

LESSON - One

STORY OF MOSES

1. Why did Moses flee from Egypt?

On seeing an Egyptian beating a Hebrew, due to the love for his people, Moses involved in the fight and eventually the Egyptian died. This news went to the Pharaoh's ears. So Moses fled fearing the Pharaoh who sought to kill him.

2. Where did God appear to Moses for the first time?

At Mount Horeb in a burning bush.

3. Write the signs given by God to Moses so that his people will believe him?

God asked Moses to throw his staff to the ground and it became a snake. When he took it by the tail it turned back to a staff again

God asked Moses to put his hands inside his cloak and it became white like the hands of a leper. Then God asked him to put his hands back into his cloak and when he took out his hands this time it became normal.

4. What was the task God entrusted upon Moses?

The task God entrusted upon Moses was to rescue the Israelites from Egyptians and to bring them out of Egypt to a spacious, rich and fertile land Canaan.

5. Why did God ask Moses to take Aaron with him?

Moses was slow to speak because he was a stammerer. So God asked Moses to take his brother Aaron to assist him to speak to the people what all God had spoken to Moses.

Lesson – Two

THE ISRAELITES OPPRESSED

1. **How did Pharaoh oppress Israelites ?**

Israelites had to work like slaves on mud and straw to make bricks. They had to work hard to complete the required target. If they failed to finish the required number of bricks they were beaten by the supervisors.

2. **What was the miracle performed by Aaron?**

Aaron threw his staff down and it became a snake. Pharaoh summoned his men and the magicians in Egypt also did the same trick. But the snake from Aaron's staff swallowed all other snakes.

3. **What assurance did Jacob give to his sons on his death bed?**

Jacob assured his sons that God will be with them and He will bring them again to the land of their fathers.

Who said to whom and when?

“I will bring you into the land that I swore to give to Abraham, Isaac and Jacob; I will give it to you for a possession”

Lord told Moses.

While praying Moses complained to God that the Pharaoh is mistreating the people and God has not done anything against that. There the Lord answered this to him

Lesson -Three

Ten Plagues

1. What was the reason for the Ten plagues?

God sent a warning to Pharaoh through Moses. But Pharaoh never bothered to listen to God and he didn't release Israelites for worshipping God. Hence God sent the ten plagues one another to Egypt.

2. What was the tenth plague?

Every first born in the land of Egypt was killed.

3. Why was the festival of Passover instituted?

The Lord instituted the first Passover to save the Israelites from the tenth plague.

4. Who is the sacrificial lamb for all?

Jesus Christ is the sacrificial lamb for all.

Fill in the blanks:

- A) When the magicians could not perform the plagues with their magic, they understood that God of Israel is the real and powerful God.
- B) Pharaoh permitted Moses to take his people out of Egypt, when the tenth plague hit the country.

LESSON – Four

DELIVERANCE FROM EGYPT

Questions & Answers:

1. Name the month in which the deliverance from Egypt happened ?

Ans. Abib

2. Name the festivals instituted by God for Israelites when they were delivered from Egypt. How did they celebrate those festivals?

Ans. 1. Festival of Passover

2. Festival of unleavened bread – Observed every year for 7 days and eat only unleavened bread during that period.

3. Consecration of firstborn – The first born of livestock is set apart for Lord and sacrificed and every firstborn male child is surrendered to God.

Fill in the blanks:

1. The festival of Passover is observed during the month of Abib.

2. Consecration of the firstborn was instituted by God as the memory of the deliverance from slavery through the tenth plague.

3. The Israelites lived in Egypt for 430 years.

4. The Israelites observed the festival of unleavened bread for 7 days.

Lesson Five

Crossing The Red Sea

Questions

Q1: How did God guide the Israelites during their journey from Egypt?

Ans: **The Lord went in front of Israelites in a pillar of cloud by day to lead them along the way and in a pillar of fire by night to give them light. Thus they could travel by day and by night.**

Q2: How did the Israelites cross the Red Sea?

Ans: **Moses stretched his hand over the sea upon God's command. A strong east wind came and divided the water and a dry land appeared. The Israelites marched through the dry land in the midst of the sea, with the water standing like a wall on their right and left.**

Q3: How did the Lord save the Israelites from the Egyptian army that followed them?

Ans: ***The angel of God and the pillar of cloud moved behind the Israelites. The cloud became darker and that blocked the Egyptians from advancing further and reaching the Israelites.***

Who said to whom and when

1. "Did you bring us out because there were no graves in Egypt?"

