# ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST OUT SIDE KERALA REGION - CALCUTTA DIOCESE

## **ANNUAL EXAMINATION 2019**

Time : 2 Hours	<u>Class : VII</u>	Total Marks: 50
I. Answer the following: (Any Five)		Ę
II. Fill in the blanks:	(Any Five)	5
III. State weather True or False		5
IV. Define the following (Any Five)		15
VI. Write a paragraph on any two of the following:		10
VII. Prayer		5
VIII. Hymn. Bov oosa of Mor Ephrem (First 4 stanza)		5

## Class: VII

## **Unit 1. Stories from the Holy Bible**

## **Chapter 6: Resurrected Christ and Disciples**

## I. Answer the following: (any five)

1) What is the real name of the book "The Admonitions of Apostles"? Didache

#### II. Fill in the blanks:

- 1) Jesus Christ broke himself free from the shackles of death and resurrected.
- 2) Peace to you! As the Father has sent Me, I also send you.

## III. State weather True or False (Any five)

#### IV. Choose the right answer from 'B' to 'A'

### V. Define the following (Any Five)

- 1) What is the foundation of Christian faith? The Resurrection of Jesus Christ is the foundation of Christian Faith.
- 2) What happened when Jesus was crucified? / What was the response of the disciples after the crucification and death of Jesus Christ? The Crucifixion of Jesus Christ made his disciples fearful, panicky and insecure.
- 3) What happened to disciples when Jesus came into their midst where they were assembled together at a secret place? When Jesus came into their midst, the disciples became glad when they saw the Lord again.
- 4) What is the theme of Resurrected Christ and Disciples? Our Lord Jesus Christ got resurrected from the dead. The resurrection of Jesus Christ is the foundation of Christian Faith. His Resurrection forebodes the resurrection of all people.
- 5) What was the first message given by the resurrected Jesus Christ? "Peace to you! As the Father has sent Me, I also send you". Following this, Jesus Christ breathed on them and said: "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained" (St. John 20:23).
- 6) According to you what did the blessed bread signify? It signifies that the Body of Jesus Christ. While we are running away from Jesus Christ and when we receive Jesus Christ our eyes will opened and can recognize Jesus what He is.
- 7) How the restrained eyes of Cleopas and other disciple opened and they recognized Jesus Christ? While the travelling from Jerusalem to Emmaus, in the evening they requested to Jesus to abide with them. Jesus went to them, when they sat at the table for dinner, Jesus took the bread, blessed and broke it and gave it and gave it to them. Then their eyes were opened and they recognized Jesus Christ.

- 1) What we learnt about the Resurrection of Jesus Christ and strengthening to His Disciples?
  - (a) If Jesus had not resurrected from the dead, then we would have no hope of our Resurrection and life after life.
  - (b) The Resurrection of Jesus Christ wiped out the power of death and Satan.
  - (c) The basis of Christian life is the hope given by Christ's Resurrection.
  - (d) The Resurrection of Jesus Christ is for the sake of all.
  - (e) Jesus passed through death and came back to life that is the Good News after death.
  - (f) The real message of Resurrection is the redemption of creation in Jesus Christ.

# Unit 1. Stories from the Holy Bible Chapter 7: Journey to Emmaus

### I. Answer the following: (any five)

- 1) Why the two disciples (one of them was Cleopas) running away from Jerusalem to Emmaus? They were, running away from Jerusalem, dejected, hopeless and fearful.
- 2) Why the two disciples, did not recognize the resurrected Jesus, who were travelling from Jerusalem to Emmaus? Their eyes were restrained so that they did not know Him.

#### ||. Fill in the blanks:

1) I am with you always even to the end of the age (St. Mathew 28:20)

## III. Define the following (Any Five)

- 1) How did Jesus teach them to remove their confusion and doubt? When the two disciples talked to Jesus Christ, He scolded them for their ignorance and hard heartedness. He expounded to them from the scriptures about His passion and Resurrection.
- 2) According to the faith how did the blessed bread signify? It signifies that the Body of Jesus Christ. While we are running away from Jesus Christ and when we receive Jesus Christ our eyes will opened and can recognize Jesus what He is.
- 3) How the restrained eyes of Cleopas and other disciple opened and they recognized Jesus Christ? While the travelling from Jerusalem to Emmaus, in the evening they requested to Jesus to abide with them. Jesus went to them, when they sat at the table for dinner, Jesus took the bread, blessed and broke it and gave it and gave it to them. Then their eyes were opened and they recognized Jesus Christ.

