

# ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST



## Galilee Division Class IV (English)

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## FOREWORD

**O**rthodox Sunday School Association of the East could successfully publish Sunday School text books, modifying those in use comprehensively, according to needs of the hour. The effort behind this deserves appreciation from all angles. This publication was the result of concerted hard work from a fellowship of clergy and laity well experienced in the area of education under the capable leadership and guidance of the then OSSAE President and educational wizard H. G. Dr. Yakob Mar Irenaios and the then Director General of OSSAE and reputed Psychologist Fr. Dr. O. Thomas. Now, it has become necessary for a re-publication of those books. Let us recall thankfully those who worked behind this: we submit them in the hands of our Almighty God.

The Word of God, Church Liturgy, family prayers, life of Church Fathers and their exhortations, faith of our Church, Church History and social issues are integrated systematically and equitably developed from BALAPADOM to VEDA PRAVEEN DIPLOMA and different topics arranged in different textbooks most sensibly and in an orderly manner. There can be further modifications and corrections. All those going through these texts may note that they have the freedom and opportunity to make suggestions for improving this further.

Let us not forget one thing. Along with the topics covered in the curriculum, children come across another open text, which is the presence of their teacher, which they experience and assimilate. In young minds, which is more influential, presence of teacher or textbooks? Both are important. However, what integrates more in a child mind is the presence of teacher, as we perceive. Facial expressions happen to enlighten a person. It is a direct perception rather than sense of hearing. Mother, father, priests, teachers, elder brothers and other elders are all masters, but the one standing on top of all is mother as the saying goes, “GURUNAM MATHA SHREYASI”.

The very first open house of education is home followed by church and school. All these join to form a concept of GURUKULAM and an ongoing master – child relationship. It shall be in such a learning scenario, one has to perceive curricular and non-curricular topics with teachers and students.

With this note of Foreword, the revised print of Sunday School texts are presented before Church.

Devalokam  
01-12- 2019

**Dr. Gabriel Mar Gregorios**  
*President, OSSAE*

## INTRODUCTION

‘Spiritual education has been documented in the Holy Bible from the time of Moses as being of utmost importance. Through God’s spokesman, Moses, the Israelites were instructed to teach God’s commandments to their children, “Recite them to your children and talk about them when you are at home” (Deuteronomy 6:7). The Orthodox Syrian Sunday School Association of the East (OSSAE) is the significant movement in Malankara Orthodox Church for giving spiritual education to the children.

The ministry of being a teacher of the Sunday School is not a job or Sunday routine. It is a privilege to be chosen and used by Jesus Christ. Hence the goal of OSSAE is to give the children the firm faith in Jesus Christ our Lord. The Sunday School education should inspire them to have faith in the Triune God, partake in all salvific acts of our Lord Jesus Christ as a member of the Holy Church and also to work for the glory of the Kingdom of God.

Let the teacher be an encourager because the world has plenty of critics already. Let our method of teaching be ‘learner’ centred. Teacher shall inspire the children and be a facilitator for them. Help the student to know God, to experience God and to walk in His ways.

The parents also have a great evangelical role in moulding their children in Godliness. St. John Chrysostom opined that ‘Home Church is the cradle of Catechism’. Here St. John Chrysostom used the term “home Church’ to mean Church at home. The parents are the most influential teachers of children. They should teach their children without fail. OSSAE prepared and uploaded video classes from Balapadam to Class XII on ossaebodhanam.org. Parents should take care to teach children using these online resources along with regular classes of Sunday School.

The value of our Sunday school children is immensely great. Their value doesn’t decrease based on someone’s inability to see their worth. What God knows about them is more important than others think. Ultimately to know the will of God is the greatest of all spiritual pursuits, to understand the will of God is the greatest spiritual discovery and using Christian education to do the will of God is the greatest of life’s achievements. Let God’s will shine on the lives of our children!

Devalokam  
16-09-2021

**Fr. Dr. Varghese Varghese**  
*Director General*

## PREFACE

The OSSAE curriculum was thoroughly revised during 2012-13. The revision was done considering child psychology and giving emphasis to student centered teaching and learning. Intensive supervision of the then OSSAE President, H. G. Dr. Yakob Mar Irenaios and the leadership of the then Director General Fr. Dr. O. Thomas were the real assets in the revision process.

Prof. Dr. Sam V. Daniel, Omalloor served as the Executive Editor of the Curriculum Committee. After Fr. Dr. O. Thomas, Fr. Dr. Reji Mathew became the Director General and he worked hard day and night to complete the revision. Many distinguished persons co-operated with him to complete the lessons. Let us express the gratitude to all of them. When Fr. Dr. Jacob Kurian took charge as the Director General, he initiated the correction of printing mistakes and other errors in the first edition.

The process is still going on. It is now ten years since the new curriculum had been formulated. Present Curriculum Committee, under the leadership of OSSAE President H. G. Dr. Gabriel Mar Gregorios and Director General Fr. Dr. Varghese Varghese, is taking steps to include necessary revisions in the texts. The service of Fr. Job Sam Mathew, our Office Administrator in remodelling this book is to be mentioned with gratitude.

There are thirteen classes at present under five sections – Bethlehem, Nazareth, Galilee, Jerusalem and Tabore. This text is for class IV of Nazareth section. Here the students are of the age 7-9. This is a significant age because according to the present observations all the habitual developments of the child are complete by this age. So let us work together to help them grow like Jesus. ‘Jesus increased in wisdom and in stature and in favour with God and man’ (St. Luke 2:52). Let our child be like this.

Let the Holy Spirit help us to attain our goal. Please note that at this age children are very active and they prefer to be in action. So let them play, sing and act. Show them videos associated with our lessons. This will influence their brain faster.

Devalokam  
02-02-2022

**Prof. Dr. Cherian Thomas**  
*Publication Officer*

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## STRUCTURE OF THE LESSONS

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

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



# UNIT 1

## BIBLE EVENTS

### Chapter 1

### Abraham - The Beginnings of a Race

(Genesis 17-22)

**Message:** God selects certain people to implement the divine will. He makes covenants with His people. If the 'elect' people obey His commandments, God will bless them abundantly and will delegate them for His purpose.

**Verse to be Memorized:** "Abraham believed God, and it was reckoned to him as righteousness" (Romans 4:3).

**Learning Aids:** A map in which the places travelled by Abraham are marked, pictures of the altar for sacrificing animals, and tents for temporary residence of man.

#### Introduction

Abraham and his nephew Lot travelled to Canaan from Haran. However, they got separated. Lot loved wealth and comforts. Abraham tried to help Lot in difficult situations. You might have heard about the signing of peace treaties between countries? Before constructing a building a contract is signed between the owner and the contractor. Let us see how God made his covenant with Abraham, how He tested Abraham and how Abraham responded.

#### The Lesson

Yahweh revealed Himself to Abraham when the latter was 99 years old. Sarah was the wife of Abraham. Yahweh made a covenant with Abraham. He made several promises to Abraham. Abraham would be abundantly blessed if he sincerely kept the commandments of God. Here is a list of such promises.

1. Abraham would become the 'Father of Nations'.
2. A son would be born to him.
3. He would get the fertile Canaan as his share of land.
4. A new race would originate from Abraham.
5. Several kings would rise up from Abraham's clan.

However Yahweh prescribed certain conditions to Abraham.

1. Abraham's posterity should obey Yahweh's covenant.
2. All male children should be circumcised on the eighth day.
3. They should accept Yahweh as their God for ever.

From that day the practice of circumcising all male children of the Jews started. Circumcision was the physical sign of the covenant between God and Man. Humans had to feel it. Abraham and his son Ishmael born of Hagar, got circumcised on the same day. Abraham was 99 years old and Ishmael was 13 years old at that time. (Child Jesus who was born as a Jew was circumcised according to this law on the eighth day. We read about it in St. Luke 2:21). See how God's Law is being fulfilled in Jesus.

Let us also learn another incident in the life of Abraham. He loved to receive the host and serve food to his guests. He prepared a delicious dinner to three men of God in the Oak grove at Mamre. There a son was promised to Abraham through Sarah, his wife. Sarah bore a son to Abraham. Abraham named him 'Isaac'. As Isaac was born out of God's promise he was also called 'the Promised Son'. On the eighth day the child was circumcised. That family lived together happily.

Yahweh decided to test Abraham's faith and obedience. He commanded Abraham to offer his only son Isaac as a sacrifice! What a painful command! But Abraham obeyed Yahweh faithfully. He decided to offer the sacrifice as commanded to God. He took his son to the top of Mount Moriah. He tied Isaac's limbs and laid him on the altar over the wood. When Abraham lifted his knife to slay his son, Yahweh's angel stopped him. Abraham heard the voice "Abraham, lay down the knife; don't hurt the boy."

The angel said Abraham proved to be fully obedient to God because he did not hesitate to sacrifice his only son to Yahweh. Looking around, he noticed a ram caught by its horns in a bush. He sacrificed it to Jahweh instead of his son. He surrendered to God and got blessed.

Abraham fully trusted Yahweh. Therefore Yahweh gave him all the blessings on this earth. He was raised as a large nation. A new race (the Israelites) originated from Isaac. Abraham's life of obedience to, and trust in God is a beautiful example of unflinching faith in God.

### Hymn

God who did'st rescieve the lamb  
Blameless Abel brought  
Who the gift of Noah took  
Abram's sacrifice  
See our fast and hear our pray'r  
Answer by Thy grace our pleas.

.....

### Let Us Pray

*O God of Abraham, Isaac and Jacob, help us to trust in You completely and live in total obedience. Amen.*



*Abraham receives the angels in front of his tent*

.....

**Resolution**

*We will rely fully on God and trust in Him in all our life situations.*

.....

**Let Us Think**

1. How old was Abraham when Yahweh appeared before him?

.....

2. What was the law given to Jewish boys on the eighth day of their birth?

.....

3. Where did the three men of God visit Abraham?  
.....
4. What is the name of the promised son born of Abraham and Sarah?  
.....
5. Who do you think the three men were?  
.....

### Activities

- 1) Write five words connected with animals sacrificing. Join the letters given in circles to form words.
  1. (f)ig          sure( )          =
  2. (w)ar          food( )          =
  3. tr( )vel( )      p( )t          f( )r          =
  4. e( )lephant      h( )lf          m( )le          b( )ok =
  5. (k)now                  f( )sh          t( )an          h( )erring          =
- 2) Choreograph with your teacher's help the scene of Abraham taking Isaac to the sacrifice.
- 3) Match the suitable words by drawing a line

A	B
1. <span style="border: 1px solid black; padding: 2px;">Moriah</span>	<span style="border: 1px solid black; padding: 2px;">Lot</span>
2. <span style="border: 1px solid black; padding: 2px;">Abraham</span>	<span style="border: 1px solid black; padding: 2px;">Circumcision</span>
3. <span style="border: 1px solid black; padding: 2px;">Sodom</span>	<span style="border: 1px solid black; padding: 2px;">Grove</span>
4. <span style="border: 1px solid black; padding: 2px;">Ram</span>	<span style="border: 1px solid black; padding: 2px;">Hill</span>
5. <span style="border: 1px solid black; padding: 2px;">Mamre</span>	<span style="border: 1px solid black; padding: 2px;">Sarah</span>
6. <span style="border: 1px solid black; padding: 2px;">Jew</span>	<span style="border: 1px solid black; padding: 2px;">Sacrifice</span>

### Further Reading

Day	Morning	Evening
Sunday	*	Genesis 12:1-9
Monday	Proverbs 25:1-10	Genesis 16:1-6
Tuesday	Psalms 137	Genesis 16:7-16
Wednesday	St. John 14:1-7	Romans 4:1-10
Thursday	1 Corinthians 13:9-13	Romans 4:13-25
Friday	Hebrews 11:17-24	Hebrews 11:1-8
Saturday	Hebrews 11:25-30	*

## Chapter 2

# Isaac - The Promised Son

(Genesis 21, 24, 25:19-34)

**Message:** All the promises given by Yahweh to Abraham got fulfilled through his promised son Isaac.

**Verse to be Memorized:** “Your offspring shall possess the gate of their enemies, and by your offspring shall all the nations of the earth gain blessing for themselves, because you have obeyed my voice” (Genesis 22: 17-18)

**Learning Aids:** The picture of a Jew on a camel’s back, the picture of a Jewish bride.

### Introduction

Who all lived with Abraham in his household? His wife Sarah, the promised Son Isaac, maid Hagar and her son Ishmael. Today we are going to learn about Isaac, the promised son of Abraham.

### The Lesson

Isaac was born to Abraham and Sarah in their old age. The promised son was named Isaac (which means ‘laughter’). He was circumcised on the eighth day according to God’s commandment. Sarah, thinking that the father’s legacy will fall on the first born Ishmael, hated Hagar and her son. Hence on God’s command Abraham banished his maid and her son from his household. They went away and lived in the desert.

Isaac like his father Abraham, was faithful to Yahweh. Isaac always prayed to God. Isaac was an obedient son. He grew up as a loving and obedient son of his parents. Sarah died at Hebron. She was buried in the cave of Machpelah. When Abraham reached ripe old age, he sent his faithful servant Eliezar on an important mission to find a bride for his son. Yahweh helped Eliezar to find a beautiful young girl, Rebekah. She was the grand daughter of Abraham’s brother Nahor and the sister of Laban. Eliezar gave the ornaments and gifts sent by his master to Rebekah. He took her to Isaac’s house with the permission of her parents and brother Laban. Isaac married Rebekah.

Isaac and Rebekah had no children. So they prayed devotedly to Yahweh. God heard their prayers. Two children were born to them - Esau and Jacob. When Rebekah was pregnant God told her that two nations will be born out of her womb and that the elder will serve the younger. Rebekah loved Jacob more, whereas Isaac had greater love for Esau (Shouldn’t parents show equal love to all their children?). Eventually



*The sacrament of marriage*

this became a cause for quarrel. When he was hungry, Esau sold his birthright to his younger brother Jacob for a plate of stew. (As per the Jewish law, the eldest son had the right for half of his father's property, the right to retain the family name and the right to receive father's blessings). Everything happened according to the plan of God.

### Hymn

God who-blessed the righteous ones of old, in His mercy  
Bless thee thy servants. O Lord, have mercy on us.  
God who-blessed Eve along with Adam in His mercy...  
God who-blessed Sarah along with Abraham in His mercy...  
God blessed-Isaac to Rafka along with Isaac in His mercy...  
God who-blessed Rachel along with Jacob in His mercy...  
God who-blessed Joseph in land of Egypt in His mercy...

.....  
**Let Us Pray**

*O loving God, enable us to grow up as obedient children like Isaac. Help us to respect and obey our parents. Amen.*

.....

**Resolution**

*We will live as obedient children of God who love all equally.*

.....

**Let Us Think**

- 1 Who was Abraham's 'promised son'?  
.....
- 2 What was the name of Isaac's wife?  
.....
- 3 Name the two sons of Isaac.  
.....
- 4 Who among his children did Isaac love more?  
.....
- 5 Who did Rebekah love more?  
.....
- 6 What is meant by "eldest son rights" according to the Jewish law? How will other children take it?  
.....  
.....
- 7 What was Yahweh's prediction regarding Isaac's sons?  
.....  
.....
8. Would you defend parents loving one of their kids more than their other children?

**Activities**

1. State whether true or false.
  - 1. Ishmael is the first son of Sarah.  True  False
  - 2. Hagar was the maid of Abraham.  True  False
  - 3. Isaac was the Promised Son.  True  False

2. Explain the bright aspects of Isaac's character? (example; Like his father, Isaac also worshipped the true God).

.....  
.....  
.....