Ans: **Israelites said to Moses when Pharaoh's army followed them and they faced death.**

2. "The Lord himself will fight for you; and there is no need for you to do anything".

Ans: **Moses told Israelites when Pharaoh's army followed them.**

LESSON – Six

JOURNEY THROUGH THE WILDERNESS

1. What is the name of Aaron's sister? Miriam
2. Israelites started their journey in Egypt. Which was their destination? Mention the specialties and importance of that place.

Israelites started their journey from Egypt to the land of Canaan, the land that was promised by the Lord to Abraham, Isaac and Jacob.
Canaan was called as the Land flowing with milk and honey.
3. Why were the Israelites taken to the Red Sea through the desert that was a longer route?

There is a possibility of having a fight with Philistines and that might discourage them in the initial part of the journey forcing them to go back to Egypt.
4. How did Moses turn bitter water into fresh water?

On Lord's command Moses put a certain piece of wood into the water and the water became fresh.
5. Why was Marah known by that name?

Marah was known by that name because it was bitter.
6. What was the rare sight in the desert Elim?

The 12 springs of water and 70 palm trees were the rare sight in the desert Elim.

Lesson – Seven

HEAVENLY MANNA AND WATER FROM THE ROCK

1. **What was the food provided from heaven for Israelites?**

Manna

2. **What were the instructions given by God along with food?**

He instructed the people to go out every day and gather enough food for that day. On the sixth day they have to bring twice as much as usual and prepare it as the following day was Sabbath.

3. **How did the Israelites get water in the desert at Rediphim?**

Moses prayed to God and on God's direction he went to a nearby rock and struck the rock with his staff and water came out.

4. **How did the Israelites win the war against the Amalekites?**

Moses climbed a hill nearby with Aaron and Hur. He kept his hands raised and Israelites started winning. They started losing when his hands came down. Aaron and Hur supported to raise Moses' hands till sunset and thus Israelites won.

5. **What is the importance of Sabbath?**

Sabbath is the seventh day, the day of the Lord. It is a day of rest. Everyone is to stay where he is on the seventh day and not leave his home.

LESSON -Eight

TEACHINGS OF JESUS

QUESTIONS AND ANSWERS

1. When did Jesus express his ability to teach?

Ans: Jesus expressed his ability to teach by debating on the theological matters with the group of teachers while he was at the Temple of Jerusalem at the age of 12

2. What was the mistake of Scribes and Pharisees?

Ans: The mistakes of the scribes and Pharisees as per Jesus include:

1. Putting heavy burdens on the hearers
2. Not practicing what they taught
3. Glorification of God's name was not their aim

3. What is meant by a parable?

Ans: A parable is a story in which an idea of the Kingdom of God is compared to something known in our daily life.

4. Give 5 areas from which Jesus took his parable?

Sl	Type of Parable	Examples
1	Agrarian Parable	Sowing the seeds, Pruning of vine, Harvest
2	Fishermen's stories	Fishing the people, the net which contains all
3	Shepherd's world	Door of the sheep, shearing of the sheep
4	House hold themes	Father and two sons, Father and children sleeping
5	Women's world	Salt, Lamp, stitching of old rags

Lesson - Nine

God loves you: a son lost and found

1. **Why did the younger son return to his father?**

When the younger son spent his share, he had to take up a job looking after pigs. But he had nothing to eat. He realized that he was poorer than his father's servants. So he repented of his sin and returned to his father.

2. **What happened when the son returned to his father ?**

The father was overjoyed by the return of his lost son. When the father saw the son from far, he was filled with compassion for him and ran to his son, embraced and kissed him. He gave him a robe, ring, new sandals to show his full acceptance and prepared a feast to share his joy with everyone.

3. **What is the consequence of sin if we don't confess it ?**

Those who do not confess will feel guilty and lack peace of mind which may even cause various diseases.

4. **Why is confession important in our lives ?**

Confession will lead us to get God's acceptance. Confession has great effect on the mind and body.

Who said to whom and when

1. **"Father I have sinned against heaven and against you. I am no longer worthy to be called your son"**

Younger son told his father

When the younger son repented and returned home and his father received him with joy, the boy told this to his father.

2. **My son , everything I have is yours. But we have to celebrate and be glad, because your brother was dead and he alive again, he was lost and is found"**

Father told the elder son

When the elder son grumbled about the celebrations arranged for his brother the father told this to him.

