2. Why did the king become frightened when he heard about the birth of Jesus?
.....
3. What was the order given by the king to the soldier of killing baby Jesus.
.....

4. Why couldn't the soldiers kill infant Jesus?
.....
5. What do we call the infants who died for Jesus?
.....
6. Give the name of a church dedicated in the name of Holy Innocents.
.....

Activities

1. Seek the intercession of Holy Innocents.
2. Visit the church in the name of Holy innocents with you parents and pray.
3. 'Bliss to the prophets...' Find this hymn in the Qurbanakramam where we remember the martyrs. Find similar hymns and learn them.

Further Reading

Day	Morning	Evening
Sunday	*	Matthew 2:16-18
Monday	Exodus 1:1-7	Daniel 3:1-7
Tuesday	Exodus 1:8-11	Daniel 3:8-12
Wednesday	Exodus 1:12-44	Daniel 3:13-18
Thursday	Exodus 1:15-17	Daniel 3:19-25
Friday	Exodus 1:18-22	Daniel 3:26-28
Saturday	Jeremiah 31:1-17	*

Chapter 19

St. Kuriakose, the Martyr

Message: St. Kuriakose is a child martyr who lost his life because he didn't renounce his faith in Jesus Christ. We must make our prayers through his intercession.

Verse to be Memorised: "Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective" (St. James 5:16).

Introduction

Martyrs are the saints who died for the sake of their faith in Jesus Christ. Mar Kuriakose is the child martyr who died when he was very young as he didn't renounce his faith in Jesus Christ. In this lesson, we read about this martyr.

The Lesson

Martyrs are those who gave up their lives for the sake of Jesus. In ancient times, almost all the countries were ruled by kings. There were gods and goddesses they believed. They were very particular that the citizens of the country should worship these gods. If they knew that people worship other gods, they would kill these people. Many Christians had to suffer persecution because they didn't believe in King's gods.

St. Kuriakose is a martyr who was killed in his tender age because he refused to deny his faith in Jesus Christ. He was only three years when he was martyred. During the time of Jesus Christ and for some years after Him, the emperors of Rome worshipped different pagan gods. The emperors tortured the people who believed in Christ.

Diocletian (AD 284-305) was such an emperor. The town Tarsus was a place under his rule. This town was ruled over by the local king Alexandrus. He didn't like those who worshipped gods other than the gods of Romans. The family of Kuriakose was strongly devoted to Jesus. As his father died so early, his mother who was a devotee and her maids came to Tarsus with Kuriakose, the lad. His mother's name was Julithie. The ruler also came to know this. He ordered the soldiers to bring them before him.

Kuriakose and his mother Julithie came to the palace. The king asked everyone to renounce faith in Christ; other wise they would be killed. Suddenly Julithie, the mother replied; "even my son who is only three years old will not renounce Jesus Christ. How can I, then do it?". On hearing this, they turned to Kuriakose. "Won't you too believe in our god?". They asked.

The boy shouted, "I am a Christian. I believe only in Christ". The furious soldiers hit him against the floor. He broke his head and died on the spot when the mother saw this she was too sorrowful but her faith in Jesus Christ doubled. She prayed that she also would join Jesus Christ as her son had done. The soldiers cut her head and the mother died with courage praising God.

Julithie and son Kuriakose were considered as martyr saints. They had the strong faith which was not shaken even at the risk of their life. This is a great model for us all. How strong was the courage of Kuriakose to confess to Jesus Christ! We must pray that we also may have such strong faith. Also we must pray for the intercession of St. Kuriakose. There are many churches in the name of this saint. Let his prayer be a refuge for us.

.....
Hymn

(Orupolingum Mar Kuriakose...)

O Mar Kuriakose, as in heaven,
Keep we here thy memory;
Hear us as we honour thee,
Thy entreaties be our aid.

(Mar Kuriakose Salgunanidhiye...)

O Mar Kuriakose, named art Thou,
By the church that keeps thy feast;
May thy Lord His peace bestow,
Making it for ever flow.

.....
Let Us Pray

O, Mar Kuriakose, who died for Jesus Christ, please plead for us to God. Amen.

.....
Resolution

*We will find shelter in the intercession of Mar Kuriakose
who laid down his life for the sake of Jesus Christ.*

Let Us Think

1. What is the meaning of the term 'martyr'?

.....