3. Where was Isaac on the evening when Eliezar was bringing Rebekaha to him?

.....

4. Can you imagine why Abraham's son was given the name 'Isaac' meaning, "laughter"? Who was one who laughed? Try to find out the biblical reference.

5. What were the gifts sent by Abraham to his son's bride? Refer to Genesis 24:22 and 53 and tick the correct answers.

- 1. A gold nose-ring
- 2. Two golden bracelets
- 3. Silver ornament
- 4. Gold ornaments
- 5. New clothing for the bride
- 6. Valuable presents to the bride's mother and brother

6. With your parents' consent attend a sacrament of marriage to which you are invited. Attend the function fully and observe it carefully.

7. Discuss the prayers and rituals used in the sacrament of marriage.

### Further Reading

Day	Morning	Evening
Sunday	*	1 Samuel 1:4-21
Monday	Psalms 46	St. Luke 1:5-18
Tuesday	Psalms 34	Genesis 22:8-21
Wednesday	Genesis 28:1-10	Genesis 19:1-13
Thursday	Genesis 19:14-28	Genesis 23:1-20
Friday	Genesis 25:12-18	Genesis 26:12-25
Saturday	Hebrews 6:13-20	*

## Chapter 3

# Jacob and the Twelve Tribes

(Genesis 27, 30)

**Message:** As per Yahweh's promise, a great nation originated from Abraham's grand son, Jacob.

**Verse to be Memorized:** "Sons are indeed a heritage from the Lord, the fruit of the womb a reward" (Psalms 127:3)

**Learning Aids:** A chart showing Abraham's genealogy.

### Introduction

The Jews were proud of their posterity and ancestry. Yahweh told Abraham, who had no children till his old age, that his children would increase like stars in the sky. The Jewish race developed from Jacob who received his father's blessings. Today we are going to learn about Jacob getting the blessings of his father.

### The Lesson

We studied how Jacob the younger of the two sons of Isaac got the eldest son's rights. Later he earned blessings from his father which was rightfully due to his brother. Here is the story. When Jacob grew old, he became half-blind. One day he called the elder son Esau and told him, "See, I am old; I do not know the day of my death. 3 Now then, take your weapons, your quiver and your bow, and go out to the field, and hunt game for me. 4 Then prepare for me savory food, such as I like, and bring it to me to eat, so that I may bless you before I die" (Genesis 27:2-4).

Esau went out for hunting. Rebekah overheard the conversation. She prepared Isaac's favourite dish and asked Jacob to take it to his father. Esau was covered with hairs on his body. In order to pass for Esau, Rebekah covered Jacob's hands with goat skin. The father ate his fill, was satisfied and blessed Jacob taking him for Esau. Thus with his mother's help, Jacob seized the eldest son's rights completely. Soon Esau returned with his food and asked blessings from his father. When Isaac identified Esau he became very unhappy. He said "Who was it then that hunted game and brought it to me, and I ate it all before you came, and I have blessed him?—yes, and blessed he shall be!" Esau hated Jacob for tricking the father.

Jacob was afraid that Esau would take revenge on him. On his mother's advice, he fled to his uncle Laban's house. While living there, he married Laban's daughters Leah and Rachel. He had thirteen children from the wedlocks. Leah, Jacob's wife gave

birth to six sons and a daughter - They were Reuben, Simon, Levi, Judah, Issachar, Zebulun and Dinah. Jacob loved Rachel more. She gave birth to two sons - Joseph and Benjamin. Besides Rachel's servant-girl, Bilhah, gave birth to two sons - Dan and Naphtali. Leah's servant-girl, Zilpah, gave birth to two sons - Gad and Asher. Thus Jacob had twelve sons and a daughter.

Later, Jacob returned to the house of his father leaving Laban's household. He took his wife and children with him. On the way at Jabbok fork he wrestled with an angel of God and became victorious. Hence God gave him a new name 'Israel' which means "One who wrestles with God" (Genesis 32:28). Moreover God promised that, through him and his descendants all nations of the world would become blessed.

Yahweh transformed Jacob's scheming heart and blessed him. He was given the name Israel. The twelve sons of Israel became leaders of the twelve tribes. The names of these tribal chiefs are given as a song at the end of this lesson. Sing and learn it by heart. The twelve are also described as the 'twelve patriarchs'. The descendants of Jacob became known as Israelites. Each tribe was given its duties and status at the time of Moses. The tribe of Levi was earmarked for priestly duties. Jesus Christ, the Saviour of the world, was born from the tribe of Judah.

### Hymn

Jacob had twelve sons  
They are twelve tribes of Israel  
Reuben, Simeon, Judah  
Zebulun, Issachar  
Then Dan, Gad, Asher  
Naphtali, Ephraim  
Manasseh, Benjamin.

.....

### Let Us Pray

*O Lord who blessed Abraham, Isaac and Jacob, shower Your blessings upon us. Amen.*

.....

### Resolution

*We will lead our lives as good children so that God will shower His blessings on us.*

.....

### Let Us Think

1. Who was the younger son of Isaac?
- .....

2. How did Jacob earn all blessings from his father?

.....  
.....

3. Do you think it was right for Jacob to usurp the brother's rights?

.....

4. Where did Jacob flee to fearing Esau?

.....

5. Name the two wives of Jacob.

.....

6. How did Jacob get the name 'Israel'? What does the term mean?

.....

7. Name the thirteen children born to Jacob.

**Activities**

- Draw the family tree of Jacob (His wives, servant-girls, twelve sons, daughter)

## **Findout my name**

I am a very big nation  
My name is Ice, not in Moses  
In slate, not in plate  
In Ram, not in ham  
In Judas, not in Judges.

## **Further Reading**

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Genesis 28:10-15
Monday	Psalm 133	Genesis 28:16-22
Tuesday	Genesis 32:22-32	Genesis 35:9-15
Wednesday	Proverbs 22:15-20	Hebrews 2:1-4
Thursday	Leviticus 19:30-37	Hebrews 12:9-13
Friday	St. Luke 1:76-80	1 Thessalonians 5:1-11
Saturday	Psalm 128	*

## Chapter 4

# Joseph and his Brothers

(Genesis 37,39)

**Message:** It is not right to feel jealous at the growth of others. On the other hand one should feel happy about their fortune.

**Verse to be Memorized:** “Your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring” (Genesis 28:14).

**Learning Aids:** The picture of King Pharaoh seated on his throne. Pictures of date palms, sheaves in the field and royal golden.

### Introduction

Do you have dreams? Are they good dreams or frightening ones? Do dreams have meaning? Will they come true? Today we are going to learn the story of a boy whose dreams became a reality.

### The Lesson

We have learned that Jacob had twelve sons. Among them, Jacob loved his eleventh son, Joseph, most. One day Jacob made a gift of a brightly coloured tunic to Joseph. This caused jealousy in his brothers. Besides Joseph had two dreams. One was that while he and his brothers were binding sheaves in the field, the sheaves of others bowed before Joseph's sheaf. In the other dream, the sun, the moon and eleven stars were found to bow before Joseph. These dreams meant that Joseph will rule over others. When the brothers heard this, they hated him all the more.

Do you think that Joseph is excessively proud and boastful? Joseph was quite innocent. What he did was only saying aloud the truths revealed by Yahweh. One day Joseph went to the place where his elder brothers were tending sheep. The jealous brothers decided to kill the “dreamer”. Then Reuben, the elder brother, hoped to spare Joseph's life and dissuaded others from committing murder. Finally they threw Joseph into a dry well. When Reuben was away, the rest of the brothers sold Joseph to a caravan of Ishmaelite traders. The traders took him to Egypt and sold him to Potiphar, the captain of the bodyguards of King Pharaoh. See the fate of an innocent boy!

In Egypt, Joseph lived his days relying on God. Potiphar noticed that the Lord was with Joseph in a special way so that everything he did succeeded. Soon he was

put in charge of Potiphar’s household. Potiphar’s wife tempted Joseph to commit adultery. She told lies to her husband and got the poor Joseph imprisoned. But the Lord was with Joseph. yahweh gave him great wisdom to interpret Pharaoh’s dreams. Pharaoh was pleased with Joseph’s interpretations and placed him in charge of all the land of Egypt.

See how Joseph rose up from the dry well to the position of Pharaoh’s second-in-command. Yahweh stood with him and made everything he did successful.

### Hymn

The way of world is sinful way  
Don’t go that way dear child  
Satan is sure to capture and  
Throw you into well of Death  
The way of Truth is way of Life  
Where our Lord shall be our Guide  
If we follow Him behind  
We are sure to reach His Home.

.....

### Let Us Pray

*Help us O Lord, as You have helped Joseph, to overcome the crises and difficulties encountered in our daily lives. Amen.*

.....

### Resolution

*We shall overcome temptations and live by trusting in God in our lives.*

.....

### Let Us Think

1. Who among his sons did Jacob love most?  
.....
2. Why did the brothers feel jealous of Joseph?  
.....  
.....
3. Describe the dreams of Joseph?  
.....  
.....
4. Read the biblical passage describing Joseph’s two dreams and retell them in your own words (Genesis 37:5-11).

5. Describe Joseph's explanation of the dreams seen by King Pharaoh (Genesis 41:15-37).
6. List the positions earned by Joseph because he interpreted the dreams (Genesis 41:40-45).

### Activities

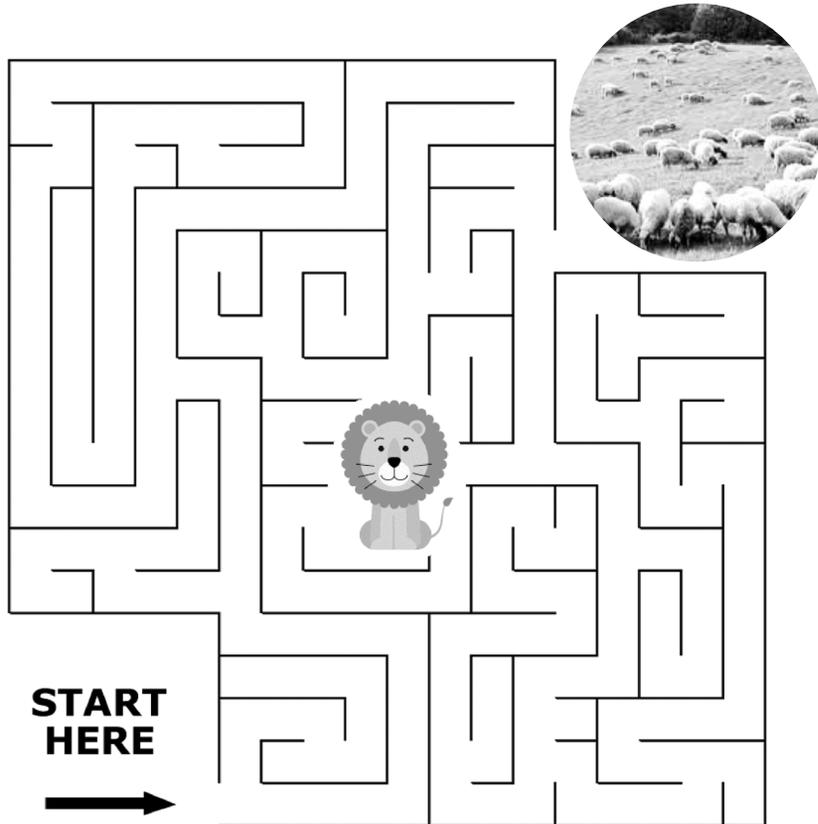
1. Arrange the following events in the chronological order.
  - Jacob dreams sheaves of grain.
  - Jacob gifts a decorated tunic to Joseph.
  - Joseph becomes the second in command of Pharaoh.
  - Joseph thrown into an empty well.
  - Joseph is imprisoned.



*The sheaves of his brothers bow to the sheaf of Joseph*

2. Find the way.

Joseph wants to reach the place where his brothers are grazing goats. Can you show him the way? Take care to avoid the lion on the way.



Further Reading

Day	Morning	Evening
Sunday	*	Proverbs 25:1-22
Monday	St. Luke 6:27-38	Daniel 4:18-22
Tuesday	St. Luke 11:5-13	Daniel 4:23-28
Wednesday	Acts of Apostles 9:36-43	St. John 15:10-18
Thursday	St. Matthew 10:40-42	St. Matthew 5:43-48
Friday	Isaiah 38:1-15	Genesis 37:1-36
Saturday	Genesis 39	*

## Chapter 5

# Jacob and his Family in Egypt

(Genesis 41-45)

**Message:** Forgiveness is a spiritual virtue. God blesses those who forgive others.

**Verse to be Memorized:** “Those with good sense are slow to anger, and it is their glory to overlook an offense.” (Proverbs 19:11)

**Learning Aids:** Pictures of Nile river, farm products of Egypt, animals and Pharaoh’s chariot.

### Introduction

What a sad situation it is when a dear one is away for a long time or someone in a family is found missing. We should also pray that such people be found again. Today we are to learn an incident of a father and brother meeting a ‘missing’ person.

### The Lesson

Jacob was a father who mourned for long over the loss of his dear son Joseph. Jacob tore his garments and put on sack cloth and mourned for his son for many weeks (Genesis 37:34). Joseph, who was wronged by his brothers rose to the position of Pharaoh’s second-in-command in Egypt. Neither his father, Jacob, nor his brothers came to know about this. Years passed by.

There was a great famine in the land. However there was plenty of grains in the store houses of Egypt. Joseph who was the minister had collected plenty of grains during the seven years of plenty. This was used during the seven years of famine. When Jacob heard that there was grain available in Egypt, he sent his sons with money to buy it. The grains were sold under the supervision of Joseph. The brothers did not recognize Joseph who was wearing the chief minister’s clothes and ornaments of authority. But Joseph recognized them instantly.

Joseph took pity on his brothers and gave them grain. He asked about their home and instructed them to bring their youngest brother Benjamin the next time they came. Till then one of the brothers would be detained in Joseph’s palace. The brothers were in distress as they had to leave behind Simeon. They returned home and told all that happened, to their father. Jacob was worried that they had left behind Simeon and had to take Benjamin to Egypt. However he let Benjamin go with others to Egypt.

When Joseph saw his younger brother Benjamin, he was overcome with emotions and bursted out in tears. He also revealed to his brothers who he was.

What an emotional event that meeting would be! Later Joseph brought Jacob and his entire household to Egypt. They were seventy in number altogether. Since Joseph was an efficient minister of Egypt, King Pharaoh gave Joseph and family special concessions and farm lands. Joseph lived there for seventeen years and died. Before his death he blessed his sons.

Joseph lived upto the age of 110. He saw his sons and grandsons. Since he relied on God, the Lord delivered him from all misery and raised him to a high position in life.



*Joseph embraces Benjamin. Other brothers in the background.*

## Hymn

We are thy children, O Jesus, shelter us all in thy hands;  
Shower upon us thy entire grace and lead us all to salvation

.....

## Let Us Pray

*O Lord, we realize that to forgive is divine. Let our sins be forgiven. Give us the wisdom and humility to forgive those who do us wrong. Amen.*

.....

## Resolution

*We will try to cultivate the quality of forgiving others and will lead our lives as good Christians.*

.....

## Let Us Think

1. How did Joseph become the chief minister of Egypt?  
.....
2. How did the Egyptians manage the famine under Joseph's leadership?  
.....
3. Why did the brothers of Joseph come to Egypt?  
.....
4. They could not recognize Joseph, Why?  
.....
5. How did Joseph's brothers recognize him?  
.....
6. What did Joseph tell his brothers after giving them grain?  
.....
7. Who was detained in the palace?  
.....
8. When did Joseph burst into tears?  
.....
9. What do you think of Joseph who did not take revenge on his brothers?  
.....
10. How did Jacob and his family come to live in Egypt?  
.....

