

Workbook



THE LORD IS MY LIGHT & SALVATION
WHOM SHALL I FEAR?
"Ps 27:1"

MAHRAGAN EL KERAZA 2024



Workbook
Grades 7-8

The Lord is my light and my salvation; whom shall I fear?

Ps 27:1



THE LORD IS MY LIGHT & SALVATION

WHOM SHALL I FEAR? "Ps 27:1"



H.H. Pope Tawadros II

Pope of Alexandria &
Patriarch of the See of Saint Mark



H.G. Bishop David

Bishop of the Diocese of New York
and New England

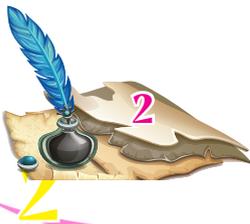




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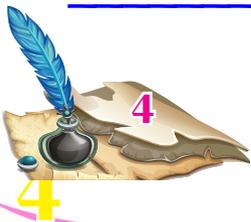


1. We believe in ____ God with ____ hypostases.
a. Three, one b. One, three c. One, two d. Three, two

2. The Father is the _____.
a. Origin b. Incarnate One
c. Begotten of the Son
d. Begotten of The Son and the Holy Spirit

3. Below, please write a verse which proves our faith in God and our doctrine concerning the Trinity.

a. _____





4. The Son is the _____.

- a. Origin
- b. Begotten of the Father
- c. Begotten of the Holy Spirit
- d. Comforter

5. The Holy Spirit is the _____.

- a. Origin
- b. Begotten of the Son
- c. Incarnate One
- d. One who Proceeds from the Father

6. God is _____. (choose all that apply)

- a. Eternal
- b. Immortal
- c. Everlasting
- d. Born

7. The angels whom God created are _____.

- a. Men
- b. Women
- c. Spirits
- d. Everlasting

8. Below, please explain how the existence of everything relies upon God.

a. _____





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9. God is above _____ and cannot be contained by it.
(choose all that apply)

- a. Time
- b. Space
- c. Jesus Christ the Son
- d. The Holy Spirit

10. Below, write a verse from the epistle of St. Paul to the Hebrews about God being all-knowing.

a. _____

11. In Matthew 10:30, we learn that even the _____ are all numbered.

- a. Hairs of our head
- b. Cells in our body
- c. The stars in the sky
- d. The sand on the seashore





12. God never _____.

- a. Has mercy
- b. Uses justice
- c. Changes
- d. Forgives

13. Below, please explain the meaning of the word "infallibility."

a. _____

14. The incarnation does not contradict _____
_____.

- a. God's Holiness
- b. God's Power
- c. God's Wisdom
- d. God's honor
- e. All of the above are true.

15. Below, please fill in the blanks to list the requirements of the Redeemer.

- a. He must be a human being to represent _____
_____.
- b. He must _____ because the wage of sin is _____.
- c. He must be infinite, because _____ was infinite, as it was directed to God who is infinite.





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- d. The Redeemer must be _____ to redeem all of humanity throughout the ages.
- e. The Redeemer must be _____ because he who lacks something cannot give it.
- f. The Redeemer must be the _____ so He may recreate mankind.

16. Below, please write a verse which tells us that God is the living One who does not die.

- a. _____

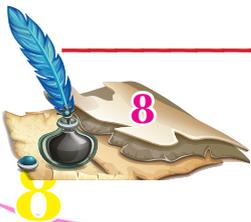
17. The word _____ means "God with us."

- a. Christian b. Antioch c. Immanuel d. Messiah

18. The word _____ means "God in us."

- a. Christian b. Antioch c. Immanuel d. Messiah

19. The essence of Christianity is that the _____ lives in us.





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- a. Eucharist b. Spirit of God
- c. Myron oil d. Baptismal font water

20. Below, please write a verse which tells us how we have become holy temples where the Holy Spirit dwells.

a. _____

21. In the _____ Theotokia, part _____, we pray
"God Who is Light, and abides in light, Who is praised
by the angels of light, the light shone from Mary."

- a. Sunday, 7 b. Monday, 9
- c. Tuesday, 5 d. Wednesday, 6

22. In the Book of Revelation, when our Lord Jesus Christ appeared to St. John the beloved, His countenance was like the _____.