- 2) How can we recognize Jesus Christ?
  - Our Lord Jesus Christ won't forsake us in adversities and failures of life.
  - ❖ We become true Disciples of Christ only when we share what we have with others.
  - Our lives will be transformed if we discover and listen to Christ in life.
  - We should learn and meditate on the scriptures every day.
  - Holy Qurbana shall enable us to see and receive Christ.
  - ❖ Those who discover Christ should live in virtue, goodness and say 'No' to sin.
  - ❖ Jesus Christ knows what we need and is pleased to bless us with good things.
  - ❖ Jesus Christ walks along with us and protects us even if we don't recognize him in our life situations.

# Unit 1. Stories from the Holy Bible Chapter 8: My Lord and My God

### I. Answer the following: (any five)

1) What is the other name of St. Thomas? Doubting Thomas

#### II. Fill in the blanks:

1) I am the way, the truth and the life. No one comes to the Father except through me. (St. John 14:16)

### III. State weather True or False (Any five)

- 1) When the other disciple told Thomas about Jesus Christ appeared to them after His Resurrection, Thomas replied unless I would see Him, I would not believe (St. John 20:25). True / False
- 2) Jesus was angry with Thomas for insisting to see and touch the wounds of Resurrected Lord. True / False

## IV. Choose the right answer from 'B' to 'A'

## V. Define the following (Any Five)

- 1) Describe the curiosity shown by St. Thomas is a mark of his mature personality? St. Thomas is seen as a disciple with a difference. He had been ready to die along with Jesus Christ (St. John 11:6). He was also in the habit of raising his doubts openly (St. John 14:5).
- 2) What was the advice of Jesus to Thomas? Jesus calmly told Thomas that he believed because he saw the Master. But blessed are those who believed in Him, without ever having seen Him. He also advised Thomas to be a believer, and not an unbeliever.

### VI. Write a paragraph each (any three)

1) How St. Thomas was filled with the Holy Spirit? / What was the defining moment in the life of Tomas? When St. Thomas was present Jesus appeared to the disciples, Jesus Christ allowed him to touch the wounds on His hands and side. The sincerity of approach of Thomas endeared him to Jesus Christ. His touch on the Holy One gave him a new vision of faith and led him to proclaim: "My Lord and my God". It seems Thomas Had a mystical experience. He was filled with Holy Spirit. His declaration is acknowledged as an important dogma of faith of the Church. This proclamation states that Jesus was Man and God at the same time.

## <u>Unit 1. Stories from the Holy Bible</u> Chapter 9: Jesus Appears to St. Peter

## Answer the following: (any five)

1) Where did Peter come from? Peter was a fisherman came from Galilee.

2) What is the name of Peter's brother? Andrews3) What is the name of Peter's father? Jonah

#### II. Fill in the blanks:

1) A True disciple is one who follows and bears witness to Christ with his <u>Life and activities</u>

## III. State weather True or False (Any five)

IV. Choose the right answer from 'B' to 'A'

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## V. Define the following (Any Five)

- 1) Why did Peter have to withdraw from the team of the twelve disciples? Once Peter tried to dissuade Christ from taking to the way of the Cross (Mathew 16:22) and Jesus called him 'Satan'. After denying his Master, he realized his folly and cried bitterly (Mathew 26:75). Thereafter he had to withdraw from the team of the twelve disciples.
- 2) What we learn about the reinstatement of Peter who denied Him trice? It is obvious here that "Love is the measure". The resurrected Christ is always ready to touch our hearts and minds with His love and reclaim us from withdrawals and sins.

