

ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST  
OUT SIDE KERALA REGION - CALCUTTA DIOCESE  
**ANNUAL EXAMINATION 2019**

**Time : 2 Hours**

**Class : VII**

**Total Marks : 50**

- |   |    |
|---|----|
| I. Answer the following: (Any Five)                 | 5  |
| 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 whether True or False (Any five)

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

'A' \_\_\_\_\_ 'B'

##### 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 crucifixion 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 open and can recognize Jesus what He is.
- 7) How the restrained eyes of Cleopas and other disciples opened and they recognized Jesus Christ? While travelling from Jerusalem to Emmaus, in the evening they requested 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 to them. Then their eyes were opened and they recognized Jesus Christ.

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

- 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.

**II. 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.

**IV. Write a paragraph each (any three)**

- 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 whether 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'**

**'A' \_\_\_\_\_ 'B'**

**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 Thomas? 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.





**Unit 2. Prayer**  
**Chapter 11: Mar Ephrem's Teachings (Memra)**

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 dwell in safety  
(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'**

'A' 'B'

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

- 1) 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.

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

- 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 5. The Holy Eucharist – A study**  
**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 whether True or False (Any five)**

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

**'A' \_\_\_\_\_ 'B'**

**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 praise, 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.

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

- 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 frankincense 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 this sinful world. The upper bowl stands 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'**

**'A' \_\_\_\_\_ 'B'**

**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) is 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'**

**'A'**

**'B'**

**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 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.

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

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

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

**II. Fill in the blanks:**

**III. State whether 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 properly
  - (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 srishtiyee nee puthuthakkename. Karthave! ninte asrayathil marichu ninte varavine nokki parkkunna njangalude marichu poyavare nee aaswasippichu punyamakkename. Abrahaminteyum Isahakkinteyum Yakkobinteyum madiyil avare nee paarpikkename. 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  
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**

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

Veendum njaan urangunnakil  
enikkulla ente yurakkam  
Kanthaave! 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.

Sareeramadangiurangumbol  
kaavalathaayathu ninn shakti,  
saurabhyamaaya dhoopam pol  
enteyurakkam thirumumbil.