- a. Sun b. Moon c. Pillar of fire d. Pillar of cloud





23. God's first work for the sake of mankind during the creation was to create _____.

- a. The Sun b. Light c. The Plants d. Water

24. Below, please write two verses which demonstrate why we must study the Word of God and keep it.

a. _____

b. _____





25. During the Sacrament of _____ we are enlightened and become the Children of God.

- a. Eucharist
- b. Baptism
- c. Unction of the Sick
- d. Chrismation

26. Below, please write an excerpt from the absolution of the Prime prayer which refers to the Lord our Light.

a. _____

27. Below, please write an excerpt from the absolution of the Midnight prayer where we ask for God to enlighten our minds.

a. _____





28. We read the biographies of the saints daily in the _____.

- a. Katameros
- b. Khoulagy (Liturgy Book)
- c. Doxologies
- d. Synaxarium

29. The Midnight praises begin with _____

- a. "Arise, children of the Light to praise the Lord of hosts."
- b. "We follow you with all our hearts"
- c. "Seven times every day I will praise your name"
- d. "With the split, the waters of the sea split and the very deep became a walkway."

30. The Bible ends with telling us about _____.

- a. The Second Coming
- b. The Heavenly Jerusalem
- c. The old earth passing away
- d. The resurrection of the dead

31. Salvation begins by partaking of the Church sacraments and is perfected by _____.

- a. Matrimony
- b. Baptism





c. Priesthood

d. Repentance and Confession

32. Below, please explain the 4 deaths which our Lord Jesus Christ saved us from.

- a. _____

- b. _____

- c. _____

- d. _____

33. Our Lord Jesus Christ is the _____
and the _____ at the same time.





- a. Father, Son
- b. Redeemer, Ransom
- c. Father, Redeemer
- d. Holy Spirit, Son

34. Even _____ believed in God's existence but was not saved proving that we cannot be saved by just believing in the existence of God.

- a. Herod
- b. Akhenaten
- c. Cleopatra
- d. Pontius Pilate

35. Below, please write a verse which indicates that faith in our Lord Jesus Christ is essential for salvation.

a. _____

36. The Sacrament of _____ allows us to be holy temples where the Holy Spirit dwells.

- a. Baptism
- b. Chrismation
- c. Eucharist
- d. Priesthood





37. Below, please list the 4 sacraments which are essential for salvation.

- a. _____
- b. _____
- c. _____
- d. _____

38. The Bible commands that if someone is sick, they should call for the _____ to pray over him.

- a. Holy Spirit b. Elders of the church
- c. Sorcerers d. Legal authorities

39. Holy Matrimony, as it was ordained by God, should be between one _____ and one _____.

- a. Man, Woman b. Man, Man
- c. Woman, Woman d. Man, Animal

40. _____ are essential for salvation because they are the fruit of sincere faith.

- a. Righteous works b. Donating large amounts of money
- c. Abundant lands and possessions d. Many children





41. Below, please write a verse from the Book of Micah which teaches us to return to God through repentance.

a. _____

42. The _____ is when God will give us a heavenly, luminous body.

- a. Resurrection of the Dead
- b. Transfiguration of the body
- c. Transfiguration on the Mountain
- d. Judgement Day

43. Below, list and describe the 4 pillars of salvation.

a. _____ = _____

b. _____ = _____





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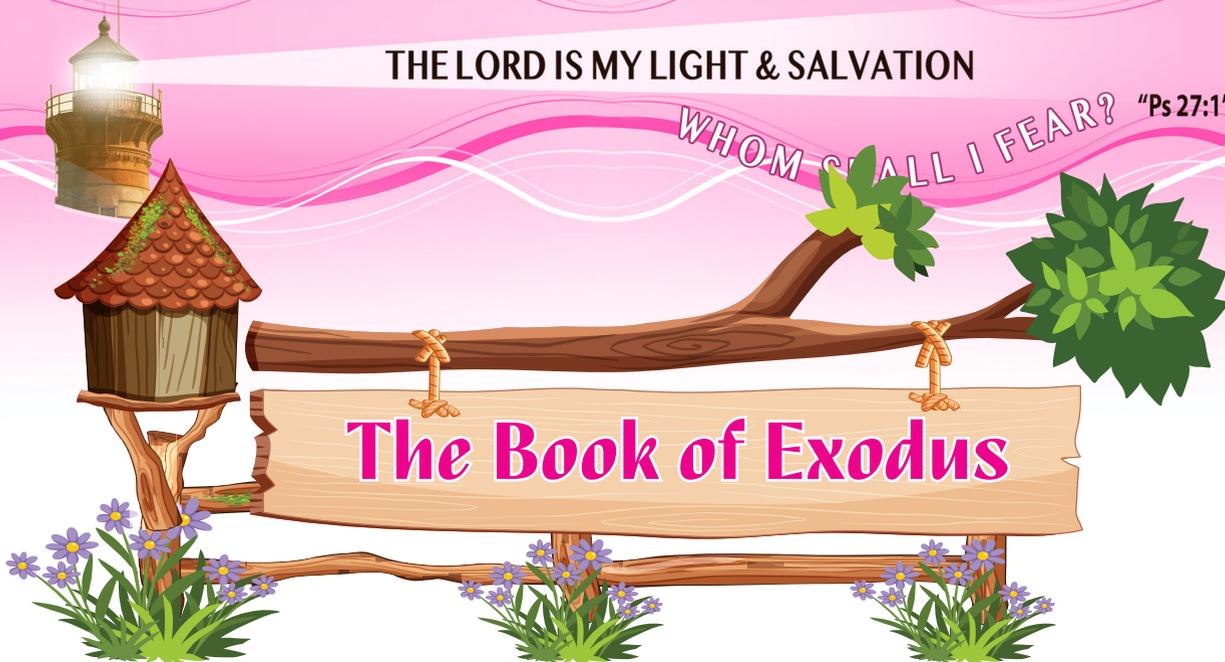
c. _____ = _____