- 1) What happened when the disciples far away from God? What was the result? After denying Jesus Christ, Peter thought that he was far away from God. So he decided to return to his former profession of fishing. He encouraged the other disciples to join him, and they went to Lake Tiberius. They worked hard all night but could not catch even a single fish. At the break of dawn, Jesus was standing on the seashore. But they did not recognize him. He asked them if they had got anything, but they said that they had caught no fish at all. Then Jesus asked them to cast the net on the right side of the boat, and the net was full of fish! They could not even draw the net because of their big catch. John was the first to recognize Jesus (John 21:1-11). There were 153 big fishes in their net. When they reached the shore with their catch and the unbroken net, they saw their breakfast ready. They were too amazed to say anything.
- 2) How Jesus readmitted Peter to the fold of apostles and restored to him the assigned work? Jesus asked to Peter thrice whether he loved Him and Peter answered in the first two times that "Yes Lord, You know that I love You". When Jesus asked the same question for the third time and Peter was grieved and was in tears. He replied "Lord, You know all things; You know that I love You. Thus Jesus reinstated Peter who had denied him trice. Jesus readmitted Peter to the fold of apostles and restored to him the assigned work.
- 3) What we can understand from Jesus readmitted Peter to the fold of apostles and restored to him the assigned work?
  - God's love doesn't deny us even though we deny Him
  - Lord Jesus Christ provides for us even without our asking for it.
  - God wants us to repent and return to Him.
  - ➤ We have become members of the God's Church through the sacrament of Holy Baptism and hence we cannot withdraw from this honourable condition.
  - ➤ God has sent us to this earth with a mission similar to the one He had given to Peter. We should try to discover what this mission is.
  - ➤ God in His love will bring us back even if we drift into sin and selfishness.
  - We are valuable in the eyes of God. That is why He has saved us.
  - God knows me, my needs and my desires completely.

# Unit 1. Stories from the Holy Bible Chapter 10: Ascension of Jesus

## I. Answer the following: (any five)

- 1) What kind of 'baptism' did God the Father promise? The Promise of the Father and that they would be baptized with the Holy Spirit.
- 2) Where did the resurrected Jesus Christ Ascended? The Mount Olive.
- 3) How many days after resurrected Jesus Christ assented? 40days

### II. Fill in the blanks:

## III. State weather True or False (Any five)

1) Jesus ascended from the Mount Morea True / False

## IV. Choose the right answer from 'B' to 'A'

<u>'A'</u> <u>'B'</u>

## V. Define the following (Any Five)

- 1) What did the resurrected Christ command His disciples to do? Jesus Christ commanded to His disciples, not to depart from Jerusalem, but to wait for the Promise of the Father and that they would be baptized with the Holy Spirit. After receiving the power of the Holy Spirit they were to bear witness of Christ in Jerusalem, and in all Judea and Samaria and to the end of the Earth.
- 2) Describe the form in which the disciples saw Jesus as the ascended to heaven? On the mount Olive Jesus Christ commanded to His disciples. As the disciples were looking on, Jesus Christ ascended to heaven and cloud made Him out of sight for the disciples.
- 3) How did the angels address the disciples? While the disciple were looking up towards heaven as Jesus ascended, two men (Angels) in white appeared came and stood beside them. They promised that Jesus who ascended to heaven and would come again in glory. There after the apostles returned to Jerusalem with great joy.
- 4) What did Jesus teach them to remove their confusion and doubt? When the two disciples talked to Jesus Christ, He scolded them for their ignorance and hard heartedness. He expounded to them from the scriptures about His passion and Resurrection.

#### VI. Write a paragraph each (any three)

1) What happened when the disciples far away from God? What was the result? After denying Jesus Christ, Peter thought that he was far away from God. So he decided to return to his former profession of fishing. He encouraged the other disciples to join him, and they went to Lake Tiberius. They worked hard all night but could not catch even a single fish. At the break of dawn, Jesus was standing on the seashore. But they did not recognize him. He asked them if they had got anything, but they said that they had caught no fish at all. Then Jesus asked them to cast the net on the right side of the boat, and the net was full of fish! They could not even draw the net because of their big catch. John was the first to recognize Jesus (John 21:1-11). There were 153 big fishes in their net. When they reached the shore with their catch and the unbroken net, they saw their breakfast ready. They were too amazed to say anything.

## <u>Unit 2. Prayer</u> <u>Chapter 11: Mar Ephrem's Teachings (Memra)</u>

#### I. Answer the following: (any five)

- 1) What we reply When the priest say "You might have listened to an exhortation from the priest before the beginning of the Promeyon"? "O Lord Jesus who blesses us! Help us by having mercy upon us.
- 2) What is the meaning of Promeyon? Preface
- 3) What is the meaning of Hoosoyo? Prayer for remission of sins.