LESSON -Ten

LOVE YOUR NEIGHBOUR :

THE GOOD SAMARITAN

1. **What are the basic requirements for entering in the kingdom of God?**

The basic requirements for entering the kingdom of God are:

- Love God, and
- Love your neighbor

2. **Who helped the wounded man?**

A Samaritan helped the wounded man.

3. **Who is a good neighbor?**

A good neighbor is the one who loves and help others who are in need, irrespective of their family, status, and place they belong to. This is what God expects from us.

LESSON – Eleven

HEAR THE WORD OF GOD: THE PARABLE OF SOWER

1. How can we keep ourselves ready to receive the Word of God ?

God cannot work in us if we don't prepare our hearts to receive Him. We should become like the good field which has been sowed properly and made ready for the seed to grow well.

2. What happened to the seed that fell on good soil?

The seed that fell on good soil came up, grew and produced good crop, multiplying thirty, sixty or even a hundred times.

3. What is the message you understand from parable?

We should become like the good field which has been sowed properly and made ready for the seed to grow well. Only if we become the good field for the Word of God and accept the word of God in our hearts to multiply it to thirty, sixty or even a hundred times; lessons about God will grow in us and we can become the children of God.

4. What are the difficulties faced by a Christian in growing in the Word of God ?

The difficulties faced by a Christian are Satan, problems and worries in life and desires for worldly things.

Match the following in Group X / Group Y and Group Z

Group X	Group Y	Group Z
1) Some Seeds fell on the path	A) The seed came up, grew and produced good crop	P) People who hear the word with joy. But they cannot face any problems and would give up
2) Some seeds fell on the rocky places	B) The thorns grew up and choked the plants	Q) People who hear the word. But, Satan comes and take away the word
3) Some seeds fell among thorns	C) the birds came and ate them up	R) People who accept the word and live accordingly
4) Some seeds fell on the good soil	D) They grew, but withered when the sun came up	S) People who receive the word. But the worries in life and desires for other things in them do not allow the Word to grow and give fruit

Answer

Group X	1	2	3	4
Group Y	C	D	B	A
Group Z	Q	P	S	R

LESSON - Twelve

Be vigilant : the ten virgins

1. Which are the two groups of people in the parable?

The two groups of people in the parable are the wise and the foolish

2. Why did the girls with extra oil not lend some oil to others?

The five girls with extra oil did not lend the same because they knew that there may not be enough oil for them to share with the other five girls who do not have sufficient oil.

3. What is the message of this parable?

We do not know anything about the second coming of Lord Jesus. Just waiting for Jesus is not good enough: we should be vigilant and be prepared to receive Him.

Who said to whom and when

1) 'No , there may not be enough oil for both you and us, you go and buy from outside'

The wise virgins told the foolish virgins when the bridegroom arrived at an unexpected hour and the foolish virgins hadn't enough oil with them.

2) ' I tell you the truth I do not know you '

The bridegroom told the foolish virgins when the foolish virgins requested him to open the closed doors for them after bringing sufficient oil

Fill in the Blanks

- 1) In the parable of ten virgins, the oil stands for faith and good deeds
- 2) We should be vigilant and prepared to receive Jesus

LESSON - Thirteen

USE YOUR GIFTS : STORY OF THE TALENTS

1. In the parable of talents , how many talents did the master give to his servants?

The master gave five talents of money to the first servant, two talents to the second and one to the third.

2. What did the servants do with the talents?

The one who received five talents went off and traded with them and made another five more and the one who got two talents made two more. The one who received one talent hid it under the ground.

3. What do you understand from the parable of talents?

God expects us to be faithful to him effectively by utilizing the talents and trying to improve them for His glory, and then He provides us more. Not using our talents will be a cause of condemnation.

Who said to whom

“Well done, good and faithful servant! You have been faithful with a few things: I will put you in charge of many things. Come and share your master’s happiness”

The master to the two servants who utilized their talents effectively.

Fill in the Blanks

- 1) Talents represent spiritual gifts and opportunities given to us taking into account our natural abilities, intellect and background
- 2) The parable of talents help us to succeed in our practical life and also help us to convey the message of God to others in the best possible way

LESSON – Fourteen

BE HUMBLE: THE WASHING OF FEET

1. How did Jesus put his teaching into practice?

According to the Jewish custom, the feet of the guest was to be washed before the feet. This act was done usually by a slave who is appointed by the master. Here the master was Jesus and the guests were the disciples. Here, Jesus the master showed by example to his disciples how to humble a person could become by washing their feet.