d. _____ = _____

44. Below, please write a verse which tells us we ought to boast in the Power of God for our salvation.

a. _____





1. The Old Testament consists of ____ Books and the New Testament consists of ____ Books.
a. 46, 27 b. 27, 46 c. 26, 47 d. 47, 26
2. The Book of Exodus contains ____ chapters.
a. 30 b. 35 c. 40 d. 45
3. The Book of Exodus is about the _____.
a. Creation and fall of Adam & Eve
b. Exodus of the Children of Israel from Egypt
c. Miracle of turning the bitter water to sweet
d. Animal sacrifices of the Old Testament



4. The Book of Exodus begins with the word " _____ " denoting a continuation from the Book of Genesis.
- a. And then b. Therefore c. Now d. Amen
5. The first five books of the Bible were written by _____.
- a. Daniel b. Jeremiah c. Ezekiel d. Moses
6. The Book of Exodus begins with the Israelites in _____.
- a. The Promised Land b. Slavery
c. Canaan d. Jericho
7. The Book of Exodus continues until _____.
- a. Entering the promised Land
b. When God instituted circumcision.
c. The 2nd year after the exodus out of Egypt
d. Crossing the Jordan River
8. The Book of Exodus covers a span of about _____ years.
- a. 300 b. 400 c. 450 d. 350





9. God dwelt among the people in the _____.

- a. Temple
- b. Tabernacle
- c. Altar of Burnt Offerings
- d. Passover lamb

10. Below, please mention something done by the Israelites which symbolizes man's misconstrued desires for worldly things.

a. _____

11. Moses' brother was named _____.

- a. Ezekial
- b. Ezra
- c. Nehemiah
- d. Aaron

12. Moses' sister was named _____.

- a. Asenath
- b. Mariam
- c. Zipporah
- d. Sarah

13. Moses' mother placed him in a basket covered with _____.

- a. Fig tree leaves
- b. Tree sap
- c. Asphalt and pitch
- d. White linens





14. _____ called the child Moses.
- a. Moses' mother b. Moses' sister
c. Zipporah d. Pharaoh's daughter
15. The name Moses means _____.
- a. God hears b. Taken from the water
c. Found in the water d. Have mercy
16. Moses was raised in the house of Pharaoh until the age of _____.
- a. 20 b. 30 c. 40 d. 50
17. Moses fled from Egypt at the age of 40 because he _____.
- a. Killed an Egyptian Man
b. Stole from Pharaoh
c. Took grain from the Israelites
d. Did not want to become a slave
18. _____ was the daughter of a priest of Midian who became Moses' wife.
- a. Asenath b. Zipporah c. Deborah d. Gershom

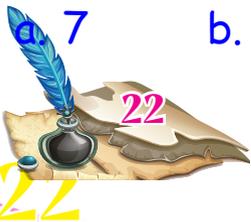




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19. _____ was a son born to Moses.
a. Manasseh b. Ephraim c. Gershom d. Isaac
20. God appeared to Moses in the burning bush after he had been in _____ for 40 years.
a. Egypt b. Canaan c. Jericho d. Midian
21. Moses died at the age of _____ on Mount _____.
a. 80, Olivet b. 120, Nebo
c. 100, Sinai d. 120, Sinai
22. When the Lord transfigured on Mount _____, Moses and Elijah appeared with him.
a. Olivet b. Gethsemane c. Tabor d. Nebo
23. Over time, when Moses allowed God to work in him, he became _____.
a. More holy than all men b. More patient than all men
c. More generous than all men d. More wise than all men
24. The church celebrates the feast of Moses the prophet on Tout _____.
a. 7 b. 8 c. 9 d. 10





25. The nation of Israel was established in Egypt when _____ and his family came under the rule of Joseph.

- a. Abraham
- b. Isaac
- c. Jacob
- d. Judah

26. Below, please write a verse from Exodus chapter 1 which shows how God allowed the people of Israel to grow.

a. _____

27. Pharaoh enslaved the Israelites and used them to build the cities of _____ and _____.

- a. Sinai, Alexandria
- b. Sinai, Euphrates
- c. Ramses, Pithom
- d. Pithom, Sinai