2. How old was St. Kuriakose when he was martyred?

.....

3. Name an emperor who hated believers of Jesus Christ.

.....

4. Name the native place of St. Kuriakose?
.....

5. What was the mother of St. Kuriakose?
.....

6. Why did the soldiers kill St. Kuriakose and his mother?
.....



Activities

1. Kuriakose was not afraid to die. Why? Put '✓' mark against the correct one.

* Because of love for Jesus Christ.

* Because he liked death.

* Because he didn't know that.

* Because he was going to die.

Unit 6

Good Habits

Chapter 20

Cleanliness

Message: We must keep our body, mind and surroundings clean.

Verse to be Memorised: “God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day” (Genesis 1:31).

Introduction

If the table, books and other learning materials are clean, won't you be more happy to learn? When the bed is clean we will be very happy to rest on it. We keep our church clean. On October 2, the birthday of Mahatma Gandhi, in India, the students will make school and surroundings clean under the guidance of the teachers. When we follow God faithfully, we acquire good values in life. This lesson teaches us to keep ourselves clean and tidy conscious about the presence of God. There they learn the importance of cleanliness.

The Lesson

God created the universe and every thing in it. The earth was formless and desolate and God commanded; ‘Let there be light’ and light appeared and darkness disappeared. God was pleased. God created the nature and human beings, the crown of His creations. God was pleased with everything. God wants that all these must be clean and tidy all the time. Hence we must develop the habit of cleanliness.

Those who are clean in body, mind and spirit can only keep the earth clean. When we are not clean in our personal life, we may face failure in all the fields. Pollution and other problems on the earth are the result of not keeping our surroundings clean. Good thoughts, good words, good deeds and clean lifestyle all together constitute cleanliness. We can practise these values only with the help of God. Let us think what children shall do, to keep their home, school, church and surroundings clean.

Cleanliness is the symbol of holiness. God created our body and soul. God gave us His glory and holiness. We must keep cleanliness of body, mind and spirit. Uncleaness might lead to illness. If we take a shower and change our clothes every

morning and evening, we would become more healthy. Cleanliness keeps everything beautiful. We might experience fatigue, tiredness, and stress, if we lack cleanliness. We need pure water and pure air for proper health. We get them only if our environment is clean. Let us keep clean our home, surroundings, school and church as we keep our body and mind clean.

.....
Let Us Pray

O God, teach us to keep ourselves clean this world and all things You created, pure and clean. Prepare us to be good children with clean body, mind and spirit. Amen.

.....
Resolution

We will keep our body mind and spirit, home, school, church and our surroundings clean. We won't do anything that would pollute the environment.

Let Us Think

1. Do we have the sense of cleanliness?
.....
2. Do we keep our body clean?
.....
3. Do we take care to keep our home, school and surroundings clean?
.....
4. Are our words and deeds according to God's will?
.....
5. What did God create to remove darkness?
.....
6. What are the merits of keeping clean?
.....
.....
7. What are the demerits of not being clean?
.....
.....
8. List some activities you will do to keep your home and surroundings clean.
.....
.....

Activities

1. Clean the church and its surrounding along with your friends.
2. Try to clean your home and surroundings everyday.
3. Always be careful to keep your body and clothes clean.

Further Reading

Day	Morning	Evening
Sunday	*	Psalm 19:8-9
Monday	Genesis 1:1-5	Psalm 24:1-5
Tuesday	Isaiah 1:16-18	Psalm 51:9-11
Wednesday	Isaiah 52:11-12	Proverb 16:1-3
Thursday	Ezekiel 36:25-36	John 13:9-11
Friday	Acts 18:5-6	John 15:1-4
Saturday	Revelations 19:8-9	*

Chapter 21

Be a Good Friend

Message: We must always try to be a good friend of others.

Verse to be Memorised: “No one has greater love than this, to lay down one’s life for one’s friends” (St. John 15:13).

Introduction

Don’t you all have friends? Who are your friends? Can you name them? Who are your favorite friends? Why do you like them? A real friend is one who is always with us in our difficult times and good times. We must treat our friends in the way that we expect them to behave towards us. We all got friends at school and neighborhood. Aren’t they all good friends? At the same time, we must be good friends to others. We are going to learn the qualities that we shall cultivate to become good friends. This lesson deals with things to be kept in mind for being a good friend.