## Activities

1. Present the reunion of Joseph and brothers in the form of a skit. Your teacher will help you.
2. Name the following.
  1. The youngest brother of Joseph.
  2. Joseph's brother who was detained in Egypt.
  3. Joseph's father.
3. Rearrange the jumbled spellings in the correct order. You can find out certain things used by the Pharaoh.
  1. nahciogdl
  2. puc
  3. hcirato
  4. hresso
  5. igttesigrn

## Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Joshua 24:29-33
Monday	Proverbs 1:7-19	Judges 4:4-9
Tuesday	Proverbs 27:1-4	2 Kings 13:20-21
Wednesday	Proverbs 27:9-12	2 Kings 20:1-6
Thursday	Psalms 12	Exodus 23: 1-3
Friday	2 Deuteronomy 1:1-12	1 Deuteronomy 17:01 -12
Saturday	Psalms 20	*

## Chapter 6

# Child Jesus is Presented at the Temple

(St. Luke 2:22-40)

**Message:** We are all dedicated to God. Let us live with this sense of dedication.

**Verse to be Memorized:** “Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles- the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned” (St. Matthew 4:15-16).

**Learning Aid:** The picture of the Temple of Jerusalem.

### Introduction

The people of Israel were waiting for a saviour since the Old Testament times. Several prophets had predicted the birth of a saviour. When His parents took child Jesus to the temple of Jerusalem for the first time, two old people recognized Him as the saviour; and praised the Lord. Let us learn about those old people today.

### The Lesson

Have you seen parents taking their child for baptism? When we were baptized, we were dedicated to the Lord. Do you know why the Jewish children were taken to the temple for the first time? As per the law of Moses, every newborn child was dedicated to Yahweh at the temple of Jerusalem on the fortieth day of birth.

Like other Jewish boys, Jesus Christ was also circumcised on the eighth day of His birth. Also He was named Jesus on that day. After the days of purification (40 days) were completed, Joseph and Mary took the child to the Temple of Jerusalem to present Him to the Lord. They also offered a sacrifice of a pair of turtle doves or pigeons on the occasion (Read Leviticus 12:6-8)

Another surprising incident happened at the temple. There was a very old man in the temple waiting for the coming of Christ. His name was Simeon. The Holy Spirit had revealed to him that he would not die till he had seen Lord's Christ. He recognized Christ as soon as he saw Child Jesus. He took Him up in his arms prayed and blessed Him. He said, “Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel” (St. Luke 2:28-32).

Hanna, a prophetess of grand old age, also identified child Jesus. She had been awaiting the arrival of Christ for long. She approached the child and gave thanks to the Lord. The Church observes that day (February 2) as Feast of Entrance to the Temple (Mayalho) in order to commemorate Jesus Christ's entry into the Jerusalem Temple.



*Simeon and Hanna in front of the temple looking at Infant Jesus*

### Hymn

Incarnate-with Mother Mary's vows-of-virginhood  
Free of any da-mage O Lord  
Have mercy on us  
Revered by -wisemen with gifts  
Shepherds of flock  
With offers of homage-O Lord  
Have mercy on us  
Incarnate-For us gentiles  
in gracious Grace  
Trotted along in-Bethlehem O Lord  
Have mercy on us.

.....  
**Let Us Pray**

*O Christ, Enable us to live waiting for You, rooted in faith as you have enabled old Simeon and Hanna to do so. Amen.*

.....

**Resolution**

***We need nothing but God our Lord, in our life as well as in death.***

.....

**Let Us Think**

1. When was child Jesus circumcised?  
.....
2. Why did the parents offer two young pigeons as sacrifice? (Levictus 12:8)  
.....
3. Name two holy oils used in our baptism.  
.....
4. How old was Hanna, the prophetess?  
.....
5. What does the word 'Mayaltho' mean?  
.....

**Underline the correct answer**

1. The old man who blessed child Jesus at the temple.  
(Levi, Simeon, Joseph)
2. On which day was a newborn boy circumscribed.  
(Third day, fortieth day, Eighth day)
3. What did the parents of Jesus give as sacrifice?  
(Two young pigeons, a goat, a sheep)

**Further Reading**

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	St. Luke 2:41-52
Monday	St. Matthew 2:13-15	St. Matthew 2:41-52
Tuesday	Psalm 92:12-15	St. Matthew 2:19-23
Wednesday	Psalm 71:5-9	Isaiah 53:1-6
Thursday	Proverbs 23:22-25	Isaiah 53:7-12
Friday	Genesis 25:8-11	Isaiah 40:4-11
Saturday	Levictus 13:11-14	*

## Chapter 7

# St. John the Baptist and the Baptism of Jesus

(St. Luke 1:8-25, 1:57-66, 3:1-22)

**Message:** We are joined to Jesus Christ through the sacrament of baptism.

**Verse to be memorized:** A voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased” (St. Matthew 3:17)

**Learning Aids:** The pictures of Jordan river and a dove.

### Introduction

How does a government prepare to receive the Head of state of another country? All the security personnels will have a busy time, won't they? They would take all possible measures to make the visit successful and safe. John the Baptist was sent by God to foretell the birth of Jesus Christ and to prepare his way (Read St. John 1:6, 23). Let us learn about him today.

### The Lesson

St. John the Baptist was the ‘forerunner’ of Jesus Christ and he was born to “prepare” the way for Christ. As John the Baptist was baptizing people in Jordan river, Jesus too stepped into the water and came towards him to be baptized. John the Baptist tried to prevent Him saying, “I need to be baptized by you, and do you come to me?” (St. Matthew 3:14). Jesus replied that it was needed to fulfil all righteousness. Then John baptized Jesus Christ also. After His baptism, Jesus came out immediately from the water. Suddenly the heavens were opened to Him and the Spirit of God descended upon Him like a dove. A voice come from heaven, saying “This is my Son, the Beloved,[d] with whom I am well pleased”.

The baptism of Jesus Christ is the first occasion in which the Holy Trinity (Father, son and the Holy Spirit) is revealed. The Church commemorates Christ's baptism in the festival of ‘Danaha’ (January 6). The word ‘Danaha’ means ‘dawn’. In early times the Oriental Churches gave more importance to this festival. This festival is also known as ‘Epiphany’ in the sense that it is the festival of the revelation of the Holy Trinity and the festival of light.

The then world might have found it difficult to digest the great truth that the Son of God was a human being. Only those people who repent of their sins and have faith in God could comprehend this truth. John the Baptist's mission was to prepare the people for the truth. He did it through his speeches and his baptism of repentance. In that sense he was the forerunner of Jesus Christ.



*The Holy Spirit descends like a dove*

### Hymn

Pro-TECT—O Lord! with Thy cross  
These infants-to be baptized  
Za-chariah's Son fore-told us  
A-bout this baptism long back  
I baptize you—in this water  
The One to come-baptize in Spirit  
As ZACHA-riah's Son the baptist  
Stood; Came our Lord to the bank  
He whose strength-not even angels  
High in heaven have ever known  
The LOD-came for-His baptism  
And-St. John stood there to witness  
Father's voice rumbled in Heaven  
Hark, This is my Dearest Son

.....

### Let Us Pray

*Lord help us to conserve forever our purity of life recieved through baptism.  
Amen.*

.....

### Resolution

*We have become the children of God the Father and the brothers and sisters of God the Son through our baptism. Hence we will live for Jesus Christ always.*

.....

### Let Us Think

1. Who baptized people in the Jordan river?  
.....
2. What did John the Baptist say when Jesus Christ came to him to be baptized?  
Why did he say like that?  
.....  
.....
3. What miracle happened when Jesus Christ was baptized? What was the voice heard? Whose voice was it?  
.....  
.....

4. What was the voice heard from heaven?  
.....
5. When was the Holy Trinity revealed?  
.....
6. The meaning of the word 'Danaha'.  
.....
7. Do you feel Jesus needed to be baptized like other people?  
.....
8. Match the following by drawing lines.

A

B

- |    |                                       |  |                       |
|----|---------------------------------------|--|-----------------------|
| 1. | The river in which Jesus was baptized |  | St. John the Baptist  |
| 2. | One among the Holy Trinity            |  | The festival of light |
| 3. | The forerunner of Jesus Christ        |  | Holy Spirit           |
| 4. | Epiphany                              |  | Jordan                |

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	St. Luke 7:27-35
Monday	St. Luke 3:23-30	St. Luke 3:31-38
Tuesday	Acts of Apostles 13:21-27	Exodus 30:6-10
Wednesday	Ruth 4:18-22	Numbers 6:1-12
Thursday	Psalm 2	St. Matthew 17:9-13
Friday	Psalm 8	Isaiah 42:1-9
Saturday	Psalm 14	*

## Chapter 8

# Jesus defeats the Temptations of Satan

(St. Luke 4:1-13, St. Matthew 4:1-11)

**Message:** Prayer and careful preparation are needed before we begin any activity. Fasting and meditation will give us strength to overcome any crisis.

**Verse to be memorized:** Jesus said to the disciples, “This kind can come out only through prayer” (St. Mark 9:29).

**Learning Aids:** A picture of the desert in the Israel, a photograph of the city of Jerusalem.

### Introduction

Imagine you are preparing for your exams which begin the next day. Some friends come and invite you to play cricket or watch Television programme or engage in video game. What will you do? Some of you might oblige to your friends. Others won't go as they know their duty. They won't fall into the temptations of friends. We will face several such influences in life. They will prevent us from our duties. Saints are people who have successfully overcome temptations in life. Jesus Christ too was tempted by satan, before He began His public ministry. Let us learn about it.

### The Lesson

We learned in the previous lesson how Jesus Christ got baptized by St. John the Baptist before He started His public ministry. After his baptism, Jesus went to the desert and lived in fasting, prayer and communion with God the Father for forty days and forty nights. We can only imagine how great his hunger and thirst would have been. After that the devil came to Him and tempted Him with three suggestions. Satan said “If you are the Son of God, command these stones to become loaves of bread” (St. Matthew 4:3). Satan thought that Jesus who was hungry would oblige. Jesus replied, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God’” (Deuteronomy 8:3).

Then the devil took Jesus to the top of the temple of Jerusalem and said, “If you are the Son of God, throw yourself down; for it is written, ‘He will command his angels concerning you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone’” (Psalms 91:11,12). Jesus said to him, “Again it is written, ‘Do not put the Lord your God to the test’”.

Then the devil took Jesus to the top of a mountain and showed Him all the Kingdoms of the world and their splendor. The devil told him that all the authority and glory of these nations have been vested in him. If Jesus fell down and worshipped him, everything would be given to Him. Jesus told him that it was written that “Worship the Lord your God, and serve only him” (Deuteronomy 6:13). Thus once again He defeated Satan. Satan ended his temptations and left Jesus. Suddenly the angels came down from heaven and served Jesus. The devil quotes the word of God to tempt the Son of God. Jesus answered all his temptations using the word of God.



*Jesus and Satan on top of the mountain*

### Hymn

Tail rolled up  
Horns held high  
Satan has come  
aiyo, Satan has come  
He plans to tempt Our Lord  
Immersed in His prayer-Ho! Ho!  
Immersed in His prayer

Can't You turn those stones to  
The bread that You can eat  
Satan raised this question Ho! Ho!  
Satan raised this question

Steals he in  
to tempt us all  
Treachorous Satan has come  
We children shouldn't fall  
In the traps he sets up!  
In the traps he sets up!

.....  
**Let Us Pray**

*Lord, teach us to use the three weapons of prayer, fasting and vigil to fight against the temptations that Satan confronts us with. Amen.*

.....  
**Resolution**

*We will keep away Satan's snares from our lives through fasting and prayer.*

.....  
**Let Us Think**

1. Where did Jesus Christ go after receiving baptism?

.....

2. How many days did Jesus fast and pray in the desert?

.....

3. What was the first temptation of Jesus Christ?

.....

4. Who tempts human beings and why?

.....

.....

**Activities**

- Present the conversation between Jesus Christ and Satan as a skit.

**Riddle**

I am handsome but my heart is full of darkness. I will try to tempt and mislead children. I don't like anyone being happy. I will prevent those who pray. I will disturb those children who are studying. I like those who say lies. Who am I?

## Plot Satan's picture by putting dots

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Deuteronomy 9:9-12
Monday	Psalms 91	Deuteronomy 8:3-7
Tuesday	St. Matthew 4:1-11	Deuteronomy 6:13-19
Wednesday	Exodus 34:27-28	1 Kings 19:1-8
Thursday	Joel 2:12-16	Hebrews 4:14-16
Friday	Proverbs 14:26-35	St. Matthew 26:36-41
Saturday	Psalms 35:1-15	*

## Chapter 9

# Jesus heals a Leper

(St. Mark 1:32-45, St. Matthew 7:28- 8:4, St. Luke 5:12-16)

**Message:** The son of God came to this world to comfort those who are sick, physically and mentally; and those who are neglected.

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

**Learning Aids:** Picture of Jesus healing the leper, the biography of Fr. Damien.

### Introduction

How comforting is the mother’s presence when you are ill? She will prepare special foods for you. She will give you medicines and cleanse you in hot water. What if you are down with chicken pox? You will develop fever and physical pain. No one can come near you. It is a communicable disease. However chicken pox will get healed in a week or two. You need only be isolated in a special room at home for the period. But the case of leprosy is quite different. Have you seen people suffering from leprosy? In olden days people were quite afraid of this disease. It was incurable. So lepers were cast out of their homes and even their home village.

At the time of Jesus Christ, the condition of those who had leprosy was quite pitiable. They had to live outside the society. They were not allowed to come in the public places. Think how miserable they must have been. Today we are going to learn the story of one such leper who was healed by Jesus Christ.

### The Lesson

One day when Jesus Christ was going through the town, a leper approached Him, begging and kneeling to be healed. He said, “If you choose, you can make me clean” (St. Mark 1:40). His words revealed great faith in Jesus Christ. Then Jesus put out His hand and touched the leper, whom others would never dare to go near. Jesus said, “I do choose. Be made clean!” Immediately his leprosy was cleansed. Jesus prohibited him from telling about this miracle to anyone. But instead Jesus asked him to go to the temple, show himself to the priest and make offerings for his cleansing. According to the law, lepers were not allowed to enter the temple. The priest should certify if a person is healed completely. Only then he will be allowed to enter the temple and also live with his relatives. That is why Jesus asked him to do these things.

The healed leper immediately went and did as he was commanded. He also happily proclaimed the news to everyone. Here we see a God who is ready even to touch a leper and heal him. Only God is able to relieve man from his pains and sorrows.



*Jesus Christ heals the leper*

## Hymn

The leper went to the feet of Jesus  
Said aloud in loud voice  
Lord, if you will, protect me  
From this affliction  
The sea of mercy touched him with hand  
Disappeared the leper's sores  
O Healer of mankind who came down to earth  
To guard the children of Adam from pain,  
Praise unto You for ever and ever.

.....

## Let Us Pray

*O Lord Jesus Christ, who healed the leper, heal those who are suffering from leprosy and other diseases. Enable us to help such unfortunate people. Amen.*

.....

## Resolution

*I will not depend on human beings and worldly things when I am in sorrow. Instead I will depend on God.*

.....

## Activities

- (1) True or False
  1. Jesus would nurse a leper in their homes.
  2. If a leper is healed the priest will certify his cleansing.
  3. Jesus healed the leper by applying balm.
- (2) Visit a hospital for lepers along with your elders.
- (3) Pray for lepers.
- (4) Collect information about the institutions run by our church for lepers.  
eg. Kunigal (Bangalore) and Yacharam (Hyderabad).