28. Pharaoh ordered the Egyptian _____ to kill any Israelite infants at birth.

- a. Slaves
- b. Midwives
- c. Doctors
- d. Soldiers

29. Moses' Father was named _____.

- a. Midian
- b. Reuel
- c. Jochebed
- d. Amram





30. Moses' Mother was named _____.

- a. Midian b. Reuel c. Jochebed d. Amram

31. Moses was from the tribe of _____.

- a. Levi b. Judah c. Manasseh d. Benjamin

32. Below, please write a verse which shows us how God had mercy on the Israelites after the death of Joseph, when they became subject to slavery.

a. _____

33. Origen the Scholar contemplates that Pharaoh's daughter symbolizes the _____.

- a. Jews b. Gentiles
c. Kingdom of Satan d. Fallen angels

34. Origen the Scholar contemplates that Moses is a symbol of the _____.

- a. Law b. Prophets c. Jews d. Gentiles





35. The wilderness of mount Horeb resembles the _____

- a. Asceticism
- b. Strict spiritual canon
- c. Prophecies
- d. The depth of practical experience with God

36. Mount Horeb refers to _____

- a. Animal sacrifices
- b. Crossing the Red Sea
- c. Communion with God
- d. God's people, the church

37. The Burning Bush itself resembles _____

- a. The depth of practical experience with God
- b. God's people, the church
- c. Slavery and persecutions
- d. The Prophecies

38. The thorns on the burning bush represent _____

- a. Practical experiences with God
- b. Strict asceticism in worship
- c. The Church





d. Slavery and persecutions

39. God told Moses to remove his sandals because they represent _____.

- a. The Light of the Word of God
- b. The world which is full of sin
- c. Asceticism and voluntary poverty
- d. Slavery and persecutions

40. Below, please write a verse which demonstrates the humility which Moses gained over the years through God's grace and instruction.

a. _____

41. God's Name Yahweh means _____.

- a. Everlasting
- b. I AM
- c. Immortal
- d. Pantocrator

42. When the Israelites left Egypt, they took the Egyptians'

_____.





- a. Cattle b. Livestock c. Grains d. Gold and silver

43. Below, please explain the spiritual meaning behind your answer to question 42.

a. _____

44. The burning bush is a symbol of _____ who carried the divinity and was not consumed by it.

- a. The Prophets b. The Evangelists
c. The Holy Virgin Mary d. Our Lord Jesus Christ's tomb

45. As a symbol of baptism, Zipporah _____ her son.

- a. Bathed b. Circumcised c. Tattooed d. Pierced

46. _____ was a common characteristic of the people throughout their journey in the wilderness.

- a. Complaining b. Praising





c. Thanksgiving

d. Offering sacrifices

47. Two Egyptian magicians who are recorded in 2

Timothy were named _____ and _____.

a. Joshua, Caleb

b. Jannes, Joshua

c. Jannes, Jambres

d. Jambres, Caleb

48. The Outstretched arm mentioned in this verse: "And

I will redeem you with an outstretched arm." (Exodus 6:6) is a symbol of _____.

a. Our Lord Jesus Christ

b. The Holy Spirit

c. God the Father

d. The Cross

49. Below, list and summarize 3 goals of the 10 plagues.

a. _____

b. _____





c.

50. It is important to remember that the Israelites did _____ to cause the plagues.

- a. Much work
- b. Miracles
- c. Nothing
- d. Sorcery

51. The first plague was _____.

- a. The Frogs
- b. The Lice
- c. The flies
- d. Turning the Nile River into Blood

52. Below, please explain what happened during the first plague and any symbolism which it carries.

a.





53. The first and the tenth plagues show us that _____ was necessary for the people's salvation.

- a. Blood
- b. The letter of the law
- c. Animal sacrifices
- d. Tithes

54. In the Egyptian culture, frogs were dedicated to the god _____.

- a. Pharaoh
- b. Osiris
- c. Euphrates
- d. Zeus

55. The frogs, with their disturbing sounds, resemble _____.

- a. The tower of Babel
- b. The sins of Sodom and Gomorrah
- c. Idle, nonsense words
- d. Ananias and Saphira

56. The plague of the _____ was the first one that the Egyptian sorcerers were unable to duplicate.





- a. Frogs
- b. Flies
- c. Turning the Nile River into blood
- d. Lice
- e. Diseased livestock

57. Below, please write a verse which tells us what the Egyptian sorcerers said to confess their weakness before God.

a. _____

58. The plague of the _____ was the first time the Bible mentions that God differentiated between the Egyptians and the Israelites.