2. Where did Jesus and his disciples assembled for the Passover feast?

Jesus and the disciples assembled for the Passover meal in the upper room of Mark's house.

3. What did Jesus say about those who wanted to be first?

Jesus said if one wants to become first, he must be the slave of the rest.

4. Who is known as the 'mother of the poor'?

Mother Teresa is known as the 'mother of poor'.

Fill in the Blanks with suitable words from the bracket

(obedience and humbleness, servant, humility, by serving the poor, God's love, creation, great)

- 1) Humility is one of the noblest qualities that all of us should practice
- 2) We can do the work of Jesus by serving the poor
- 3) Service can be sincerely practiced only out of God's Love
- 4) The obedience and humbleness of Jesus should be the model for us
- 5) Man is the crown of God's creation
- 6) If anyone want to be great, he must be the servant of the rest

Strike out the odd one from each of the following lists

- 1) Peter, ~~Paul~~, John, Thomas (Reason – Paul is not a disciple of Jesus)
- 2) Genesis, exodus, ~~Psalms~~, Leviticus, Numbers(Reason-Not a book by Moses)
- 3) Christmas, Good Friday, Easter, ~~Pentecost~~(Reason- not related to Jesus life)
- 4) Daniel, Hosea, Mica, ~~Revelation~~, Malachi(reason – not a book of old testament)
- 5) ~~The Acts~~, the Corinthians, Romans, Galations, Philipians (reason-not a book relating to the letters by Paul to various communities)
- 6) John, ~~Philemon~~, Mark, Mathew, Luke (Reason – Not a Gospel)

Lesson- Fifteen

CHRISTIANS AND RULERS:

PERSECUTIONS OF CHRISTIANS

Question and Answers

1) Why was St. Stephen stoned to Death?

St. Stephen was accused of speaking against Jews and Jews stoned him to death.

2) Mention few Roman Kings name

Domitian, Septimus Severus, Decius Valerius and Diocletian.

3) What was the reason for the persecution of Christians by Roman emperors?

1. Romans feared the growth of Christianity and Christians refused to worship Roman Emperors
2. Christians were considered as godless people as they did not have idols unlike the Romans.
3. Christians met in houses for prayer and worship were interpreted as secret meetings against the state.
4. Christians refused to join the Roman Army were referred to as non-patriotic .
5. Romans accused the Christian people as Cannibals as they used the words "This is my body, this is my blood" during the Holy Eucharist.

5. What was the impact of persecutions on Christians?

1. Faith of Christians grew strong and firm
2. Improved the unity among Christians
3. The Christian literature published during the period helped others to understand the actual Christian faith
4. Christians faced persecution in the name of Christ without any hesitation.

Fill in the blanks

A) St. Stephen was the first _____ of Christian Church.

Ans: Martyr

B) Roman Emperors started persecution in the year _____ till _____

Ans: AD.60 till AD.311

C) Persecution was started by _____ Emperor

Ans: Nero

D) The Martyrdom of St. Paul and St. Peter is observed by Christian church on _____

Ans: June 29

E) _____ was killed by sword and _____ was crucified for their firm faith in Christianity.

Ans: St. Paul and St. Peter

Chapter -Sixteen

CHRISTIANS AND RULERS;

PERSIAN IMMIGRATION

Question and Answers

1) How did Persian Christians reach India?

Around the year AD 345, a group of women and men including priests left Persia to escape from the terrible persecution and came to India under the leadership of Merchant Thomas of Cana.

2) Who were the 2 Bishops welcomed by King Sthanu Ravigupthan?

Mar Sapor and Mar Aphrod

3) How did St.Thomas Christians come to be known as Syrian Christians?

Close interactions of St. Thomas Christians with Persian churches resulted in accepting East Syrian worship and later came to be known as Syrian Christians.

Fill in the blanks

A) _____ came to India on AD.52

Ans: St.Thomas

B) Head of St.Thomas Christians in early days was _____

Ans: Archdecons

C) _____ persecuted Persian Christians very badly

Ans: King Saphore-II

D) _____ gave to permission Persian Christians to settle in Kerala.