## Further Reading

Day	Morning	Evening
Sunday	*	Levictus 13:1-8
Monday	Psalm 22:1-11	Levictus 13:9-17
Tuesday	Psalm 91:1-10	Numbers 5:1-4
Wednesday	Psalm 91:11-16	2 Kings 5:1-14
Thursday	Acts of Apostles 5:12-16	Job 2:1-8
Friday	Acts of Apostles 3:1-10	Job 2:9-13
Saturday	Psalm 131	*

## Chapter 10

# Jesus Heals a Man who was Blind from Birth

(St. John 9:1-41)

**Message:** Never falter in adversity. Strong faith in God will heal any chronic disease.

**Verse to be Memorized:** Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind” (St. John 9:39).

**Learning Aids:** The picture and biography of Helen Keller, Braille system, description of schools for the blind.

### Introduction

What will you do when you are ill? If the illness is mild, your mother herself will give care. However there are diseases which are hard to cure. Then we will have to consult doctors. Have you seen people who are blind from birth? You might have seen blind people walking along the street with the help of a cane. Today advanced medical care is available for them. But in the past no medical facilities were available to them. Today let us learn about Jesus Christ giving eyesight to a person who was blind from birth.

### The Lesson

Once a man approached Jesus Christ. He had been blind from his birth. The Jews believed that disabilities from birth were due to the sin of parents. But Jesus did not think in this manner. Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him” (St. John 9:3).

Jesus spat on the ground and made clay with the saliva. He applied the clay on the blind man’s eyes and asked him to go and wash in the pool of Siloam. He obeyed Jesus and got his eyesight. He went about and announced what Jesus did to him.

The Pharisees grew jealous of Jesus Christ and hated him. They asked several questions to the blindman who was cured. They asked whether he was born blind and how got healed. He told them the truth several times. Yet they refused to believe him. They repeated the same questions to the blindman’s parents. The parents evaded the questions and asked them to pose these questions to their son himself. The son swore that his eyes had been opened by Jesus of Nazareth. The Pharisees did not like him praise Jesus, and so they threw him out of the community.



*Jesus and the man who was born blind*

Jesus went to him again and comforted him. The healed believed and confessed that Jesus Christ was the Son of God and worshipped him.

### **Hymn**

By waters of Siloam pool  
You attained cleansing  
But the Jews did claim that  
Jesus didn't heal

The blindman said that-all the blindman  
Who submerge in Siloam-will get healing

And Jesus hasn't done  
Anything for my sake  
Those who say that Jesus has  
Not given him comfort  
Haleluiah-will ever be cursed.

.....

### Let Us Pray

*Lord, help us to depend on You, and thereby attain peace, happiness, and healing when we are sick and suffering. Amen.*

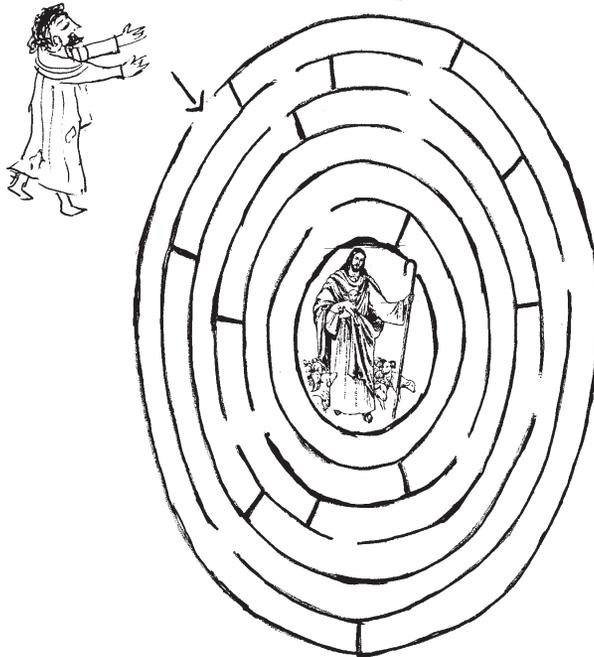
.....

### Resolution

*We will not try to find out the reason for the sufferings of others.  
Instead we will help them in their pains.*

.....

### Show the way to the blindman to reach Jesus



### Let Us Think

1. What is meant by born blind?

.....

.....

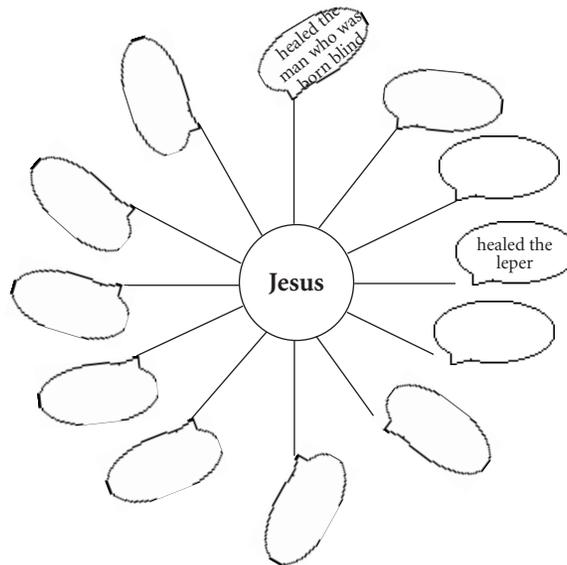
2. What did Jesus Christ think about diseases?

.....

3. How did Jesus heal the man who was born blind?

.....

### Find out the miracles of Jesus Christ from the Holy Bible



### **Activities**

1. Find out the persons healed by Jesus Christ. Find out the miracles of Jesus Christ from the Holy Bible.
2. Narrate in your own words how Jesus healed the blindman.
3. In which pool did the blindman wash his eyes

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	St. Matthew 9:27-31
Monday	St. John 3:16-18	St. Mark 10:46-52
Tuesday	Isaiah 58:6-10	St. Matthew 20:29-34
Wednesday	Isaiah 61:1-3	St. Luke 18:35-43
Thursday	St. Matthew 11:2-7	St. Matthew 8:5-13
Friday	St. Matthew 9:32-34	St. Matthew 9:1-8
Saturday	St. Matthew 16:1-4	*

## UNIT 2

# PRAYER

### Chapter 11

## Prayer for the Dead

**Learning Objective:** To meditate on and say the prayer for the departed in our evening prayer.

**Verse to be Memorized:** “The dead do not praise the Lord, nor do any that go down into silence. But we will bless the Lord from this time on and forevermore. Praise the Lord!” (Psalm 115:17-18).

### Introduction

Dear Children, all of us should pray in the morning and in the evening. we believe that all of you pray like that. We say a prayer beginning ‘O thou, full of mercy...’ daily in our evening prayer. Today we are going to learn that prayer.

### The Lesson

What do you meditate on when we say this prayer during the evening prayer? Did you notice that this is a prayer for the departed? What is meant by ‘the departed’? The departed means those who are alive, but gone out of the body. In the verse to be memorized it is said that the dead don’t praise the Lord. But we would bless the Lord forever. From this verse we should understand that those who live believing in and obeying Jesus Christ don’t have death. The dead referred to here are people who died in their sins or else they are sinners or evil people. Can they ever praise God? Never. But those we who are saved will always praise God. The righteous people are not lost by death. They are only moved from this world into another state of life. When rice is cooked we take the pot off the fire and keep it in another place. Death is like that. Hence the correct term to describe the “dead people” is “the departed.”

The Lord’s prayer begins by addressing ‘Our Father, who art in heaven...’ The prayer we learn today begins by addressing God and saying, ‘O Thou, full of mercy...’ Lord Jesus Christ who went to His Father will come again to take all people to dwell with God. We believe that all the departed ones will arise on that day. On that day all human beings will have to stand before the judgement seat of God. In the first sentence of the prayer, we pray that all people may be renewed on the day of resurrection. Let us recite that line together.

***“O Thou, full of mercy, renew thy creation at the resurrection.***

Then we ask the Lord to comfort and bless all departed souls. They have died with hope in God and wait for the second coming of Jesus Christ.

***“O Lord, comfort and absolve our departed ones, who died with hope in Thee, and await Thy coming”.***

We know that our fathers like Abraham, Isaac and Jacob who were dear to God are living happily in the presence of God (Hebrews 11:4-40 and St. Luke 19:22). Here we pray God that our departed be in their company and share in this happiness. ‘To dwell in their bosom’ means to be with them as their children.

***“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’”.***

It is our practice to confess our faith in Lord Jesus Christ. Here we confess our faith in Lord Jesus Christ. In this prayer we say that the living and the dead should be enabled to praise God who came and is to come again together. We should realize that in our prayers and worship, we and our departed join together with saints and angels. We say this prayer on all occasions in which we pray for the departed. It is notable that Jesus Christ is described as He who has come and is to come again. The first refers to the incarnation and the other, the Second Coming of Jesus Christ in His glory to judge all. The living and the dead join together in saying this beautiful prayer.

### Hymn

O Merciful Lord  
Renew thy creation  
At Resurrection  
Show mercy on the dead  
Who sleep in faith of you  
Awaiting your second coming  
Let them find abode in  
The lap of Abraham, Isaac and Jacob  
May the living and departed sing:  
“Blessed is He, who has come and is to come.”

Have you sung this song carefully? This song is the lyrical form of the prayer we have learned. This song is written by a poet named Mar Balai who was an Arch-priest in Syria. Since the prayer ‘O Thou, full of mercy....’ is the prose order of this song, it is also known as ‘the prayer of Mar Balai’.

.....

## Resolution

*We would say carefully the prayer 'O Thou, full of mercy...' which we learned today, when we pray for our departed.*

.....

### Activities

1. Say this prayer completely in a chorus.
2. Find out the words used to address God in prayers you are familiar with.
3. Ask your teacher and learn more about Abraham, Isaac and Jacob.
4. Go to the tomb of your departed with your elders and pray. Then say this prayer along with them.

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	1 Corinthians 15:1-19
Monday	St. Matthew 22:30-33	1 Corinthians 15:20-34
Tuesday	St. Matthew 12:24-27	1 Corinthians 15:35-49
Wednesday	St. John 11:17-44	1 Corinthians 15:50-58
Thursday	Hebrews 13:7-17	Romans 6:1-14
Friday	Ephesians 2:1-10	Romans 7:1-25
Saturday	2 Corinthians 4:1-18	*

## Chapter 12

# The Praise of the Cherubim

**Learning Objective:** To learn the prayer ‘Blessed is the glory of the Lord, from his place...’ carefully and say it in our evening and night prayers with devotion, understanding its meaning fully.

**Verse to be Memorized:** “Glory to God in the highest heaven, and on earth peace among those whom he favors!” (St.Luke 2:14).

**Learning Aids:** The picture of an angel, Book of Common prayer etc.

### Introduction

What are the features of an angel? The Cherubim are a host of angels appointed by God to protect the Tree of Life in the Garden of Eden (Genesis 3:24). We get more information about the Cherubim from the book of prophet Ezekiel (Chapters 10 and 41). The prophet says that these angels have four wings, four faces and several eyes. The beginning of this prayer is the statement made by the cherubim when they praise God. Hence this prayer is also called ‘Praise of the Cherubim’. This prayer is also known as “Kauma of the Cherubim.” Let us learn it.

### The Lesson

“Blessed is the glory of the Lord, from His place for ever.” We repeat this prayer three times, and each time we kneel down and worship. (Remember that we do not kneel down on Sundays, during feasts of our Lord, as well as from the feast of Resurrection till the Pentecost). This prayer is arranged in the same manner as the Trisagion prayer.

Prophet Ezekiel witnessed the glory of God in a vision. He also heard a host of Cherubim shout this prayer glorifying God. The glory of God is eternal. The glory of God is blessed and it shall bring blessings. There is also the suggestion that the glory of God spreads all around from His place. To this Cherubim praise, the Church has added the following:

“Holy and glorious Trinity, have mercy upon us.

Holy and glorious Trinity, have mercy upon us.

Holy and glorious Trinity, have compassion and mercy upon us.

Holy art Thou and glorious for ever.

Holy art Thou and glorious for ever.

Holy art Thou and blessed is Thy name, forever and ever.

Glory be to Thee, O Lord.  
Glory be to Thee, O Lord.  
Glory be to Thee, ever our hope.

This is followed by the Lord's prayer and 'Hail Mary'. Thus all together it makes a "Kauma."

The basis of the true faith of the Orthodox Church is belief in the Holy Trinity. Hence we repeat all the lines in this prayer in three different ways. Our Church Fathers have arranged this prayer in such a way that it is said three times a day. It is said once during evening prayer and twice during the morning prayer (The teacher will point out this prayer from the book of common prayer. Children can see and understand for themselves). This "Kauma" contains two aspects - glorifying God and seeking mercy. Like any other prayer this will end with the Lord's prayer.

### Hymn

The following song is the lyrical rendering of the prayer we have learned. This song is sung during the evening prayer in the church. The teacher will sing this song. Recite it in chorus.

The adoration of Christ is bliss for ever.  
The adoration of Christ is bliss for ever  
The adoration of Christ shall be made forever and ever.  
    The most sacred, The one who deserves our praise  
    Holy Trinity, Have mercy on us.  
    The most sacred, The One who deserves our praise.  
    Holy Trinity, Have mercy on us.  
The most sacred, praise worthy Holy Trinity  
Have pity and mercy on us.  
You are most Holy and praiseworthy for ever.  
    You are most Holy and praiseworthy for ever.  
    You are most Holy and praiseworthy for ever.  
Your name shall be praised.  
O Christ praise unto Thee.  
O Christ praise unto Thee.  
Our eternal Patron Praise unto Thee.  
Barekmor.

.....

### Resolution

*We will pray carefully the 'Prayer of the Cherubim' during our evening prayer and in the morning prayer.*

.....

## Activities

1. Recite the 'Praise of the Cherubim' completely in chorus. (Do not kneel if it is Sunday. On other days we should kneel).
2. Say the meaning of this prayer aloud in the class.
3. Read and comprehend the description of Cherubim given in the prophetic book of Ezekiel chapter 10.
4. Find out from our liturgical books the songs mentioning the cherubim.

## Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Ezekiel 3:10-17
Monday	Psalms 3:22-24	Ezekiel 10:1-11
Tuesday	St. Luke 1:46-55	Ezekiel 10:12-22
Wednesday	St. Luke 1:67-79	Ezekiel 11:1-10
Thursday	Psalms 105:1-45	Ezekiel 11:11-25
Friday	Psalms 106:1-48	Psalms 118:1-29
Saturday	1 Samuel 2:1-11	*

## Chapter 13

# O Lord, awaken us from our Slumber...

**Learning Objective:** To learn the prayer ‘O Lord, awaken us from our slumber...’ given in the midnight prayer carefully.

**Verse to be Memorized:** “He who keeps Israel will neither slumber nor sleep” (Psalm 121:4).

### Introduction

The prayers we learned till now are prayers said for midnight. Now we shall learn prayers of the morning worship. Have you ever attended night prayer in the church? Do all in your family pray together in the morning? The family should pray together every morning and evening. The prayer ‘O Lord, awaken us from our slumber...’ is the introductory prayer in night worship. Since we say night worship early morning, in our homes, we say this prayer immediately after the Kauma. We are going to learn this prayer today.

### The Lesson

#### The first part of the prayer

There are three sentences in this prayer. All the three sentences contain different addresses to our Lord. The first line addresses God as “Watchful one, who drowsest not”.