- a. Flies
- b. Frogs
- c. Lice
- d. Boils

59. God told Moses to spread _____ in the wind in order to bring on the plague of the boils.

- a. Seeds
- b. Ashes
- c. Leaves
- d. Tar

60. _____ attacking the Egyptians' homes represents God's many warnings.

- a. Lightning
- b. Wild beasts
- c. Arrows
- d. Scorpions





61. The late crops (wheat and spelt) that were not destroyed by the hail were destroyed by _____.

- a. Flies b. Frogs c. Locusts d. Lice

62. God commanded that Moses bring his _____ with him as it symbolizes the Cross.

- a. Sandals b. Staff c. Knapsack d. Gold

63. The Egyptians had a god named Ra, which means _____.

- a. The sun b. The moon c. The rain d. The trees

64. Below, please write a verse which describes the intensity of the ninth plague - darkness.

a. _____

65. The darkness continued for ____ days.

- a. 2 b. 3 c. 4 d. 5





66. During the tenth plague, the _____ of each family and the animals were killed.
a. Firstborn b. Parents c. Prey d. Daughters
67. The word "Pascha" is a _____ word which means "to pass over."
a. Greek b. Latin c. Hebrew d. Aramaic
68. Part of the Passover rites is that the people should eat _____ for an entire week.
a. Lamb b. Beef c. Unleavened bread d. Leavened bread
69. The events of the Passover mark the first time the word _____ of Israel is mentioned.
a. Christians b. Counsel c. Community d. Assembly
70. The Passover lamb was acquired on the _____ day and eaten on the _____ day.
a. 5th, 10th b. 7th, 10th c. 10th, 12th d. 10th, 14th
71. Below, please describe the instructions given to the people of Israel about where they should place the blood of the Passover lamb outside their homes.





a. _____

72. The _____ placed on the lamb represent the bitterness of slavery in Egypt and sin.

- a. Tar b. Bitter herbs c. Charcoal d. Yeast

73. In the Sacrament of the Eucharist, we use _____ bread indicating that our Lord Jesus Christ carried the sins of the whole world in His body on the cross.

- a. Leavened b. Unleavened c. Whole grain d. White flour

74. To prevent the lamb from spoiling, God commanded the people to _____.

- a. Share with their Egyptian neighbors
b. Throw the remnants into the Nile River
c. Burn the remains of the lamb
d. Offer the remains as a burnt sacrifice





75. The head of the lamb represents

_____.

- a. God's ways
- b. God's love
- c. God's mercy
- d. The Mind of Christ

76. The legs of the lamb represent

_____.

- a. God's ways
- b. God's love
- c. God's mercy
- d. The Mind of Christ

77. The entrails of the lamb represent

_____.

- a. God's ways
- b. The Mind of Christ
- c. Christ's love and compassion
- d. Christ's justice

78. After the incarnation and salvation of our Lord Jesus Christ, the Passover rites were no longer needed and the sacrament of _____ became established as an everlasting sacrifice.

- a. Baptism
- b. Chrismation
- c. Unction of the Sick
- d. Eucharist





79. Below, please explain the meaning behind obtaining the Passover lamb on the 10th day and offering it on the 14th day.

a. _____

80. The angel of death went through Egypt at _____ representing the judgement of Satan on Judgement Day.

- a. The 11th hour
- b. Midnight
- c. The 9th hour
- d. The 4th watch





81. The word "Etham" means _____.

- a. Hedge
- b. Righteous
- c. Fortress
- d. Joy

82. When Etham is mentioned in the Book of Exodus, this is the first time we hear about the _____.

- a. Pillar of fire
- b. Water from a rock
- c. Bitter water made sweet
- d. Pillar of cloud

83. The bones of _____ were carried by the Israelites throughout their journey.

- a. Moses
- b. Aaron
- c. Rebecca
- d. Joseph

84. Below, please write a verse where we learn that God will defend us and fight for us.

a. _____

85. Passing through the red sea is a symbol of _____.

- a. Circumcision
- b. Baptism
- c. Chrismation
- d. Passover Lamb





86. The hymn of Moses is sung by the heavenly hosts, which we read about in Revelation _____.
- a. 3:15 b. 3:10 c. 15:3 d. 10:3
87. _____ led the praise of Moses.
- a. Moses b. Aaron c. Joshua d. Miriam
88. After the miracle of turning the bitter water sweet, God brought the Israelites over to _____.
- a. Midian b. Canaan c. Elam d. Etham
89. Elam contained _____ pools of water and _____ palm trees.
- a. 10, 12 b. 12, 10 c. 70, 12 d. 12, 70
90. The church placed the Praise of Moses in the _____.
- a. Midnight praises b. Vespers praises
c. Doxologies d. Verses of Cymbals