#### **II.** Fill in the blanks:

I will both lie down in peace and sleep; for you alone, O Lord, make me <u>dwell in safety</u> (Psalm 4:8)

## III. State weather True or False (Any five)

- 1) Promyon is composed a common prayer for all the occasional prayers 
  True / False
- IV. Choose the right answer from 'B' to 'A'

## V. Define the following (Any Five)

Explain the Meaning of Mar Ephrem's Teachings (Memra) Njangalkkulla Karthave........
 Nee Nalkaname (Lord, The mercy......blessing and release)?
 O, Jesus Christ! Accept our service and prayer and shower your mercy on us. Forgive us our sins. Give us mercy and blessing from your great treasury of blessings.

- 1) Why should we stand in a good manner for hearing at the time of reciting the Premeyon-Sedra?
  - (a) This is an hour for meditation: After listening to the readings from the Holy Bible, the laity stand meditatively for the celebration of the Holy Eucharist.
  - (b) This is an hour for dedicating oneself: Normally we don't have the ability and eligibility to receive the flesh and blood of Lord Jesus Christ. We are living in a sinful world. Hence this is an occasion for us to dedicate ourselves before the Lord.
  - (c) This is an hour of reconciliation and remission of sins. We should repent for our sins. We should also forget and forgive the sins of others and get reconciled to them.

## **Unit 2. Prayer, Chapter 12:**

# The prayer 'O our Father, who art in Heaven... used in the prayers of the Canonical Hour of Terce

- I. Answer the following: (any five)
  - (i) Identify the prayers for the seven canonical hours of the Orthodox Church? Ninth Hour, (ii) Evening, (iii) Soothara, (iv) Midnight, (v) Morning, (vi) Third hour, (vii) Sixth hour

## II. Define the following (Any Five)

- Explain the significance of addressing God as Father? God has granted us the right to approach Him freely, as His children. What God expects is an intimate relationship with His children. The relationship between God and man becomes deeper when we address God as Father.
- 2) Try to connect the prayer 'Nevertheless we lack another Father who could help us' with our lives? The help for goodness and prosperity of human life comes from the Lord. We can not exist if the divine help is lost.
- III. Write a paragraph each (any three)

## Unit 2. Prayer. Chapter 13:

To learn to recite and understand the meaning of the prayer beginning "O Lord, who sittest in the secret place of the Most High...." used in the prayers for Compline .......

- I. Answer the following: (any five)
- II. Define the following (Any Five)
- III. Write a paragraph each
  - 1) Explain the meaning of Mar Severios Manesa?
    - Jesus Christ, our Lord exists in a secret place which is beyond human comprehension.
    - Jesus Christ protects me always in the shadow of the wings of His mercy
    - God gives us all we need in life and guides us without us being conscious about it.
    - We require the mercy of omnipotent God in this world and in the world to come.

# Unit 3. Hymns of Eucharistic Devotion Chapter 14: Intercessory Hymns to Mother Mary

- I. Answer the following: (any five)
- II. Fill in the blanks:
- III. State weather True or False (Any five)
- IV. Choose the right answer from 'B' to 'A'
- V. Define the following (Any Five)
- VI. Write a paragraph each (any three)

## <u>Unit 3. Hymns of Eucharistic Devotion</u> <u>Chapter 15: Intercessory Hymns to Saints</u>

- Answer the following: (any five)
  - 1) What are the components of Kukiliyon? It contains Psalms, Ekbo, Kolos and Bovootho.
- II. Fill in the blanks:
- III. Define the following (Any Five)
  - 1) What should we do when recite the Kukliyon of Saints? We seek refuge in their intercession and dedicate ourselves to live in love of God imitating their lives.
- IV. Write a paragraph each (any three)

## Unit 4. My Church Chapter 17: Stories connected with St. Thomas

- I. Answer the following: (any five)
- II. Fill in the blanks:
- III. State weather True or False (Any five)
- IV. Choose the right answer from 'B' to 'A'