***“O Lord, awaken us from our slumber who are immersed in sin, that we may extol Thy watchfulness”.***

God watches us through the night. He never slumbers or sleep. If we want to praise that watchfulness sincerely, we should keep away from sin. Hence in the first line of the prayer we request us to be awakened from slumber that may lead us to sin.

#### The second sentence of the prayer

The second sentence of the prayer addresses God as ‘immortal and everlasting’.

***O Vigilant one, who drowsest not, redeem us mortals, from our slumber to death and corruption that we may worship Thy mercy.***

In the Trisagion we always confess Jesus Christ as immortal. We do not pray to awaken us from physical sleep. Instead we ask to liberate us from the permanent sleep of death and corruption. This means that we should not be left to fall into a state in which we are not able to praise our Lord.

### **The third sentence of the prayer**

The third sentence is a line of praise addressing the Holy Trinity. All our prayers end with the praise of the Holy Trinity.

***“O everlasting and immortal God, make us worthy to adore and glorify Thee with holiness, in the glorious company of the angels of heaven who adore thee. O Father, Son and Holy Spirit, we praise Thee, for Thou art glorious and blessed, both in heaven and earth, now and always forever. Amen.”***

Our worship gives space to the praise and glorification of God along with asking to give our needs. Here we pray that we should be made worthy to adore and glorify God in the glorious company of the angels of heaven. This means we pray to become worthy of praising God along with angels and saints. Our worship brings earth and heaven together. We are not alone in worship. This vision is glorious. So, say this prayer daily with the members of your family during the morning worship.

### **Hymn**

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  
Walking, if to wrong I take  
Mercif'ly absolute Thou me  
Sleeping, if a sin I make,  
Pardon grant in clemency

This is a song in the compline worship which we say along with our vespers (evening prayer). We should sing this completely at the time of worship and praise God. This prayer is said before we go to bed. Hence we ask for God's guard during our sleep and wants our enemy Satan to spare us from harm. This song was originally composed in Syriac by the famous poet and theologian Mar Ephraim.

.....

### **Resolution**

***When we pray, angels and saints join us. So we will pray with full concentration of our mind.***

.....

## Activities

1. Say the prayer 'O Lord, awaken us from our slumber...' In the class. Your teacher will lead you.
2. Explain the meaning of this prayer aloud in the class.
3. Say this prayer carefully at the time of family worship.
4. Match the following. (One is done for you)

O vigilant One	Holy Spirit
O Everlasting and	Slumber to death and corruption
O Father son and	Who drowsest not!
Redeem from	Immortal God

## Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Psalms 91:1-16
Monday	Psalms 121:1-8	St. James 5:13-18
Tuesday	Psalms 23:1-6	1 Timothy 2:1-15
Wednesday	Psalms 25:1-10	Psalms 22:1-31
Thursday	Ephesians 5:14-21	Isaiah 26:19-21
Friday	Romans 13:11-14	1 Thessalonians 5:1-11
Saturday	St. Mark 14:32-42	*

# UNIT 3

## HYMNS OF WORSHIP

### Chapter 14

## Jesus, The Light of the World

**Learning Objective:** To comprehend the meaning of the song sung at the beginning of the public celebration of the Holy Qurbana and sing it beautifully.

**Verse to be Memorized:** “I am the Light of the World” (St. John 8:12).

### Introduction

Will you be in the church at the time of the morning prayer on Sunday? Our worship is complete when we say all the prayers with devotion. Today we are going to learn a song sung after the morning worship, just before the beginning of the public celebration of the Holy Eucharist.

**By Thy light we see the light, Jesus full of light  
Thou true Light, dost give the light To Thy creatures all  
Lighten us with Thy bright light,  
Thou the Fathers light divine.**

Let us try to understand the meaning of these lines.

*“O Jesus who is filled with light, we see the light by virtue of your light. You are the light that comes from Your Father. Illuminate us ever in your light”. The candles on the Holy altar are lighted while singing this song. Here Jesus Christ is acknowledged as the source of light. He gives light to all. Without light we will not be able to see anything. Can you find out the Psalm and the verse which contains this idea?*

Now let us look at the lines that follow:

**Thou who dwellest in the light, mansions, holy, pure  
Keep us from all hateful thoughts, from all passions vile,  
Grant us cleanness in our hearts  
Deeds of righteousness to do.**

What do these lines mean?

*“O virtuous and holy Lord who dwells in the domain of light, remove all unnecessary trials and evil thoughts from us. Enable us to do good deeds with purity of mind”. Here we seek the assistance of God in removing both thoughts and passion from our minds. Without His help, we will not be able to accomplish it.*

**God who didn't receive the lamb, blameless Abel brought  
Who the gift of Noah took, Abram's sacrifice  
See our fast and hear our prayer  
Answer by Thy grace our pleas.**

Here we sing that 'O Lord who accepted Abel's offering of the lamb, the offerings of Noah and the sacrifice of Abraham, accept the fasts and prayers of us and preserve us in Your mercy. We are your servants forever'. If those righteous people could bring their offerings and sacrifices to God, what shall I bring. Fasting and prayer are acknowledged as acceptable sacrifices.

Now we shall look at the following lines.

**Come, ye sinners and implore, seek forgiveness here  
To one knocking at the door, openeth the Lord,  
He that asketh doth receive  
He that seeketh, he shall find.**

What do these lines mean?

*"Come, sinners and beg for absolution. Lord will open His door for those who knock at it. God is kind, merciful and magnanimous enough to answer our prayers, though we are sinners". Here is a call to ask for God's mercy and pardon before participating in the Holy Qurbana.*

**Lord grant good remembrance to, all the faithful dead  
The Holy Body they took, and Thy Living Blood  
May they stand on Thy right side  
On that day Thy grace shall dawn.**

These lines remember all departed ones and pray to God for them before the beginning of the public celebration of the Holy Eucharist. Here we pray that all the departed faithful who ate and drank the body and blood of Jesus Christ should be kept in good memory. On the day of Lord's glory (on the day of His Second Coming) all of them should be made to stand at His right hand side.

These lines can be sung on all occasions in which we remember the departed. When we sing this part during the worship, we remember all our faithful departed ones. It also means that as we remember our departed, our Lord too remembers them in His heart!

.....  
**Let Us Pray**

*Jesus Christ who is the light of the world, give us your light and enlighten us. Help us to enlighten other people's lives too. Help us to realize the presence of the heavenly hosts and our departed in our worship and pray along with them. Amen.*

.....

## Resolution

*We will always remember that our departed ones, saints and angels  
join us in our worship.*

.....

### Activities

1. Comprehend the meaning of this song and sing it aloud in the class.
2. Find out the passages dealing with the offerings of Abel, Abraham and Noah from the Holy Bible and read them.
3. Try to meditate on the meaning this song as we participate in the Holy Eucharist.

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	St. Matthew 5:14-16
Monday	St. Matthew 6:22-24	St. John 8:12-20
Tuesday	Ephesians 5:1-14	Genesis 4:2-6
Wednesday	Genesis 8:15-22	Genesis 22:1-14
Thursday	St. Matthew 7:7-11	St. John 6:26-40
Friday	St. John 6:41-59	St. John 11:21-33
Saturday	1 Peter 1:13-22	*

## Chapter 15

# Let Us be Awake

**Learning Objective:** Help children understand the true meaning of a hymn sung in worship.

**Verse to be Memorized:** “leep awake and pray that you may not come into the time of trial;the spirit indeed is willing, but the flesh is weak” (Mark 14:38).

### Introduction

When you participate in the Holy Eucharist, do you keep track of the liturgical book in singing hymns and the ‘evangelion’ or good news being read. Several hymns are given in the Kurbanakramam to be sung after the reading from the gospels? One of them is selected for each day. Let us learn one of these hymns.

### Reading Passage

The teacher will sing this hymn for you. Repeat line by line after your teacher.

Blessed are those servants good  
Whom their Lord shall find  
Wakeful, working when He comes  
To His vineyard good  
    Girding up His loins He serves them all  
    They who worked with Him from morn till eve  
God, the Father makes them sit,  
And the son serves them  
Lo, the Holy Paraclete  
Plaits them victor’s crowns  
Halleluiah-setting on their heads.

This hymn describes the blessings at the Second Coming in store for the faithful and devout people who work for Jesus Christ in the world. The servants who remain awake doing their duty in the vineyard, waiting for the master are blessed. They have worked with Jesus Christ the whole day long. Hence Jesus will serve them. God the Father will seat them for the royal feast. God the Son will serve them. The Holy Spirit shall place crowns for their heads.

The reference of the first part of this hymn is to the parable of the faithful servant given in Mark 13:34-36 and Matthew 24:45-47. Jesus tells this parable in the light of His Second Coming. The Master gives gifts to those servants who work

faithfully. Since we don't know the time of the Master's arrival, we should keep on working faithfully.

The latter part of this hymn says about the wages of such faithful people at the Second Coming of Christ. The blessings given by the Triune God is symbolically presented through this poem. In this song we sing that God the Father will seat them at the table for feasting, Jesus Christ, God the Son will serve and the Holy Spirit will decorate their heads with crowns.

The gist of this hymn is that if we live faithfully following God's commandments, God the Father, God the Son and Holy Spirit will become pleased with us and will bless us. This hymn teaches us that we are not to sit idle, but do righteous acts that please God. Duties have been assigned to us by the Lord himself. He will reward us, when we faithfully discharge our duties. Is it not amazing that the Master will turn to a servant when he starts serving us?

.....  
**Let Us Pray**

*O merciful Jesus Christ, enable us to realize that You have assigned us duties to accomplish; give us the wisdom to know this and be Your faithful servants. Amen.*

.....  
**Resolution**

*We acknowledge that the Lord has assigned us His work and that He helps us to do them. We will accomplish God's work throughout our lives. Amen.*

.....  
**Let Us Think**

1. Who are mentioned as 'the fortunate' in this hymn?  
.....  
.....
2. How will Jesus Christ receive those who worked with him whole day long?  
.....  
.....  
.....
3. What will God the Father and the Holy Spirit do to them?  
.....  
.....  
.....

## Activities

1. Read the gospels St. Mark chapter 13 and St. Matthew Chapter 24 and understand the Second Coming of Jesus Christ.
2. Who is described as 'master' in this hymn?
3. What is the stage of life referred to using the phrase 'all day long'?
4. Sing the hymn in chorus comprehending its meaning.

## Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	St. Mark 13:32-37
Monday	St. Luke 12:35-40	1 Thessalonians 5:1-11
Tuesday	1 Peter 1:13-25	1 Peter 2:1-10
Wednesday	St. Matthew 24:43-51	St. Matthew 25:1-13
Thursday	St. Matthew 25:14-30	St. Matthew 24:32-42
Friday	St. Matthew 26:36-46	St. Luke 19:11-27
Saturday	St. Mark 13:24-27	*

# UNIT 4

## MY CHURCH

### Chapter 16

### The Baptismal Font

**Theme:** We became members of the Holy Church which is the bride of Jesus Christ, through the sacrament of baptism or rebirth. Hence the baptismal font is described as the womb of Mother Church.

**Verse to be Memorized:** Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit” (John 3:5).

**Learning Aids:** 1. The picture of a font (several beautiful pictures are available in the internet), 2. A photograph of the sacrament of baptism, 3. The liturgical book of the sacrament of Baptism.

#### Introduction

The teacher takes the children to the font, open its lid and shows it to the students. Dear children, what do you call this font? Baptismal font. What is it used for? To baptize children. We too were baptized when we were infants. Today we are going to learn more about the baptismal font.

#### The Lesson

The Baptismal font is a large stone bowl in the church used for baptism. The practice of using fonts for baptism gained currency by the fourth century AD. The baptism of infants is a tradition that exists from the early Church. In ancient churches we can see the font attached to the church building. This can be taken as a proof for the existence of the baptism of infants since ancient times.

The Orthodox Church teaches that children born to Christian parents should be baptized and made members of the Church in their infancy itself. If someone from other faiths join the Orthodox Christian faith, they will be given necessary instructions of faith, and baptized before they are admitted in the Church. The font is essential for the baptism of the infants as well as the elders. When elders are baptized, they should stand bowing before the font. The priest baptizes them by sprinkling the consecrated water on their heads.

The baptism of repentance which existed among the Jews, was done in the flowing water or in still fresh water. St. John the Baptist baptized Jesus Christ in River Jordan. In the Orthodox Churches a separate room was set apart for baptism on the southern side of the Alb or Choir of the church. It was known as Baptistry. A large tank was built at the centre of this room. It was large enough to baptize grown up people. In early times several people belonging to other religions accepted Gospel of Jesus Christ and were baptized. Churches were established, fonts for baptism were placed in them. Now a days the fonts are built beside the southern wall of the church. It is situated to the right of the alb or choir.

Each person is reborn through baptism, and they become the children of God and the brother/sister of Jesus Christ. Thus 'born again' actually means being reborn with water and Spirit in Holy Baptism and joins Christ's Body, ie. the Holy Church. How is the font interpreted by our Church Fathers?

Since we are born again through baptism, the font is described as the womb of Mother Church. Since those who are baptized become the brother and sister of Jesus Christ, the font is a sign of Holy Virgin Mary (Look at the prayer said while removing the crown during baptism). As a faithful person participates in Jesus Christ's crucifixion and resurrection through his baptism (Roman 6:3, 4), the font is a sign of Jesus Christ's tomb as well.

### Hymn

The fruit untouched by Adam in Paradise  
Is placed, happily this day in your mouth  
O baptized child go back thou, well in peace  
Respect the cross that guard you from all harm  
O Father praise, O son all glory and  
O spirit all respect and worship, unto you.

.....

### Let Us Pray

*O God the Father, we praise You for raising us through baptism to fraternal status with Jesus Christ. Renew the virtues of baptism for ever in us. Amen.*

.....

### Resolution

***We will always remember the fact that we were born again through the Holy Baptism in the baptismal font.***

.....

## Let Us Think

1. What is a baptismal font?

.....  
.....

2. How did the font become part of the liturgical tradition of the Church?

.....  
.....

3. What is the proof for the fact that baptism of infants existed from ancient times onwards?

.....  
.....

4. Why is the font described as the womb of Mother Church?

.....  
.....

5. Why is the font considered as the sign of Virgin Mary?

.....  
.....

6. Why is the font considered as the sign of Jesus Christ's tomb?

.....  
.....

## Activities

1. Observe a service of Baptism service in your church and note the details.
2. Find out in which direction does the priest stand while blessing water during baptism.
3. Find out the ritual performed by the priest facing westward from the eastern side of the font.
4. Write your thoughts and feelings when you see the font.
5. The students should find out the details of their baptism from the baptism register of the church (eg. Name, Name of the priest, date, time, God father/God mother...)
6. Did you notice that there is the "Prayer of Exorcism" in the Holy Sacrament of Holy Baptism? What does it mean?

## Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	St. John 4:23-26
Monday	Numbers 20:1-6	St. John 4:3-7
Tuesday	Numbers 20:2-11	St. John 3:16-21
Wednesday	Numbers 20:12-13	Psalms 32:1-4
Thursday	Numbers 20:14-21	Psalms 32:1-4
Friday	Isaiah 12:1-3	Psalms 32:8-9
Saturday	Isaiah 12:4-6	*



*Baptism*

## Chapter 17

# The Censor

**Theme:** Offering incense is an essential part of Orthodox Worship. It is made during prayers of Canonical Hours, the Holy Eucharist and other sacraments. The fragrance rising from the burning of incense is a sign of divine presence.