Ans: King Cheraman Perumal

E) St.Thomas Christians came to be known as _____

Ans: Syrian Christians

F) The Liturgical language of the Persian church was _____

Ans: Syriac

Lesson – Seventeen

Christians and rulers: Special rights

1. Which are the copper plates received by Syrian Christians?

- (i) The Copper plate granted to Thomas of Cana by King Kochera Perumal
- (ii) Copper plates issued to Kollam Tharissa church by King Sthanu Ravivarma
- (iii) Copper plate to Iravikorthan by Emperor Veera Raghava

2. What is the significance of copper plate grants in the history of our church?

The copper plates proved the status of our forefathers in the society and speak of their significant contributions to the society in the past.

Fill in the blanks

A) _____ acted as religious ,social and political leaders of the community

Ans: Archdeacons

B) _____ dynasty awarded _____ to Christians

Ans: Chera, Cheppedu

C)Tharissa means _____

Ans: Orthodox

D)Kollam Tharissa church got _____ copper plates in first set and _____ copper plates in second set.

Ans: 3 , 4

E)At present copper plate grants are kept at Headquarters in _____ and headquarters of _____

Ans: Indian Orthodox church,Devalokam , Marthoma Church,Thiruvalla

Lesson -Eighteen

WHY SHOULD WE BELIEVE GOD

Question and answers

1. **How God Communicate with us in our daily life?**

God is communicating with us in our daily life through the Church, the Bible, nature, and experience in our life and through the people who believe in Him.

2. **Write the important event the life of Jesus Christ which is the greatest reference to God's Existence?**

Jesus Christ's resurrection is the greatest reference to God's existence.

Lesson - Nineteen

GOD LOVES THIS WORLD

Question and answers

1. Why did God send Adam and Eve away from the Garden of Eden?

Adam and Eve deserved to be put to death for eating the fruit of the Tree of Knowledge. But God knew that if they eat the fruit from the Tree of Life too they would receive eternal damnation. Hence they were sent out of the Garden of Eden.

2. How can you know that God loves this world?

God's love, mercy and care towards the world are revealed in the birth of Jesus Christ. God sent Jesus, so that everyone who believes in Him may not die and have eternal life.

3. Why did Jesus come to this world?

Jesus came to the world because he loves all of us, even the sinners. Human beings who turned away from God by committing sins can believe in Him and have eternal life.

4. What are the two responses of the people who are loved by God?

1. We should love God from our heart, be grateful for His Love & care and should not put trust in anybody else other than God.

2. We should love our neighbors as we love ourselves.

Lesson -Twenty

Place Of The Bible In Our Lives

Questions and Answers

1. How should we make use of the Bible in our personal lives?

We should make use of the Bible in our personal lives through the following practices.

1. The Bible is God's Word and our faith is built upon it. So consider the Bible as the foundation of Christian Faith.
2. Read and study the Bible regularly and meditatively as God is talking to us through it.
3. We should manage our lives according to God's Word. We should understand God's message and practice it since it gives progress in our spiritual life.
4. We should rejoice in God and praise His name always and share with others the happiness of being a child of God.

2. Reading the Bible regularly helps us a lot. How?

Reading the Bible regularly helps us to know God, to grow in faith, to change our life and way of thinking, to attain more wisdom and to get equipped to serve God. It provides hope and assurance for eternal life and brings comfort in our difficult situations.

Lesson – Twenty One

How to Pray?

Questions and answers

1. What should be the content of a prayer?

Following are the three parts of a prayer:

(a) Praising God- Praise is the highest form of communication with God.

(b) Repenting of our sins - Repentance is a basic requirement of prayer and prayer is the right time for repenting and confessing our sins.

(c) Seeking God's help - We can seek God's help to face the difficulties in our life.

2. Which are the occasions of Prayer?

We have to pray at least twice a day. All family members sit together and pray in the morning and evening to praise the God. In addition to that we should pray before and after meals, while entering church, before undertaking special tasks, while visiting others, sick people etc.

3. How should you pray?

In addition to the public prayer Jesus taught us about private prayer also so we should find some time to stay alone in prayer every day. We have to stand up while praying and using the prayer books. We have to bow down three times whenever we recite the trisagion and the Nicene Creed.