<u>'A'</u> <u>'B'</u>

## V. Define the following (Any Five)

- 1) What was the miracle happened in the name of the Holy Spirit in Paravur? St. Thomas was travelling through Paravur, he came across a procession which was part of the local Hindu temple festival. Suddenly a lightening occurred and several elephants and people fell down dead. Immediately St. Thomas sprinkled water on them in the name of Holy Spirit and they resurrected.
- 2) How did St.Thomas spread Christianity in Palayur? When some people standing in a river and throwing water upwards for worshipping the Sun-God. St.Thomas told them His God was capable of retaining the water thus thrown up the mid air. Then the apostle stepped down in to the river and thrown up handful of water into the air. The water droplets glistened like beads in the atmosphere. The people who had been worshipping the Sun-God were wonder stuck and ran away.
- 3) How the corpse body of a young man who was died by snake bite saved by St. Thomas? During the travel of St. Thomas came across the corpse of a young man, the apostle became sad and started praying for that young man. After some time a snake came out its hole, the apostle entered into an argument with the snake for a long time. At last the snake took its poison back from the Youngman's body, thus the apostle saved that Youngman.

### **VI. Write a paragraph each (any three)**

1) What was the activity of St. Thomas which has become the basis of the North Indian tradition? When the Indian ruler Gondaphores had been searching for an architect to build his palace, the trader Haabaan came to the palace along with Apostle St. Thomas. The king entrusted the money for building the palace with them and went to a faraway place. When the king returned he found that the people whom he had entrusted the money with had not constructed the palace, instead they had given the funds to poor people and had spent the money on evangelical activities. The king put both of them into prison and ordered them to be flayed alive the next day. However the king's brother Gad died that day itself and the funeral was going on, his soul miraculously came back to the corpse and he became alive. Gad told his brother about the palace that St. Thomas had built for the king in heaven. Hearing this, the king repented St. Thomas and Habaan were released from prison immediately and the king was converted to Christianity.

# <u>Unit 5. The Holy Eucharist – A study</u> Chapter 19: Blessings of the Censor during the Holy Eucharist

## I. Answer the following: (any five)

- 1) Whose presence does the sweet incense indicate? The sweet smell indicates presence of the holy and consoling presence of the Lord.
- 2) What description of the Incense Altar is given in the Book of Exodus? The description of Incense Altar is given along with the description of Yehweh's tabernacle.
- 3) What is the significance of offering incense described in the book of Numbers? The significance of offering incense is done for atonement of sin.

#### II. Fill in the blanks:

- 1) The use of symbols is an important feature of the worship in Orthodox Church
- 2) The first part of the Holy Eucharist is the **Prefatory**

## III. State weather True or False (Any five)

IV. Choose the right answer from 'B' to 'A'

<u>'A'</u> <u>'B'</u>

## V. Define the following (Any Five)

- 1) What is the significance of the place where we stand at the time of church service? We are to praise and worship God at all hours every day. Hence we pray "We submit all praice, hour and worship to you on all days of feast; at all hours, times and throughout our lives". We should prepare our body and mind and stand in a disciplined manner for worship.
- 2) What are the two occasions in which people recognize the salvific act of Jesus Christ for the sake of mankind? When the devotees submit frankincense during the service of bonfire on Christmas day and when we honour the Holy Cross while incense are burned on Good Friday they remember Christ's sacrifice for the sake of human beings.
- 3) In the church worship, the priest burns incense in the censor immediately after the reading of the Promeyon, and the deacon swings the sensor throughout the time of the Sedra. Why? Because the prayers submitted at that hour rise up to heaven like sweet smell of incense from the censor.
- 4) What message do we get from the blessing of the censor? The blessing of the censor that follows indicates the manner in which our sins are remitted. We earn remission of sins from Lord Jesus Christ who said that even if our sins are as red as the red sky, he would turn them as white as snow. The blessing of censor is also a worship of the Holy Trinity.
- 5) The real significance of prayer with incense? Jesus Christ who is the second Person of the Holy Trinity became the sacrifice for the salvation of mankind. Thus He bestowed. He is mercy in both the worlds to us who are sinners so that our sins are absolved.
- 6) Why do we offer incense before God? The incense is burned indicates the presence of God and atonement for our sins, the blessing of the censor in the Holy Eucharist.
- 7) What are the four features of the place where we stand during the hour of worship?
  - (a) Before Lord Jesus Christ who blesses.
  - (b) Before the Holy Altar which gives remission of sins.
  - (c) Before the sacred and heavenly mysteries.
  - (d) In presence of adorable priesthood.