1. Philemon is a _____ name.
a. Hebrew b. Greek c. Latin d. Roman
2. The name Philemon means _____.
a. Belongs to God b. God listens
c. God answers d. Loving
3. Philemon lived in _____.
a. Ephesus b. Colossae c. Antioch d. Jerusalem
4. The name Archippus means _____.
a. He who has control over horses b. Loving
c. Comforts d. God listens





5. The Apphia means _____.

- a. He who has control over horses
- b. Loving
- c. Comforts
- d. God listens

6. Some say Apphia was the _____ of Philemon.

- a. Servant
- b. Wife
- c. Daughter
- d. Son

7. In the epistle of St. Paul to Philemon, he implores Philemon to accept _____ his slave who stole from him but later repented.

- a. Onesiphorus
- b. Onesimus
- c. Timothy
- d. James

8. Below, please explain why St. Paul called himself "a prisoner of Christ Jesus."

a. _____





9. Onesimus is a _____ name which means "helpful."
a. Greek b. Hebrew c. Latin d. Roman
10. Onesimus was baptized at the hands of _____.
a. St. Paul b. Philemon c. Apollo d. St. Peter
11. Tradition tells us that Onesimus became the bishop of _____ and died as a martyr.
a. Colosse b. Ephesus c. Berea d. Antioch
12. One way which St. Paul expressed gentleness to Onesimus was in using the word _____ instead of "fled."
a. Departed b. Ran c. Escaped d. Fugitive
13. One of St. Paul's goals in the epistle to Philemon was to remove the concept of _____.
a. Slavery b. Almsgiving c. Discipleship d. Prayer





14. Below, please write a verse which tells us how St. Paul encouraged Philemon to view Onesimus in a positive light.

a. _____

15. The name Epaphras means _____.

- a. God hears
- b. Lovely
- c. God gives grace
- d. Comforts

16. The Name Aristarchus means _____.

- a. God hears
- b. Lovely
- c. The best prince
- d. God comforts

17. Aristarchus was a Macedonian man from _____.

- a. Ephesus
- b. Colossae
- c. Thessalonica
- d. Greece

18. Demas is a Greek name which means _____.

- a. Earth lover
- b. God hears
- c. The best prince
- d. God comforts





1. Below, please list and explain the seven essential truths which differentiate the Christian Faith.

a. _____ :

b. _____ :

c. _____ :





THE LORD IS MY LIGHT & SALVATION

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d. _____ :

e. _____ :

f. _____ :

g. _____ :





2. It is possible for God to take flesh because He is all -

_____.

- a. Knowing b. Powerful c. Present d. Existing

3. _____ travel through wires without being seen.

- a. X rays b. TV waves
c. Electric waves d. Gamma radiation

4. God appeared to Abraham _____ times.

- a. One b. Two c. Three d. Four

5. God appeared to _____ and wrestled with him.

- a. Abraham b. Isaac c. Jacob d. Joseph

6. After his encounter with God, Jacob's name became

_____.

- a. Israel b. Joshua c. Joseph d. Manoah

7. Manoah and his wife were the parents of _____.

- a. Samuel b. St. Mary c. Samson d. David





8. God appeared to Manoah and his wife in the form of a

_____.

- a. Angel b. Man c. Cloud d. Shadow

9. God appeared to Joshua in the form of a

_____.

- a. Angel b. Man
c. Commander of an army d. Fire

10. God appeared to Gideon in the form of _____.

- a. An angel of the Lord b. A man
c. A commander of an army d. A pillar of cloud

11. God appeared to Daniel in the form of _____.

- a. An angel of the Lord b. A man
c. A pillar of cloud d. The ancient of days

12. Man is the _____ of God's creation.

- a. Lowest b. Protector
c. Crown d. Prince

13. Below, please explain why it is impossible for man to be-





come God but it is possible for God to become man.

a. _____

14. True or False: God's apparition to Abraham in the Old Testament is considered an incarnation.

- a. True
- b. False

15. The Incarnation happened at the time of the _____.

- a. Flood
- b. Annunciation
- c. Resurrection
- d. Pentecost

16. The Divinity entered the womb of Virgin Mary and our Lord took flesh from her without _____.

- a. Being born naturally
- b. Fully becoming human
- c. Sin
- d. Pain





1. The word "revelation" in Greek is _____.

- a. Etham b. Vision c. Aristarchus d. Apocalypse

2. During the night of Bright Saturday, the Lord _____.

- a. Sat on the throne in Heaven
b. Released the righteous ones in Hades who had died in the hope of salvation
c. Died on the cross
d. Resurrected from the dead