The Lesson

It is very good to be a real friend. We can become good friends only if there is God’s Blessing. We know the value of a real friend when we are in danger. When we are in trouble we would get relief by talking to a real friend. In the same way we also must be good friends in our home, school and church by being ready to help and comfort others in need. We can win good friends only through our good behavior.

In the Holy Bible, we see two friends David and Jonathan. Jonathan was the son of King Saul who tried to kill David. Even though Jonathan’s father Saul didn’t like David, Jonathan loved David. David was rescued from the wicked plans of Saul to kill him only by the timely warning given by Jonathan. This is the proof of real friendship.

We must treat to our friends as we would expect them to treat us. Here is a proverb. ‘A friend in need is a friend indeed’. The real friend is one who help us in our difficulties. It is our duty to help our friends when they are in need and also we must console them when they are unhappy. If we keep our friendship only in times of our friend’s happiness, but stay away from them in their poverty and difficulties, we are not at all good friends. In the Parable of the Prodigal Son we see that the friends who joined him when he had gone away from his father were not good friends.

Only one who has a pure heart will become a good friend. When we are able to provide peace and happiness to others with our words and deeds, we will become good friends. Those who are close to Jesus Christ will become good friends. Jesus Christ is our best friend. Only a good friend will be able to share the joy of a friend in his achievements and also console him when he is in difficulties.

Unselfishness is a mark of real friendship. One who leads us to bad things will never be a good friend. Good friends shall try to correct the mistakes of others in a positive manner without offending them and encourage the good thing and talents in others. In Malayalam, there is a saying, "If you have a true friend you don't need a mirror". Be a good friend to others! When there is God's love in us, we will become good children to our parents, good brother/sister to our siblings and a good friend to our fellow beings. When we try to do good and pray for others we will become good friends.

Hymn

(Prayer of peace, *Anyonyam slommo nalkin...*)

Let us give peace from our hearts
Now and all eternity
May Lord's peace dwell in our hearts
Let us kiss all from our hearts
His peace and calm protect us,
Now and all eternity.

.....

Let Us Pray

O God, enable us to become good friends to others. Fill us with Your love. Help us to love and be considerate toward others. Bless all our friends. Amen.

.....

Resolution

We shall behave as true friends to our friends and we will be a comfort to our friends always.

Let Us Think

1. Am I a good friend of my friends?
2. Will you help your friend when he has lost his pencil or book?
3. Will you try to contact your friend when he is absent in class for a long time?
4. Are we happy in the achievements of others?
5. Do we console others in their pain and sorrows?

6. Do we share our good things with others?
7. Do we find happiness in causing harm to others?

Activities

1. Mark 'tick' or 'x' against the following questions in the following Check List.

- | | |
|--|--------------------------|
| 1. Do you find happiness in the achievements of others? | <input type="checkbox"/> |
| 2. Are you ready to console others in their sorrows? | <input type="checkbox"/> |
| 3. Are you ready to share God-given gifts with others? | <input type="checkbox"/> |
| 4. Would you like to share food items with others? | <input type="checkbox"/> |
| 5. Do you derive happiness by doing good to others? | <input type="checkbox"/> |
| 6. Do you love your friends as you love yourselves? | <input type="checkbox"/> |
| 7. Do you pray for your friends? | <input type="checkbox"/> |
| 8. Do you encourage the good qualities of your friends? | <input type="checkbox"/> |
| 9. Do you try to encourage your friends to keep away bad things? | <input type="checkbox"/> |
| 10. Do you help your friends in their studies? | <input type="checkbox"/> |

2. In the class you tell a good thing that you did for your friends.
3. Analyse the above questions in the check list and see if you are a good friend or not.
4. Visit sick people, along with parents and pray for them.
5. Always be ready and willing to help our friends who are from poor families.

Further Reading

Day	Morning	Evening
Sunday	*	John 3:29-30
Monday	Exodus 33:10-11	John 15:12-14
Tuesday	Job 6:14	James 2:23-24
Wednesday	Isaiah 41:8-10	Psalm 37:1-4
Thursday	Proverbs 14:20-22	Psalm 37:5-8
Friday	Proverbs 17:17	Psalm 23
Saturday	Psalm 27:6-9	*