- 1) Describe an incident in which submission of incense was done for atonement of sin? When the people like Korah, Dathan, Abiram, rebelled against the leadership of Moses and Aaron, Yehweh was angry with them. 14,700 people died because of the Lord's anger and the people of Israel were sore afraid of God. Immediately Moses commanded Aaron to stand between the living and dead. As a result the plague was stopped.
- 2) What is the significance of the priest going round the altar with the censor in his hands at the beginning of the Holy Eucharist? In the prefatory part of the Holy Eucharist the officiating priest goes round the Altar carrying the censor in his hand. This is to give worship of Jesus who incarnated for the salvation of the world. This also commemorates the coming of the three wise men with gold, myrrh and feankincense to see Child Jesus.

- The priest after honouring Christ, the second Person of the Holy Trinity offers incense to the congregation. By doing so he is announcing the gospel of salvation to the entire world. The congregation accepts this gospel by bowing down and making the sign of the cross.
- 3) What are the various parts of the censor symbolize? (The censor is a representation of the mission of salvation of Lord Jesus Christ). Explain. There is a base bowl for burning charcoal. The upper bowl is a lid over the bowl for charcoal. Both these bowls together stand for the whole universe, which is the creation of God. The lower bowl filled with charcoal indicates thin sinful world. The upper bowl stands stand for heaven. The burning charcoal indicates mankind purified by fire, the grace of our Lord Jesus Christ. The chains of the censor indicate the Holy Trinity. The first chain symbolizes God the Father and the fourth one symbolizes the Holy Spirit. The second and third chains are symbols of Jesus Christ who is man and God at the same time. There are 12 small bells altogether on the four chains, they indicate the 12 apostles. There are 72 links in the four chains, they stand for 72 messengers sent by Lord Jesus Christ. In short, the censor represents the mission of salvation of Lord Jesus Christ.
- 4) "The three proclamations made by the priest holding the chains of the censor at the time of blessing the censor, is a declaration of the fundamental faith of the church". Explain. The priest while blessing the censor holds the first chain and announces "Holy God the Father is Holy". Then he holds the second and third chains together and declares "Holy God and the Son is Holy". Finally he holds the Fourth chain and declares 'Holy Spirit is Holy". Then the priest prays "The Lord purifies the incense submitted by His sinful servant by showing tender mercy upon our souls and the souls our Father, Brothers and sisters, teachers, leaders and our departed... in both the world". Then he shows incense by swinging the censor towards the laity. This is followed by the laity who received the incense fumes declaring their faith in the Holy Trinity.

## Unit 6. Dogmas of our Faith Chapter 21: Ascetic life

### I. Answer the following: (any five)

- 1) What you mean by Ascetic? One who brings one's body, mind and soul under complete control.
- 2) What do you call the place where monks live? Monastery
- 3) What do you call the place where female ascetics live? Convent
- 4) Who is the "Father of Monasticism"? St. Antony
- 5) Name the emperor who made the "Milan Proclamation"? Emperor Constantine
- II. Fill in the blanks:
- III. State weather True or False (Any five)
- IV. Choose the right answer from 'B' to 'A'

## V. Define the following (Any Five)

- 1) What are the four stages of life according to Indian thoughts?
  - (i) The first stage is 'Brahmacharya' or pursuit of knowledge during which a person lives with his teacher and acquires knowledge.
  - (ii) The second stage is 'Grahasthya' or family life led with wife and children.
  - (iii) The third stage is 'Vanaprastha' or severing of worldly relationship during which a person estranges himself from his home and lives as a pilgrim.
  - (iv) The Fourth stage (Sanyasa) s the stage of asceticism during which a person liberates himself from all bonds.
- 2) What is the reason for some people to give up family life and lead a life of celibacy? A person with family naturally has duties towards his family to attend to. Hence there had been believers from the ancient times who kept away from married life for the sake of devoting more time to the service of the Lord.
- 3) Which are the important responsibilities of ascetics?
  - (i) Ascetic life is a fellowship with God.
  - (ii) Ascetic life is meant for greater adoration of God and greater service.
  - (iii) Orthodox Church never says ascetic life is better than married life or vice versa.
  - (iv) Ascetics could spend more time in writing liturgical literature and interpretations.
- 4) What are the three principles of monasticism? Describe
  - They are Obedience, poverty and celibacy.
  - ➤ The spiritual training for asceticism was to be acquired from a Master.
  - ➤ The maturity of self discipline should be acquired through obeying the Master.
  - ➤ The vow of poverty involves willful rejection of worldly desires.
  - An important element in celibacy is opting for unmarried life. It also refers to the condition of liberating oneself mentally from all sensuous pleasures.