3. The praises of Bright Saturday begin with the hymn of _____.

- a. Moses b. Hannah, the mother of Samuel
c. Jonah the Prophet d. Psalm 151





4. Psalm 151 tells the story of _____

_____.

- a. David's repentance after he sinned
- b. God giving the Israelites victory over the city of Ai
- c. David's victory over Goliath
- d. David returning the Ark of Covenant to the Temple

5. The Praise of Hannah, the Mother of Samuel was sung when God answered her prayers and granted her a _____.

- a. Daughter
- b. Son
- c. Second husband
- d. Maidservant

6. The Prayer of Jonah was prayed when _____

_____.

- a. God saved Jonah in the belly of the fish for three days and three nights
- b. God gave Jonah the tree for shade
- c. God accepted the repentance of the Ninevites
- d. God saved the Israelites from Egypt





7. Below, please describe a similarity between the belly of the fish which swallowed Jonah and the tomb where our Lord Jesus Christ was buried after His crucifixion.

a. _____

8. Manasseh humbled himself during his _____.

- a. Imprisonment
- b. Captivity in Babylon
- c. Captivity in Assyria
- d. Exile in Patmos

9. The three Saintly youth were thrown into the furnace because they refused to worship the idol which _____ built.

- a. King Cyrus
- b. King Nebuchadnezzar
- c. King Ahasuerus
- d. Haman





10. God sent _____ to deliver Susanna the pure from her accusers.

- a. Ezekiel the prophet
- b. Habakkuk the prophet
- c. Jeremiah the prophet
- d. Daniel the prophet

11. Below, please write a verse which tells us about the indescribably beauty of a life with God in His Heavenly Kingdom.

a. _____

12. While the book of Revelation is being read, a bowl with _____ is placed.

- a. Myron oil
- b. Canola oil
- c. Galilouan oil
- d. Olive oil

13. _____ wicks are lit to represent the churches and the angels of the churches.

- a. Five
- b. Six
- c. Seven
- d. Eight





14. Below, please write a verse which tells us about the light which is in the Heavenly Jerusalem.

a. _____

15. Some hymns are sung in the _____ tun in the Liturgy of Bright Saturday.

- a. Sorrowful b. Palm Sunday c. Kiahk d. Lent

16. The oil blessed during the Apocalypse night is used in the sacrament of _____.

- a. Matrimony b. Unction of the Sick
c. Chrismation d. Priesthood





1. During the 4th century, many came to Egypt to learn about the practice of _____.

- a. Writing on papyrus
- b. Medicine
- c. Monasticism
- d. Astronomy

2. _____ was deposed around 306 AD by Bishop Peter of Alexandria.

- a. Meletius of Lycopolis
- b. Macedonius, Patriarch of Constantinople
- c. King Constantine
- d. Arius

3. The Arian heresy began during the time of _____.

- a. Pope Alexandros
- b. Pope Athanasius
- c. Pope Peter
- d. Pope Demetrius





4. Below, please explain the heresy of Arius and why it is a wrong teaching that contradicts the Truth.

a. _____

5. _____ came forward with a heresy that claimed there is no distinction between the three Hypostases.

- a. Macedonius b. Arius c. Sabellius d. Eutyches

6. The council of _____ in the year _____ was convened to discuss the heresy of Arius.

- a. Nicaea, 325 b. Nicaea, 381
c. Ephesus, 325 d. Ephesus, 381

7. The council of _____ was convened to discuss the heresy of _____.

- a. Nicaea, Macedonius b. Constantinople, Arius
c. Nicaea, Sabellius d. Constantinople, Macedonius





8. The council of Constantinople convened in the year _____.

- a. 325 AD
- b. 381 AD
- c. 425 AD
- d. 500 AD

9. Macedonius denied the Divinity of _____.

- a. The Father
- b. The Son
- c. The Holy Spirit
- d. Our Lord Jesus Christ

10. Pope Athanasius' parents were both _____.

- a. Greek
- b. Jew
- c. Pagan
- d. Roman

11. Below, briefly summarize the story of how Pope Athanasius became Christian.

a. _____





12. _____ bishops convened in the council of Nicaea.
a. 300 b. 320 c. 325 d. 318

13. St. Athanasius, who was only _____ years old at the time of the Council strongly defended the faith.
a. 15 b. 20 c. 25 d. 30

14. In the council of Nicaea, St. Athanasius received the title _____.
a. Seal of the Martyrs b. Defender of the Faith
c. Pillar of Truth d. The Vinedresser

15. Below, please write 4 verses which St. Athanasius used to defend the faith and explain what they mean.

a. Verse: _____

Explanation: _____

b. Verse: _____





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Explanation: _____

c. Verse: _____

Explanation: _____

d. Verse: _____

Explanation: _____

16. St. Athanasius suggested to use these terms to describe the equality between the Father and the Son. (choose all that are correct)





- a. "Equal to the Father"
- b. "Equal in Essence to the Father"
- c. "One in Essence"
- d. "Similar to the Father in essence"

17. True or False: All the members of the Council of Nicaea signed the decision to excommunicate Arius and his followers.