**Verse to be Memorized:** “Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice” (Psalm 141:2)

**Learning Aids:** 1. A Censor, 2. A bowl of frankincense, 3. Charcoal.

### Introduction

Haven't you seen the Censor used in the church? (The teacher can seek the help of the sexton with the permission of the Vicar to show a censor in the class). Let us understand the different parts of the censor and their importance.

### The Lesson

What do you see in this censor? Two bowls, chains, bells, charcoal and frankincense. let us understand what each of those signifies. This incense bowl has two cups or bowls. One bowl is for burning charcoal. The upper bowl is like a lid. There are four chains connecting them. There is also a handle. The incense bowl stands for the universe. The upper cup or lid bowl indicates heaven and the lower bowl indicates earth. The charcoal in the incense bowl indicates the sinful mankind.

You might have seen frankincense burned in the fire of the incense bowl. Then sweet smelling smoke will rise. Where does this sweet smell that rise from the lower bowl of earth go? It rises up to the upper bowl or heaven. When the sinful people repent and do good deeds, the Holy Spirit comes on them. The life and prayer of such people rise up as sweet smelling smoke to heaven.

The four chains in this bowl of incense indicate the four directions of the earth. Moreover it also indicates the Holy Trinity. The first chain represents God the Father. The second and third chains represent God the Son who has the two natures, human and divine. The fourth chain indicates God the Holy Spirit.

The bells attached on the chain are not only for tingling. The twelve bells in the chain reminds us of twelve apostles and the apostolic teachings that ring throughout the Church. Each chain has seventy two links. They indicate the seventy two messengers.

The censor was in use since ancient times. There are records of burning incense along with saying prayers in the Holy Bible. Moreover there was the practice of burning incense in the temple of Jerusalem.

### Hymn

Do you know who I am? Say it out.  
I have two bowls; up and down  
One bowl has got some fire, and smoke of frankincense in it  
My upper cup is high heaven; the lower cup stands for this earth.  
Charcoal is earthly sinners, frankincense is our goodness  
Four chains stand for the Trinity, each link of it is a messenger  
There are twelve bells in the chain, represent twelve apostles  
(Do you know that...)

.....

### Let Us Pray

*O Jesus Christ, who became a sacrifice on the cross for us, make us the frankincense that pleases You. Amen*

.....

### Resolution

***We will participate in the holy worship devoutly. We will bow fearfully and cross ourselves at the time of burning incense.***

.....

### Let us think

1. How did incense burning originate in the Christian tradition?  
.....
2. Describe the structure of the censor.  
.....
3. What does censor indicate?  
.....
4. What do the two cups or bowls of the censor stand for?  
.....
5. What do charcoal and fire indicate?  
.....
6. How many chains are there for the censor? What do they signify?  
.....
7. What do the twelve bells represent?  
.....

## Activities

1. When incense is offered during the Holy Eucharist (when the deacon waves it towards us), we should bow respectfully and cross ourselves.
2. Write a short note on the meaning and symbolic importance of the censor.

3. Enquire more details of the censor.

## Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Revelation 8:1-5
Monday	Exodus 30:1-7	Psalm 111:1-7
Tuesday	Exodus 30:34-38	Psalm 112:1-4
Wednesday	Leviticus 10:1-2	Psalm 95:1-6
Thursday	Numbers 16:1-5	Psalm 98:1-4
Friday	Numbers 16:6-11	Psalm 24:1-6
Saturday	Deuteronomy 26:16-21	*

## UNIT 5

# THE HOLY EUCHARIST: A STUDY

## Chapter 18

### The Holy Eucharist: Meaning and Importance

**Learning Objective:** Understand the meaning and importance of the Holy Eucharist.

**Verse to be Memorized:** Then Jesus took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me” (St. Luke 22:19)

**Learning Aid:** Picture of the Last Supper.

#### Introduction

The Holy Eucharist is the most important sacrament of the Orthodox Church. The Son of God was born as a human to save us. The Holy Eucharist is the consummation of His ministry in this world. Hence the Eucharist and how we can participate in it meaningfully are important.

#### The Lesson

What is the meaning of the word ‘Qurbana’ which stands for Holy Eucharist? ‘Qurbana’ is a Syriac word. It originates from the Syriac root ‘Kareb’. ‘Korobo’ means sacrifice or offering. There is another word ‘Korban’ in Hebrew. This means ‘gift’. The word ‘Qurbana’ for Holy Eucharist used in Malayalam is a loan word from Syriac. This means ‘gift’ or ‘submission of sacrifice’. The Holy Bible teaches us incidents of people who offered not only their agricultural produce and animal wealth, but even their own children as gifts to God [eg. Abraham sacrificing his son (Genesis 22), Jephthah sacrificing his only daughter (Judges 11:29-40)].

There are two English terms used to describe Holy Qurbana in the Orthodox Churches. The first is ‘**Holy Liturgy**’. It means ‘worship’. In the Orthodox Churches, ‘the Holy Liturgy’ means Holy Qurbana. Another English term is ‘The Holy Eucharist’. This comes from the Greek word ‘eukharistia’ which means ‘thanks giving’.

Roman Catholics use the term ‘**Holy Mass**’. The Latin word ‘Missa’ is used for the Latin liturgy. After the sermon, the faithful alone could attend the liturgy. The Latin phrase ‘Missa est’ was used to indicate that others should depart. Later they used this term ‘Mass’ for the Holy Liturgy.

## Jesus Christ is the Founder of the Holy Eucharist

Some Christian Churches use the term '**Holy Supper**'. The last supper of Jesus Christ, is an event which happened at the end of the public ministry of Jesus Christ. We read in the gospels that Jesus Christ and his disciples got together to celebrate the passover in the traditional Jewish way. On the first day of the Unleavened Bread, when they killed the Passover lamb, Jesus sent his disciples to prepare a furnished house (St. Mark 14:12-16). While they were eating, Jesus took bread, blessed and broke it and gave it to them and said; "Take; this is my body". Then He took the cup and said: "This is my blood of the[g] covenant, which is poured out for many" (St. Mark 14:22-25).

Jesus commanded his disciples to remember and proclaim the Lord's death till He comes, whenever they eat this bread and drink this cup (1 Cor.11:26). The disciples obeyed this command. They came together in one accord, in the temple and ate their food with gladness and simplicity of heart praising God and having favour with all the people. We read about these in the Acts of Apostles which is the history of the Early Church (Acts 2:46-47)

The **Holy Communion** is another term for the Holy 'Qurbana'. Those who partake in Jesus Christ's flesh and blood say that they have taken the communion in the Body and Blood of Jesus Christ. All those who attend the liturgy are bound to take in the Holy Communion with good preparation. The group of people with whom I come to have communion in this way, was originally called a 'community'. Those who were restrained from participating in the Holy Communion due to serious reasons were called "excommunicated" people.

### Hymn

Look at the liturgical book and sing the hymn, "Lord the Saviour commanded..."

.....

### Let Us Pray

*O Lord, who became a sacrifice for us in the Cross, help us to attain pardon from sins and eternal life by communion with You. Amen.*

.....

### Resolution

*We believe the "Holy Qurbana" to be the Body and Blood of Jesus Christ. We will receive them in full faith and obedience to the Lord for eternal life.*

.....

## Let Us Think

1. Describe the origin of the term 'Holy Qurbana', and its meaning.

.....  
.....

2. Which are the two words used in Orthodox Churches to describe the Holy Eucharist?

.....

3. Explain how Jesus Christ founded the Holy Eucharist.

.....

4. Why is the Holy Eucharist called the 'Holy Communion'?

.....  
.....

## Activities

1. Match the words given below with the languages from which they originated.

### A

Korban  
Missa  
eukharistia  
Communion  
Korobo

### B

Latin  
English  
Syriac  
Greek  
Hebrew

2. Rearrange the spellings given below into a meaningful word.

a) RUGILTY      b) SALT PEPSUR      c) ANQURAB      d) SAMIS

3. (Read St. Mark 14:12-16) and fill in the blanks.

Now on the .....day of the Unleavened Bread, when they killed the Passover....., Jesus sent out two of His .....and said: "Go into the city and a man will meet you carrying a pitcher of water. Tell him that the teacher says". Where is the ..... in which I may eat the .....with my disciples. He will show you a .....furnished and ..... There make ready for us".

4. Arrange students carrying placards in which the following words are written.

A

QURBANA  
MASS  
COMMUNION  
EUCCHARIST  
KORBAN

B

HEBREW  
LATIN  
GREEK  
ENGLISH  
MALAYALAM

Ask the students bearing the matching placards (word with the language) to stand together. Let the students find out their suitable friends for themselves.

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	1 Corinthians 11:23-27
Monday	St. John 6:26-31	1 Corinthians 11:28-34
Tuesday	St. John 6:32-35	Psalms 15:1-5
Wednesday	St. John 6:36-40	Psalms 27:1-3
Thursday	St. John 6:41-47	Psalms 27:4-7
Friday	St. John 6:48-51	Psalms 27:8-9
Saturday	St. John 6:53-59	*

## Chapter 19

# Preparation for Receiving the Holy Eucharist

**Learning Objective:** Learn how one should prepare for receiving the Holy Eucharist.

**Verse to be Memorized:** “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord” (1 Corinthians 11:27).

### Introduction

In the previous lesson we learned the meaning and importance of the Holy Eucharist. Today we are going to learn how we should prepare ourselves to participate in the Holy Eucharist. St. Paul has said that “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord” (1 Cor. 11:27). Hence we should learn how we should prepare ourselves to participate in the Holy Eucharist in a worthy manner.

### The Lesson

How do you often prepare to participate in the Holy communion? Do you go to church after taking bath? Do you observe fasting as part of this preparation? Do you wake up early that day to say your prayers and reach the church before the morning worship begins?

Those who attend the Holy Eucharist and partake in the Holy communion should prepare themselves well. This preparation should begin on Saturday itself. This includes preparatory prayers, hygiene, food control, control of thoughts etc. We shall see these things one by one.

#### 1. Preparatory prayers

Those who wish to participate in the Holy Communion on Sunday should prepare for it from Saturday evening onwards. As far as possible they go to the Church for Saturday evening prayers. After returning home, the whole attention should be on the Holy Eucharist of the next day. It is no time for watching television, playing video games and parties ! You may read Sunday school texts or Biblical passages for the next day. Saturday evenings can be used for learning biblical verses by heart or for devotion with your parents. You can have your Saturday supper early. Say your late evening (compline) prayers and sing ‘Lord thy mercy on us cast....’. Go to bed early. Wake up early morning, take a shower, dress, yourselves in white (or light colours), say the morning prayers and leave for church.

## **2. Diet**

We should also regulate our diet from Saturday evening onwards. Normally we don't eat fish or meat on Saturday evenings. It is always best to have a light supper. Take care that there is no going out for parties on Saturday evenings. Wake up early morning, complete your morning activities, take shower, wear clean white clothes, and go to the church without eating or drinking anything. This means no bed coffee on Sundays. You shall eat and drink only after receiving the Holy Communion.

## **3. Dress**

We should take good care of our dress while going to church. We should wear only clean white clothes (or light colour) . The clothes for the church could be arranged on Saturday itself. Boys shouldn't wear jeans and T-shirts for Sunday worship. White dress is ideal. Girls should dress up decently for the church service like tops with collars. They shall also cover their heads with a scarf. Like the uniforms for school, you shall keep a white uniform to put on when you go to the Church.

The personal demeanor (appearance) is as important as the dress. Both boys and girls should make their face and hair up without any artificial methods. No one should apply lipstick when going for the Holy Eucharist. You should remember that you are going to receive holy Body and Blood of our Lord Jesus Christ. Don't you feel we must prepare ourselves as we go to meet our Lord Jesus Christ. The boys should not grow hair like girls and wear stud in ears. We should never go like that to the church.

## **4. A bag to be carried while going for the Holy Eucharist**

Just like you go to school, you may carry a bag to the church as well. A small bag will be sufficient. You can carry your liturgical book, Holy Bible and Sunday School text book in it. Those who go to attend the Holy Eucharist should reach the church before the morning prayers begin. We should participate in the Holy Eucharist closely following the liturgical book. We should say prayers and sing hymns looking into it. When readings from the Old Testament and the New Testament are made, we shall open the relevant biblical passage and follow the readings.

## **5. Preparing mentally for the Holy Communion**

As mentioned earlier, we should attend the Holy Eucharist and take the Holy Communion with a pure heart and concentration. We don't look at the people standing around ratherly, we should stand looking only at the Holy of Holies.

Those who prepare for the Holy Communion should undergo the sacrament of Confession. It is necessary to make confession regularly. Children should confess from the age of twelve. Children below twelve should receive absolution (Hoosoyo)

from the priest. They should bow before the priest with folded hands. While receiving absolution they should accept the priest's act of crossing their forehead by crossing themselves. We should respond to each act of crossing by saying 'Amen'. If we participate in the Holy Eucharist with these preparations, our Sunday worship will be pleasurable. It will give satisfaction and peace to us.

### Hymn

The one on whom-fi-e-ry an-gels trembling gaze  
That One as Bread-and Wine upon the altar see  
As angels clad-in lightning are enflamed by Him  
So those who eat-them have their faces made as bright  
    The secrets of-the Son are for-the angels fire;  
    So witnesseth-Isaiah too-who then perceived;  
    Those mysteries-within God's bo-som deep concealed,  
    For Adam's sons-dispensed upon-the table, see

### Let Us Pray

*O loving Lord, we are enabled to remember your Incarnation, crucifixion, resurrection and second coming through the Holy Eucharist. Help us to partake of the Holy Eucharist and take the Holy Communion with good preparation and live with purity.*

### Resolution

***We will attend the Holy Eucharist regularly with prayful and proper preparation***

### Let Us Think

1. What are the prayful preparations for the Holy Communion?

.....  
.....

2. How should we arrange our diet and dress for attending the Holy Eucharist?

.....  
.....  
.....

## Activities

- True or false? Make '✓' mark for the right and 'X' mark for the false.
  - Those who go to attend the Holy Eucharist can drink coffee.
  - Don't attend the Holy Eucharist without the liturgical book.
  - Begin your preparations for the Holy Eucharist on Saturday.
  - Those who participate in the Holy Eucharist can wear any dress.
  - It is not right to participate in the Holy Eucharist carrying a mobile phone.
- List the dress code to be observed by children while attending the Holy Eucharist.
- What did St. Paul say about the fate of those who take Holy Communion without proper preparation.
- Collect the picture of faithful going for the Holy Eucharist in a well disciplined manner.
- Classify the following objects into those that can be used during the Holy Eucharist and those that cannot be used. Write them in the appropriate columns given below.

Bed Coffee, Qurbanakramam, White Dress, Lipstick, Jeans, Bible, Sunday School Books, Mobile Phone, Colourful T-shirts, school bag.

PERMITTED	NOT PERMITTED

## Further Reading

Day	Morning	Evening
Sunday	*	Psalm 122:1-5
Monday	St. Luke 22:14-18	Psalm 122:6-9
Tuesday	St. Luke 22:19-23	Psalm 123:1-4
Wednesday	1 Corinthians 11:1-5	Psalm 147:1-5
Thursday	1 Corinthians 11:6-12	Psalm 147:6-11
Friday	1 Corinthians 11:13-16	Psalm 147:12-17
Saturday	1 Corinthians 11:7-20	*

# UNIT 6

## TRUTHS OF FAITH

### Chapter 20

### The Holy Bible

**Learning Objective:** Understand the importance of the Holy Bible, which is the Scripture of the Church.

**Verse to be Memorized:** “Oh, how I love your law! It is my meditation all day long” (Psalm 119:97).

#### Introduction

All of us read the Holy Bible regularly, don't we? Have you all brought the Holy Bible to the church regularly? Today let us learn about the importance of the Holy Bible, which is the Scripture of the Church.