## VI. Write a paragraph each (any three)

1) What are the similarities and differences between family life and asceticism? All believers who received baptism have only one goal in life. Enter into Godliness through self purification. Each person has freedom to choose the path suitable for him. The choice of family life or asceticism should not be imposed by others. It should be out of one's free will. Whatever be one's choice, one should live completely faithful to it. The Church commands us not to withdraw ones the vows of asceticism are taken. The vows of asceticism should be considered analogous to the command given to a couple who opt for family life which says "Man should not separate what God has joined together."

## Unit 7. Great Men of God Chapter 24: Holistic Health Care

- I. Answer the following: (any five)
- II. Fill in the blanks:
- III. State weather True or False (Any five)
- IV. Choose the right answer from 'B' to 'A'

- V. Define the following (Any Five)
  - 1) What do you mean by health? Health defines as a physical, mental and spiritual equilibrium.
  - 2) What is health awareness? We get health as made up of the food we eat, the air we breathe, along with our favorable thoughts, traditions and surroundings.
  - 3) What are the good health habits we need to cultivate?
    - (1) Taking shower
    - (2) Play activities
    - (3) Learning
    - (4) Prayer
    - (5) Eating good food
    - (6) Observe fasting
    - (7) cleanliness
  - 4) What are the general reasons for ill-health?
    - (1) Lack of exercise and tension in life
    - (2) Diseases caused by changes in food habits and food materials
    - (3) Pollution of atmosphere and environment
    - (4) Lack of awareness about health preservation
  - 5) What should we do to protect our health? Physical exercise is essential for keeping good health. Agricultural activities and the need to walk due to lack of transportation facilities gave good physical exercise to people. The regular exercise is exercise is extremely helpful in maintaining physical fitness.
  - 6) Is there any form of spiritual exercise in the Orthodox Church that gives health to the body, mind and spirit? Prostration is a distinctive part of Orthodox worship. This spiritual exercise provides health to body, mind and soul. When one prostrate in prayer, his face goes down to the touch the earth we realize that in faith we touch the feet of our Lord.
  - 7) What type of food should we avoid? Fatty food with high calorie content should be avoided.
  - 8) How can we keep our mind pure? We should fill our mind with positive thoughts. "My heart is overflowing with a good theme" Psalm 45:1.
  - 9) What is our duty about our body to be healthy?
    - (1) My body is a gift from God
    - (2) It is my duty to keep it pure and healthy
    - (3) Along with food we are require proper exercise
    - (4) Over eating causes ill-health
    - (5) Spiritual exercises provides holistic health and peace of mind.

# **Unit 7. Great Men of God Chapter 25: Love of Nature**

- I. Answer the following: (any five)
- II. Fill in the blanks:
- III. State weather True or False (Any five)
- IV. Choose the right answer from 'B' to 'A'

A' 'B'

- V. Define the following (Any Five)
  - 1) What did God create before creating man? Before the creation of man, God created an orderly nature, God created the world and everything in it.
  - 2) What were the materials used for the creation of man? God created man from clay. God breathed the breath of life into the creature and thus man became a living being.

## VI. Write a paragraph each (any three)

1) How do we know that God takes care of nature? During the time of the Great flood God saved not only Noah and his family but also all living things. He conserved them in pairs and blessed them. God takes care of his creations. Lord Jesus Christ says "Consider the ravens, for they neither sow nor reap. And God feeds them. Jesus again says Consider the lilies how they grow: they neither toil nor spin God so clothes the grass, which today is in the field and tomorrow is thrown into the open.

Many of the parables of Jesus of Jesus Christ lived in perfect harmony with nature. He was born in a manger amidst animals, haystack and grass. Christ observed fast in the desert. He was baptized in River Jordan and He delivered his sermons in natural settings. People sang Hosanna to Christ holding the branches of olives and date palms.