- a. True
- b. False

18. Our church is _____, not patriarchal.

- a. Synod-ic
- b. Ecumenical
- c. Apostolic
- d. Catholic

19. St. Athanasius was ordained patriarch in the year _____.

- a. 325 AD
- b. 300 AD
- c. 328 AD
- d. 330 AD

20. Pope Athanasius ordained the first metropolitan for _____.

- a. Eritrea
- b. Nigeria
- c. Ethiopia
- d. Syria

21. Emperor Constantine commanded _____ to tell Pope Athanasius to accept Arius back to the faith.

- a. Pope Leo
- b. Pope John Paul
- c. Eusebius
- d. Eutychus





22. Pope Athanasius was exiled ___ times during his papacy.

- a. 3
- b. 5
- c. 7
- d. 9

23. During his exile, Pope Athanasius went to the tomb of _____.

- a. St. Anthony the Great
- b. Pope Alexandros
- c. Pope Peter
- d. St. Pachomius

24. Pope Athanasius' most famous work is the book titled _____.

- a. The Paradise of the Desert Fathers
- b. The Didascalia
- c. The Spiritual Warfare
- d. On the Incarnation of the Logos

25. Below, please explain the quote which spoke of St. Athanasius being made of neither iron nor rock.

a. _____





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26. We commemorate St. Athanasius on Bashans ____.

- a. 7 b. 8 c. 9 d. 10

27. We read St. Athanasius' homilies during the ____ and ____ hours of Good Friday.

- a. 1st, 3rd b. 3rd, 6th c. 6th, 11th d. 3rd, 11th

28. Below, please share a personal lesson you learned from the life of St. Anthony.

a. _____





1. The Holy Bible begins and ends with _____.

- a. Creation
- b. Light
- c. Mankind
- d. Miracles

2. Below, please write a verse from the Book of Genesis telling us about God creating light.

a. _____

3. Below, please write a verse from the Book of Revelation telling us about God's light.

a. _____





4. The closer we get to the light, the more _____ we become.

- a. Tan b. Enlightened c. Foolish d. Burnt

5. Below, please write a verse which tells us that we ought to walk in the light.

a. _____

6. The sacrament of _____ opens our eyes to see ourselves as we are.

- a. Eucharist b. Baptism
c. Confirmation d. Unction of the sick





7. The Sacrament of _____ seals us with the Holy Spirit.

- a. Eucharist
- b. Baptism
- c. Confirmation
- d. Unction of the sick

8. The Sacrament of _____ purifies us and enlightens our hearts.

- a. Eucharist
- b. Baptism
- c. Confirmation
- d. Confession and Repentance

9. The True Christian never stops reading

_____.

- a. Textbooks
- b. Science fiction
- c. The Word of God
- d. The Kholagy

10. We must choose our friends wisely so we may have a

_____.

- a. Good help in time of need
- b. Money when we need it
- c. Favors
- d. Holy environment

11. Below, write 4 things we must do in order to become light.

a. _____





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b. _____

c. _____

d. _____

12. The _____ can cause me to fall away from light and wisdom.

- a. Word of God
- c. Ego

- b. Agpeya Prayers
- d. Family

13. Below, please write a verse about the danger of pride.

a. _____

14. _____ can prevent people from seeing the light in us.

- a. Negative emotions
- c. Asceticism

- b. Humility
- d. Fasting





15. _____ forfeits our chance to become enlightened.

- a. Negative thoughts
- b. Prayer
- c. Reading the Bible
- d. Fasting





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THE LORD IS MY LIGHT & SALVATION

WHOM SHALL I FEAR? "Ps 27:1"





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WHOM SHALL I FEAR? "Ps 27:1"



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WHOM SHALL I FEAR? "Ps 27:1"





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WHOM SHALL I FEAR? "Ps 27:1"



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THE LORD IS MY LIGHT & SALVATION

WHOM SHALL I FEAR? "Ps 27:1"

The
**LORD IS MY
LIGHT**
AND  MY
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Through the grace of God and under the auspices of His Grace Bishop David, Bishop of the Diocese of New York and New England and the current Papal Exarch of the Archdiocese of North America for H.H. Pope Tawadros II, this Mahragan book was translated and formatted by the blessed servants of the Coptic Orthodox Diocese of New York and New England. All material was translated from the Arabic Language to the English Language.



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