#### The Lesson

##### Bible as Our Spiritual Food

The Holy Bible is the most widely read book in the world. The Holy Bible is available in all important languages of the world. Its translations and studies are available in the internet too.

##### What is the Holy Bible?

The Holy Bible is the Word of God. It contains the words spoken by God to human beings. From the beginning God revealed himself to human beings in various ways. Humans could know more about God with the incarnation of the Son of God (Jesus Christ). We learn all these through the Bible. The Holy Bible gives us direction to stay away from sin and live according to God's will. It also shows the path for sinners to return to God's ways and become children of God. We know about the relationship between God and humans since creation, and about the last Judgement from the Holy Bible.

##### Old and New Testaments

The Holy Bible is divided into the Old and the New Testaments. The Old Testament contains books used by Jews and their sacred book. These books were written before Jesus Christ in Hebrew language. This contains the history of the Jewish people since the times of Creation.

The Old Testament contains details of how God led His chosen people of Israel. According to the Canon of the Orthodox Church there are 46 books in the Old Testament. But the Bible published by the Bible Society has only 39 books in the Old Testament.

The New Testament was written in Greek. It has 27 books. These books are written by Christ's disciples and early Christians. The four gospels describe the birth, life, crucifixion and resurrection of Jesus Christ. Almost half of the books in the New Testament were written by apostle St. Paul.

### **How do We Use the Holy Bible?**

Bible contains the word of God. It is the spiritual food needed for our growth (Jeremiah 15:16). The Holy Bible helps us to listen to God and stay away from evil. It is good for each child to have her/his own copy of the Holy Bible. We should take care of the following things when we use the Holy Bible.

1. We should keep the Holy Bible with respect and care. We should not be careless in handing it.
2. We should read the Holy Bible daily and assimilate the Word of God.
3. When the Holy Bible is read in the church and at prayer meetings, we should listen carefully and meditate on it.
4. We should teach from the Holy Bible to our friends.
5. Try to memorize as many verses from the Bible as possible.

### **Holy Bible in Daily Life**

We should make Holy Bible reading and its studies part of our daily routine. This will help us to keep good relationship with God. Just as food is necessary for physical growth, Bible study is essential for spiritual growth. Children might find it difficult to understand certain Bible passages. Hence it would be better if we begin with Psalms and the Gospels. We can comprehend the difficult passages with the help of parents and teachers. We should obey God's commandments given in the Holy Bible and live accordingly.

### **Hymn**

Seated at the feet of Jesus  
Let us all listen  
To His Holy Verses which are  
-the breath of our Life  
Gospel of Jesus Christ  
Are sacred councils for us  
We shall listen, preserve we shall  
The verses of life

.....

### Let Us Pray

*O Lord, May Your words always be lamp to our feet and light to our path.  
Enable us to walk in the light of Your Word. Amen.*

.....

### Resolution

*We will read and meditate on the Holy Bible regularly every morning  
and evening*

.....

### Let Us Think

1. What do you mean when you say Holy Bible is the Word of God?  
.....
2. How should we use the Holy Bible?  
.....
3. Which books describe the life and work of Jesus Christ?  
.....
4. How many books are there in the Holy Bible which we use now?  
.....
5. Why do we call the two parts of the Bible as 'Old' and 'New' Testament?  
.....  
.....
6. How many gospels are there? Name them.  
.....  
.....
7. Which Psalms do we use most in our daily worship?  
.....

### Fill in the Blanks

1. The two parts of the Holy Bible are..... and .....
2. There are..... books in the Old Testament and ..... books in the New Testament.
3. .... has written the maximum number of books in the New Testament.

## **Activities**

1. Display different versions of the Holy Bible before the students (NRSV, NIV, NKJV, KJV).
2. Demonstrate before the students how we can find out different books and verses of the Bible.
3. Check whether the students remember the gospel passage read in the Holy Liturgy.
4. Check whether all students have the Holy Bible and whether they read the Holy Bible regularly.
5. Encourage the students to bring the Holy Bible to the Sunday School.

## **Further Reading**

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Psalms 119:1-8
Monday	St. John 1:1-5	Psalms 119:9-16
Tuesday	Acts 8:26-31	Psalms 119:33-40
Wednesday	Acts 8:2-35	Psalms 119:41-48
Thursday	Colossians 1:24-26	Psalms 119:73-80
Friday	Colossians 1:27-29	Psalms 119:97-104
Saturday	Ephesians 5:9-14	*

## Chapter 21

# Christ's Cross-My Boast

**Learning Objective:** Understand the importance of Jesus Christ's Cross and the meaning of making the sign of the Cross.

**Verse to be Memorized:** 'May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world' (Galatians 6:14).

### Introduction

Let us all make the sign of the Cross in the right way (All students make the sign of the Cross). What do we remember when we make the sign of the Cross? We recall the Crucifixion of Christ. Today we are going to learn the meaning and significance of Christ's Cross and the meaning of making the sign of the Cross.

### The Lesson

The Cross is known as 'Sleebea' in Syriac. Haven't you heard the word 'Sleebea' used in our liturgy? We make the sign of the Cross whenever we hear that word. The Cross was used as gallows for executing criminals in the ancient Roman and Persian empires. Hence it was then a symbol of condemnation and cruel death. After the crucifixion of Jesus Christ, the Cross became an important object for all those who accepted Him as their Saviour. Hence the Cross is today a symbol of victory over satan and death. The Cross is the sign of victory and the symbol of salvation. When the sacraments of baptism, prayer of absolution and declaration of Ordination are administered, a sign of Cross is made on the forehead of the candidate.

The practice of bowing before the cross and falling on our knees before it, existed in the Christian Church since its beginning. The practice of bowing before the Cross on Good Friday existed in Jerusalem. This practice is continued today in honour of the Cross on Good Fridays. This is not idol worship because here we are not worshipping the Cross. We see Jesus Christ through the eyes of our spirit and venerate the Cross.

The Cross is placed on top of the church building, on the Holy altar and on wayside chapels. We wear the Cross as the sign of being Christians. Our Metropolitans carry a Cross in their hands.

We follow the practice of making the sign of the Cross whenever we see the Cross. Similarly whenever we hear the mention of the Holy Trinity we make the sign of the Cross. Let us see what is the meaning of crossing ourselves.

### **The Meaning of Making the Sign of the Cross**

The sign of Cross is made from forehead to chest and then from the left to the right. The movement of the three fingers from ‘forehead to the chest’ tells that Our Lord came from heaven to earth for the salvation of humankind. The movement from ‘left shoulder to the right’ remembers how Jesus Christ transformed us from being children of the left (sin) (due to Adam’s sin) to children of the right (righteousness) through His crucifixion and resurrection.

In making the sign of the Cross, we remember Our Lord’s Incarnation, and thank God for our salvation through the Cross. We recall the salvation won for us by Christ when we make the sign of the Cross.

### **Hymn**

Holy Cross conquered and conquers  
The Cross conquered the devil  
Let the Cross be the fort of  
Those who confessed it ever  
    The Holy Cross is the good sign  
    The Holy Cross is Victor’s flag  
    We shall praise the holy Cross  
    That earned us our Salvation

.....

### **Let Us Pray**

*O Lord, enable us to always respect the cross which is the means of our salvation. Amen.*

.....

### **Resolution**

*We shall make the sign of the Cross and remember Jesus Christ whenever we see the Cross.*

.....

### **Let Us Think**

1. The Syriac name for the Cross.
- .....

2. What was the cross used for in the ancient Roman and Persian empires?
- .....

3. Why do we bow before the Cross?

.....  
.....

4. Is it idolatry to bow before the Cross, and if not why?

.....

### Activities

1. Find out how many crosses are there on the hood (Masnapsa) worn by our metropolitans (Hint: It indicates Christ and his disciples).
2. Draw and colour a picture of the Cross.

3. When we see churches and wayside chapels during our travels, let us make the sign of the Cross and silently pray.
4. Try to understand the meaning of making the sign of the Cross and share it to others.

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	St. Mark 13:-8
Monday	Numbers 21:4-9	St. Mark 13:9-13
Tuesday	1 Samuel 17:37-39	St. Mark 13:14-23
Wednesday	1 Samuel 17:40-44	St. Mark 13:24-27
Thursday	1 Samuel 17:45-47	St. Mark 13:28-37
Friday	1 Samuel 17:48-53	Galatians 2:17-21
Saturday	Jeremiah 32:36-41	*

# UNIT 7

## GREAT MEN OF GOD

### Chapter 22

## St. John the Baptist

**Theme:** St. John the Baptist is the saintly forerunner of Jesus Christ. He came before the public ministry of Jesus Christ to speak and teach about the Kingdom of God.

**Verse to be Memorized:** “You, child, will be called the prophet of the Most High; for you will go before the Lord to prepare his ways, to give knowledge of salvation to his people by the forgiveness of their sins” (St. Luke 1:76).

### Introduction

Haven't you seen pilot vehicles accompanying dignitaries? What are these pilot vehicles for? They go ahead of important persons (like ministers, chief minister, governor etc.) and clear the path so that these dignitaries can travel without any hindrance. In a way, they 'prepare' the way for dignitaries to move forward.

Do they have any other role? When dignitaries come for any special purpose the pilot vehicles make an announcement about their arrival. Similarly, before Christ began his earthly ministry, a holy man declared His coming into the world, and what He shall do. Can anyone identify him? This person is John the Baptist. He was the forerunner of Jesus Christ. Today we are learning about this great man.

### The Lesson

The Holy Bible gives us details about the birth and mission of John the Baptist (St. Luke 1:5-13). John the Baptist's parents, Zachariah and Elizabeth were great devotees of God. They were childless till their old age. However they had the habit of praying to God. Zachariah was a priest. Once he was praying and offering incense at the temple when an angel appeared and informed him that a son will be born to him. Accordingly Elizabeth conceived and delivered the child after an year.

Just as his birth, John the Baptist's growth was also special. John grew up as a lonely one in the desert. He ate simple food and wore only rough cloths. John the Baptist spoke against all the evil deeds of the society of his times. He foresaw the coming of Jesus Christ and stated “Bear fruits worthy of repentance” (Read St. Luke 3:7-9). He gave 'baptism of repentance' to those who confessed their sins and forsook

them. Jesus Christ though sinless also got baptized by John. The baptism of Jesus Christ was a sign of beginning the activity of the Kingdom of Heaven.

John the Baptist would question anyone who does wrong. Herod Antipas, the king of Judea had married his brother's wife. John told him this was a great sin. The king and his wife Herodias didn't like this rebuke. He shut John up in prison.

During those days, King Herod's birthday was celebrated. Herodia's daughter (Jewish historian Flavius Josephus says her name is Salomi) danced on the occasion. He promised to give her anything she asked for. The daughter consulted her mother. Herodias who had great hatred against John, told her daughter to ask for John the Baptist's head on a platter. The king was very unhappy and reluctant. Yet he was obliged to keep his oath. John's head was brought and was given to Salomi in a platter! Thus John the Baptist lost his life. Herod and his family came to sorrow in later years. They met with a tragic end.

John, who is the forerunner of Jesus Christ is recognized as a great martyr of the Church. Several parishes in our Church are dedicated to his memory.

### Hymn

Mary who begot Thee  
At St. John who baptized Thee, they-  
shall intercede-on our behalf  
Have mercy on us!

.....

### Let Us Pray

*O merciful Lord, give us the strength to resist surrendering before evil. Enable us to do good. Strengthen us to speak about God's Kingdom. Help us to have a life style that would reveal that we have repented. Prepare us to live faithfully like John the Baptist. Amen.*

.....

### Resolution

***We will lead our lives keeping away from lies, treachery, hatred, and anger***

.....

### Let Us Think

1. What is the meaning of the word 'Baptist'?

.....

2. Who was the king who beheaded St. John the Baptist?

.....

3. Name the parents of St. John the Baptist.

.....

4. What was the message given by God's angel to priest Zachariah?

.....

5. What was special about the life of John the Baptist?

.....

.....

### Activities

Tick the right option (✓)

1. What was John the Baptist's father Zachariah?

a. Tentmaker

b. Fisherman

c. Priest

d. Carpenter

2. How did King Herod execute John the Baptist?

a. Crucified him

b. Crucified head down on the cross

c. Throw him to animals

d. Beheaded him

3. What was unique about St. John's character?

a. Indifference to everything.

b. Tolerated everything.

c. Fearlessly questioned all wrong doing.

d. Was afraid of losing his head.

4. Have you seen the picture of John the Baptist in any church?

### Further Reading

Day	Morning	Evening
Sunday	*	St. Matthew 11:1-19
Monday	St. Luke 1:5-7	St. Mark 10:3-16
Tuesday	St. Luke 1:8-17	St. Matthew 18:-5
Wednesday	St. Luke 1:18-23	1 St. John 3:-3
Thursday	St. Luke 1:57-66	Ephesians 6:-4
Friday	St. Luke 3:1-6	Colossians 3:20-21
Saturday	St. Luke 3:7-14	*

## Chapter 23

# Kuriakose Mar Gregorios (Pampady Thirumeni)

**Theme:** Let us seek refuge in the intercession of Kuriakose Mar Gregorios (known as 'Pampady Thirumeni') who glorified and pleased God with his simple life, unselfish love for all, habit of prayer and holiness of life.

**Verse to be Memorized:** 'Remember your leaders, those who spoke the word of God to you; consider the outcome of their way of life, and imitate their faith' (Hebrews 13:7).

### Introduction

Do you know who are the declared saints of our church? Geevarghese Mar Gregorios of Parumala and Geevarghese Mar Dionysius Vattasseril. However there are many other Church Fathers recognized by the faithful as saints. Have you heard about such unproclaimed saints? Can you name any one such Church Father/Mother who is considered as saint?

Church Fathers like H. H. Mar Baselios Geevarghese II Catholicos (Kurichi Bava), Pathrose Mar Osthathios (who evangelized around 27,000 people and made them members of the Church) and Kuriakose Mar Gregorios ('Pampady Thirumeni') are some of them. Today we shall learn more about Kuriakose Mar Gregorios of Pampady.

### The Lesson

One incident from the boyhood days of Pampady Thirumeni is interesting. Once he was walking to the church at Pampady, Kottayam. He saw a heap of raw cow dung in the courtyard of the church. The boy scooped the dung with his own hands and threw it at the foot of a nearby tree. He then washed his hands and feet and was about to enter the church when the sexton summoned him and said "His Grace is calling you".

H. G. Paulos Mar Athanasius of Kadavil had come to the church that day. The bishop had noticed the good deed of the boy from a distance and called him. "What is your name?" the bishop asked. "Kuriakose" – The boy replied. The bishop congratulated the good deed of the boy. The boy's father was summoned and was asked to send his son for God's work. The father obliged. The bishop identified the goodness of the boy from his little act of goodness. Jesus Christ taught us that the good and faithful servant would be made ruler over many things'. This command became true in the case of this boy in later life.

## **The Birth of Kuriakose Mar Gregorios**

Kuriakose was born in the village of Pampady in Kottayam district on April 5, 1885. He had three brothers and four sisters. He was taught the alphabet by 'Madathil Ashan' (Ashan= Master) a local teacher. The teacher-student relationship in those days was quite unique. More focus was given on the development of character of the students. Students were brought up as children with good character, devotion to God, obedient to parents and teachers and kind towards the poor. Kuriakose was ahead of others in all these virtues.