Lesson- Twenty Two

Hymns and Prayers

Prayers

- 1) Karunayulla Daivamae Ninte Vathil njangalude apekshayude swaram muttunnu. Ninnai vannikkunnavaril ninte avarude avasyangale nee virodhikkaruthe. Daivamae Njangalude belaheenathayude sahayathinu ninte njangal vilikkunuu. Nallavanae ! njangalude apekshayude swaram kettu ninte anugrahangal njangalude yachanakal nalkumarakenamae

- 2) Shudhamulla Pithave ! Sudhamulla ninte thirunamathal njangale nee kathu kollenamae. Rekshithavaya puthra ! jayamulla ninte sleebayal njangale marechu kollenamae. SHudhamulla Rooha, shudhamulla ninte kudiyrippinu bhavanangalai njangale nee chamaykkename. Njangalude daivamaya karthave ! Neramokkeyilum aella samayangalilum ninte daivathwathinte chirakukalude keezhil aennekkum njangale marechu kollenamae . Amen

Lesson – Twenty Three

WE INHERIT THE FAITH OF OUR FORE FATHERS

Question and Answers

- 1) Whom do we consider as the fathers of our church?

We consider the teachers of the church who interpreted the Christian faith through their life, speeches and writings as the Fathers of the Church.

- 2) How are the church fathers categorized?

We usually categorize them according to the chronological order and also according to the language which they used.

Following are the three categories according to chronological order.

1. Pre Nicene Fathers 2. Conciliar Fathers 3. Post Conciliar Fathers

- 3) What are the contributions of the church fathers?

Our church fathers are our guides in spiritual growth and faith formation. They gave beautiful interpretation to the Christian faith and helped the Christian community to overcome various challenges of their times. They help us to distinguish the truth and fallacies in the understanding of faith and thus to lead an authentic Christian life.

- 4) Name some of the fathers of Indian Orthodox Church?

Parumala Geevarghese Mar Gregorios Thirumeni,(Parumala Thirumeni), Vattasseril Geevarghese Mar Dionitius Thirumeni,(Vattasseril Thirumeni) Baselius Geevarghese II, Paulose Mar Gregorios Thirumeni, Rev.Fr.V.C. Samuel

Fill in the blanks

- 1) Patristics is the study of the fathers of the church.
- 2) Church fathers fought against heresies like Gnosticism, Arianism, Apollinarianism, Adoptionism and Modalism
- 3) The three ecumenical synods are Nicea, Constantinople and Ephesus

Unscramble the letters to find the names of the disciples

<u>Scrambled</u>	<u>Unscrambled</u>
1. AHMTSO	THOMAS
2. DJEU	JUDE
3. TPREE	PETER
4. HPIIPL	PHILIP
5. INSOM	SIMON
6. TOHMEWLORAB	BARTHOLOMEW
7. NRDWAE	ANDREW
8. MSEAJ	JAMES
9. ETHATMW	MATTHEW
10. HONJ	JOHN
11. EJSMA	JAMES
12. EUDJ	JUDE

Lesson – Twenty Four

APOSTOLIC FATHERS

QUESTIONS & ANSWERS

1) Who are the Apostolic fathers?

God raised up some people to continue the work of the apostles and to strengthen and help Christians in their faith. These people are known as Apostolic fathers

2) What were the purposes of their letters?

The purpose of the letters from Apostolic Fathers are:

- a. To keep the Christians in true faith during persecutions and to give them necessary guidelines on matters regarding Christian life and faith.
- b. To encourage the Christians to grow in the Spirit of God
- c. To prepare them to face sufferings boldly
- d. To resolve problems in certain churches

3) Give the names of the Apostolic fathers?

- a. Mar Clemis of Rome
- b. Mar Ignatius of Antioch
- c. Hermas
- d. Polycarpus of Smyrna
- e. Barnabas
- f. Papias of Heiropolis
- g. Unknown author of Didache

Fill in the Blanks

- 1) Mar Ignatius iof Antioch is known in the church history as the Ignatius the fiery
- 2) Didache means teaching of the Apostles

Lesson Twenty Five

SANCTITY OF OUR MIND AND BODY

Question and Answers

- 1) What are the benefits of maintaining the purity of mind and body?

Sanctity and purity of mind and body are important for a proper vision of life and also necessary for a healthy living.

- 2) How can we use T.V and internet without violating the sanctity of mind?

By not watching of evil through pictures that will lead to evil thought, actions and habits ; we can keep away from violating the sanctity of mind.

- 3) How can we avail the help from God to maintain the sanctity of body and mind?

To keep the sanctity of body and mind we can seek the help of God in the following ways :

- a) Repeated small prayers
- b) Receiving the Holy Qurbana
- c) Filling our minds with teachings of Bible
- d) With the help of the Holy Spirit we received through Baptism

Fill in the Blanks

- 1) God is the ultimate source of purity and sanctity
- 2) Christ will help us to conquer evil passions and temptations
- 3) Evil actions of all kind will pollute our body and mind