- 2) What should be our commitment towards nature?
  - (1) We should protect nature
  - (2) We should not alter the natural order
  - (3) Check the use of materials harmful to Nature
  - (4) Keep the surroundings clean
  - (5) Dispose waste property
  - (6) Planting herbs, shrubs and trees
  - (7) Tube wells will lead to water scarcity
  - (8) Ensure equity in the use of natural resources.
  - (9) Return to nature
  - (10) The equilibrium of nature shall be preserved.

# Class 7 : Annual Examination Prayer

O Thou, full of mercy, renew Thy creation at the resurrection. O Lord, comfort and absolve our departed ones, who died with hope in Thee, and await Thy coming. O Lord, make them dwell in the bosom of Abraham, and of Isaac and of Jacob. May the living and the departed together cry out, "Blessed is He, who has come, and is to come, and give life to the dead'. **Amen.** 

#### OR

Anugrahangal niranjirikkunnavane! anukoolathinte divasathil ninte srishtiye nee puthuthakkename. Karthave! ninte asrayathil marichu ninte varavine nokki parkkunna njangalude marichu poyavare nee aaswasippichu punyamakkename. Abrahaminteyum Isahakkinteyum Yakkobinteyum madiyil avare nee paarppikkename. Vannavanum varunnavanum marichavare anukoolamaakkunnavanum aayavan vazthapettavanakunnu ennu sareerangalum athmakkalum shariyayittu nilavilichu parayumarakename. **Amen** 

## Hymn

#### **Bovoosa of Mor Ephrem**

Lord, Thy mercy on us cast, Use our service, every piece, Grant us from Thy treasure vast, Mercy, blessing and release.

> Let me Lord, before Thee stand, Wakefully my watch I'd keep, Should I fall to slumber's hand, Guard Thou me from sinful sleep.

Waking, if to wrong I take, Mercifully absolve Thou me; Sleeping, if a sin I make, Pardon grant in clemency.

By the Cross of Thy disgrace
Grant me, Lord, a restful sleep,
Evil dreams do Thou efface,
Wicked thoughts far from me keep.

Through the night conduct me Lord, Peaceful sleep give Thou to me Lest foul thoughts in me find hoard Phantoms lest a terror be.

Grant Thy angel's watchful view,
Guard my limbs without abate,
Hateful lusts in me subdue,
By Thy living flesh I ate.
While I lie and sleep in calm,
May Thy blood my keeper be

May Thy blood my keeper be Let my soul dwell free from qualm In Thine image mad'st Thou me.

Overshadow with Thy hand,
Me a handicraft of Thine,
Let me in Thy fortress stand,
Mercy shielding round be mine.
While my body silent lies,
May Thy pow'r its vigil keep,
Let my breath like incense rise,
T'ward Thy greatness in my sleep.
Let not evil touch my bed,
By Thy mother's pleas for me,

By Thy blood atoning shed, Satan's harm removed be.

#### OR

Njangalkkulla karthaave! njaaniha nidhra yozhinjittu unarvode nin thirumunpil nilppaan enikku nee nalkaname.

> Veendum njaan urangunnakil enikkulla ente yurakkam Karthaave! nin thiru munpil dhosham koodaathakaname.

Ennunarchayil njaan chathipedukil nin nanmayil njaan porukkappedum Urakkathil njaan pizhachengil poruppaan karuna nee cheyyaname.

> Thava ksheenathil skeeppaayaal Nallayurakkamenikku nee thaa Aaka swapnamasudhiyil ni-Nnenne nee rakshichukollaname.

Nirappu niranjayurakkathil Raavokkeyum enne nee bharikka Thannyavarum vendaaninavum Ennil mushkkaramaakkalle.

> Ninteyadiyaan njaanathinaal ente sandhikal kaappaanay, velivinude maalaakhaye enikku nee tharanam karthaave!

Dveshathapettayapekshayil ni-Nnenne nee rakshichukollaname, Uyirppetta nin dhehathe Njaananubhavichennathinaale.

> Njaan charinjanukoolathaalurangumbol ninte chorayenikku kaaval, nin manassinude suthakarmmam nin krupayode nalkaname.

Nin kai menanja sareerathil Ninte valathethaakkaname ninte karunakal kottayathaay enikku nee chuttichukollaname.

> Sareeramadangiyurangumbol kaavalathaayathu ninn shakti, saurabhyamaaya dhoopam pol enteyurakkam thirumumbil.