## **Ordination as Priest**

Impressed by his devotion, he was ordained deacon at the age of fourteen and priest at the age of twenty one. H.G. Paulose Mar Ivanios (first Catholicos of Malankara H. H. Baselius Paulose I) ordained him priest on July 28, 1906. He learned Syriac at Old Seminary Kottayam and became the pet disciple of St. Vattasseril Geevarghese Mar Dionysius Metropolitan .

## **The Life of Prayer of Kuriakose Mar Gregorios**

Do you pray regularly? Prayer purifies and strengthens us. All saintly people of God used to pray regularly. Fr. Kuriakose grew into a great ascetic who prayed continuously. He had taken monastic vows and had become a 'Ramban' by now. His teacher Madathil Master gifted him twelve acres of land on top of Pothenpuram Hills at Pambady for prayer and meditation in seclusion.

In those days Pothenpuram near Pampady was quite a 'forest' land. Like the hermits we read about in history, he built a small hut on top of this hill and lived there in prayer, fasting and vigil. He acquired great spiritual power. When he was selected as the Metropolitan, he hesitated at first. Finally because of the compulsion of his teacher St. Vattasseril Mar Dionysius, he submitted himself to be ordained Metropolitan in 1929. He built Pothenpuram Church and monastery and named it 'Tabor Hills'. He led Kottayam diocese as Metropolitan for thirty six years.

## **Healing and Miracles due to the Intercession of the Metropolitan**

Can you narrate any miracle that happened due to the intercession of saintly people? Several sick people were healed through the intercession of Pampady Thirumeni. The monastery at Pampady became an asylum for the sorrow-ridden, the suffering and the poor. The Metropolitan gave comfort to all who came to him. Moreover he went personally to Kunnamkulam which had been ravaged by a terrible plague. In those days that disease was quite fatal and contagious. The Metropolitan disregarded all these and went to Kunnamkulam. He visited the houses of the sick and prayed. All were healed. Similarly he gave boundless charity to all who were in need. Several miracles were performed by the Metropolitan in whom love of God and His Creation were the rules of life.

## **The Metropolitan's Death**

Have you ever attended the funeral ceremony of a Metropolitan? The passing away of the Metropolitan was very miraculous. The Metropolitan passed away at 2.35 am on April 5, 1965 on his eightieth birthday. His favourite wrist watch stopped working at the time of his death. This watch is kept even today in the Museum at Pampady monastery. His mortal remains were interred in the monastery church on Pothampuram Hills. Several people visit his tomb and seek his intercession even today. It will be a great blessing if you can visit his tomb and pray.

### **Hymn**

Kuriakose Mar Gregorios  
Pampady's great ascetic  
Primrose of our Malankara Church  
Pray for us your devotees  
    Ideal ascetic and saint  
    Overflowing with great love  
    Saintly teacher of Tabor Mount  
Pray for us your devotees  
O great defender of faith  
Through your prayers and your fasts,  
Kuriakose Mar Gregorios  
Pray for us your devotees

.....

### **Let Us Pray**

*(Let one student recite. Others shall repeat after him)*

*Student: O, Kuriakose Mar Gregorios.*

*Others : Pray for us.*

*Student: To become purified through, fasting and prayer.*

*Others: Pray for us.*

*Student: To behave kindly to all creatures following your example.*

*Others: Pray for us.*

.....

### **Resolution**

***We will follow the example of Pampady Thirumeni who showed us the path of prayer, kindness, mercy, love and service to the poor.***

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### Let Us Think

1. Who are the officially declared saints of Malankara?  
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.....
2. Name five Church Fathers who led a saintly life.  
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.....  
.....
3. Who was Pampady Thirumeni's teacher?  
.....
4. Name the bishop who founded the 'Servants of the Cross' society and evangelized several people and brought them to the Christianity.  
.....
5. What act of the boy named Kuriakose attracted the bishop Paulose Mar Athanasius of Kadavil?  
.....  
.....
6. What do you understand by the term 'monastery'?  
.....  
.....

### Activities

7. Make a tick '✓' mark for the right option
  1. The place where 'Pampady Thirumeni' visited and prayed for healing the plaque victims.
    - a. Pampady
    - b. Kottayam
    - c. Parumala
    - d. Kunnamkulam
  2. Who compeled Kuriakose Mar Gregorios to be ordained as Metropolitan?
    - a. H. H. Baselius Geevarghese II Catholicos
    - b. St. Geevarghese Mar Dionysius of Vattasseril
    - c. St. Geevarghese Mar Gregorios of Parumala
    - d. Pathrose Mar Osthathios

3. The name given to Pothempuram Hills by Pampady Thirumeni
  - a. Tabor Hills
  - b. Baselius Monastery
  - c. Carmel Monastery
  - d. Bethany Monastery
4. Visit the tomb of Kuriakose Mar Gregorios..
5. Read the biography of Pampady Thirumeni.
6. Visit the museum in Pampady monastery and take photographs.

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Psalm 22:1-5
Monday	1 Samuel 2:8-11	Psalm 47:1-9
Tuesday	1 Deuteronomy 16:8-15	Psalm 30:1-4
Wednesday	Levictus 11:14-45	Psalm 93:1-5
Thursday	Isaiah 57:14-15	Psalm 99:1-9
Friday	1 Peter 1:13-16	1 Themothy 4:6-12
Saturday	1 Corinthians 3:16-17	*

# UNIT 8

## GOOD HABITS

### Chapter 24

## Humility : The Path to Greatness

**Theme:** Understand and appreciate the virtue of humility and assimilate it in life. It is a trait that makes an individual great.

**Verse to be Memorized:** “Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light” (St. Matthew 11:29-30).

### Introduction

The Holy Bible teaches us about a very gentle person. Do you know his name? It was prophet Moses. How can we lead a humble life from our young days? Let us try to cultivate humility in our lives. Today let us learn about the great virtue called humility.

### The Lesson

Humility is a virtue which could be cultivated and is essential for success in life. What is humility? One definition of humility is as follows “Humility is a mixture of qualities like self-control, lack of egocentrism, withdrawal from opinions that hurt others, moderation in conversation, and gentleness in behaviour”. Those who have humility will come up in life, because they will be liked by everyone.

What traits do we seek in a humble person? Our Lord has commanded “Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light” (Mathew 11:29). Our Lord’s birth in the manger is a great example of humility. He grew up in a poor Jewish family. The Holy Bible says “Jesus increased in wisdom and in years, and in divine and human favor” (Luke 2:52). Humility is essential for obedience. Only those who are gentle can serve and look after others. “For the Son of Man came not to be served but to serve, and to give his life a ransom for many” (Mark 10:45). Jesus washed the feet of his disciples and showed the world the greatest model of humility.

The Holy Bible says about Moses thus: “Now the man Moses was very humble, more so than anyone else on the face of the earth” (Numbers 12:3). When Moses was

appointed by God as the leader of Israel, he expressed his inability with humility before the Lord. However God strengthened the humble Moses for His work. He is known as the head of the prophets.

Humility is the source of all virtues. It helps us to think and evaluate things in a mature way. Humility germinates and grows in a heart which has developed trails like patience, courage, tolerance, straight forwardness and charity.

Jesus Christ gave a parable to show that a person who seeks God's mercy needs to be humble. Two men went to pray at the temple; a Pharisee and a tax collector. The Pharisee laid out his claims before God and declares that he was better than others. But the tax collector who was looked down upon in the society, stood far away. He didn't even dare to raise his eyes to heaven. He beat his chest and waited. "God, be merciful to me, a sinner!" Jesus Christ after comparing the prayers made by both men said. "I tell you, this man went down to his home justified rather than the other; for all who exalt themselves will be humbled, but all who humble themselves will be exalted" (St. Luke 18:14).

Here is a real life incident. A railway station in Bengal. A well dressed young man got down from a train there. He carried a briefcase in his hand. He stood there on the platform expecting a 'coolie' to come. He shouted "Coolie, coolie" (one who carries heavy luggage for others). But no one came. After sometime a man came that way. He was wearing a Bengali shawl. 'Don't we have coolies here? The young man asked the Bengali. "None-You have this briefcase to be carried. I will carry it for you." He replied. "Say how much you charge", the Youngman said. But the Bengali only smiled. The young man walked in front with pride. The Bengali followed him with the box. The Youngman asked "Do you know Ishwar Chandra Vidyasagar's house?" "Yes", the Bengali replied. "Good. We should go there. I want to meet him and fall at his feet", the young man said.

The Bengali smiled and said. "young man, I am Iswar Chandra Vidyasagar who you are looking for". The Bengali was none other than the great Ishwar Chandra Vidyasagar. The young man's pride melted away. He regretted his lack of humility. The broadminded Vidyasagar comforted him and blessed him.

God hates pride and likes humility. We might have heard that pride "goes before a fall." People who don't have humility pretend that they are great scholars and men of great skills. There is a proverb that "Immature people who get money will unnecessarily make a display of wealth" but others will only laugh at such fops.

The important characteristic of culture is good behaviour. The good conduct which can create happiness and impression upon others is a great asset. It will lead us to greatness. The good quality of humility leads to good conduct. Only those who are humble can recognize and respect others. Humble behaviour earns respect for our personality from others. It will lead us to goodness. It will help us to acquire

positions and achievements. Our Lord teaches us in the Sermon on the Mount: “Blessed are the meek, for they will inherit the earth” (St. Matthew 5:5).

### Hymn

Where shall I reside, said the Lord  
But in humble hearts  
Found his abode-in Her; Humblest  
Of all those born  
    No one has been-raised high like her  
    Hence it is clear  
    None has humbled like Mary,  
    Mother of Jesus

.....

### Let Us Pray

*O loving God, help us to be humble like Moses who is the leader of Prophets.  
Amen.*

.....

### Resolution

*We will cultivate the virtue of humility in our lives.*

.....

### Let Us Think

1. Who is the humblest man described in the Holy Bible?

.....

2. Try to define humility.

.....  
.....  
.....

3. Who is the head of prophets?

.....

### Activities

1. Find out the characters from the Holy Bible who have shown humility in their lives.
2. Acquaint with people who have the quality of humility.
3. Discuss with your friends and teacher what are the blessings for humble people.

4. Fill up the blanks.
- a. Blessed are the ....., for they will inherit the earth (St. Matthew 5:5)
  - b. And Jesus increased in ..... and in years, and in ..... and ..... favor (St. Luke 2:52)
  - c. Take my ..... upon you, and learn from me; for I am ..... and ..... in heart, and you will find rest for your souls (St. Matthew 11:29).

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Psalm 45:1-4
Monday	Zephaniah 2:1-3	Psalm 25:8-13
Tuesday	Colossians 3:12-13	Psalm 149:1-5
Wednesday	James 1:19-20	Psalm 37:1-11
Thursday	1 Peter 3:13-15	Psalm 147:1-7
Friday	Titus 3:1-5	St. Matthew 5:1-9
Saturday	1 Timothy 6:10-13	*

## Chapter 25

# Truth: A Valuable Treasure

**Theme:** God is truth. We are the abode of God. God dwells in us. Hence we should always be truthful.

**Verse to be Memorized:** “So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another” (Ephesians 4:25)

### Introduction

Do you know how a boy once tested the sharpness of an axe in his home? He took the axe and swung it at a growing cherry tree sapling in his courtyard. The sapling which had been grown by his father was cut into two. When father returned, he became quite angry and asked “Who did this?” The boy was quite afraid. Yet he went up to his father and said: “Father I did this to test the sharpness of the axe. Pardon me please”. Hearing his son’s confession, the father’s anger melted away. Do you want to know who this truthful son grew up to be? He was George Washington, the President of America. Today we are going to learn about the good quality ‘truthfulness’.

### Reading Passage

God always desires from us a life founded on truth. Many people give up truthfulness for temporary benefit. The dangers caused by it are beyond words. But truth remains forever. It will make us free and save us.

We can see the greatness and need of truth in the Holy Bible. The Holy Bible teaches us to meditate on whatever is true (Philippians 4:8). “Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness” (Ephesians 6:14). We also remember the word of Jesus will “make you free”.

Jesus Christ’s crucifixion itself is a witness of truth. The truth that was buried on Good Friday, but resurrected on Sunday. Even though we try to hide, truth will be revealed one day. “Whoever speaks the truth gives honest evidence, but a false witness speaks deceitfully”(Proverbs 12:17). “Truthful lips endure forever, but a lying tongue lasts only a moment” (Proverbs 12:19). These verses from the book of Proverbs emphasizes the value of truth.

God knows our innermost thoughts. Hence we should have only pure thoughts, words and deeds before God. Only then the Holy Spirit will bless us. We will reach our real destination only if our way of life is truthful. For that we should always be truthful. We should always speak the truth even if it involves the risk of loss and

suffering. We will understand the value of truthfulness in life, as we grow up. As we learn from the Holy Bible, we shall rely on God to become as truthful as Prisca and Aquila. But the story of Ananias and Sapphira is quite different. They hid the truth. Ananias sold his land after consulting his wife, Sapphira. They kept back part of the proceeds without giving it to the Apostles. Moreover they desired for societal respect and dignity. But their hearts were not pure before God. As a result they had to suffer the punishment of death (Acts of Apostles 5:5-10).

The truthfulness of several great people are mentioned in world history. What God desires from us is that we should be truthful. Truth is the pillar that supports our society. We shall get peace of mind only if we say the truth.

When Mahatma Gandhi was at School, the school inspector came for inspection. He gave a test to the students in the class. He would dictate words and the students had to write them in their book. Mohandas (Mahatma Gandhi) didn't know the spelling of the word 'kettle'. The class teacher approached Mohandas secretly and asked him to copy the spelling of the word 'kettle' from the student sitting next to him. But he was not prepared to do so. He had never thought that the teacher would ask him to do the copying. At last after the dictation test, all students other than Mohandas got all words correct. Mohandas wrote the word 'kettle' wrongly. He could have corrected the spelling if he had compromised his truthfulness. But he was not ready for that. He held fast to faithfulness in life and showed the truth in him to the world. Later he wrote, "Truth is God."

Truthfulness is a great virtue. We can fulfill our lives by embracing truth. We should practise truthfulness in our homes. We should speak only the truth. Sometimes this may cause risks in our lives. However, truth shall win in the end. When we are truthful before our teachers and fellow students at school, our lives will become ideal. Truthfulness in Christian life is actually confessing Jesus Christ before others. Others should testify that you are a truthful student or true Christian. Those who show pride and arrogance neglecting truth will come to grief later.

### Hymn

O Truthful God  
O Loving Lord  
Help us all to walk  
In the path of truth

.....

### Let Us Pray

*O God, the eternal Truth, protect us. Enable us to speak and do only truthful things. Amen.*

.....

## Resolution

*We will always speak and do truthful things, whatever be the difficulties we face.*

.....

### Let Us Think

1. State a few Biblical verses which reveal the greatness of truth.  
.....  
.....
2. Name the couple who hid the truth.  
.....
3. Name the couple who upheld the truth.  
.....
4. Name a few great people who were known for their truthfulness in life, from world history.  
.....  
.....  
.....

### Activities

1. Are there instances in life that have kept you away from truth? What is the reason for this? Explain.
2. What may be some of the risks involved in being truthful?
3. Imagine and narrate an instance of holding onto truth. Share the happiness of speaking the truth with your friends.

### Further Reading

<b>Day</b>	<b>Morning</b>	<b>Evening</b>
Sunday	*	Proverbs 23:19-24
Monday	Deuteronomy 32:1-4	Proverbs 3:1-4
Tuesday	St. John 14:1-7	Ephesians 6:13-18
Wednesday	St. John 1:9-14	Psalm 33:1-5
Thursday	St. John 16:7-13	Psalm 111:1-11
Friday	St. John 17:21	Psalm 119:153-160
Saturday	Joshua 24:14-15	*