



The Creed

We believe in one God, God the Father the Pantocrator who created heaven and earth, and all things seen and unseen.

We believe in one Lord Jesus Christ, the Only-Begotten Son of God, begotten of the Father before all ages; Light of Light, true God of true God, begotten not created, of one essence with the Father, by whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy spirit and the Virgin Mary and became Man. And He was crucified for us under Pontius Pilate, suffered and was buried. And on the third day He rose from the dead, according to the scriptures, ascended to the heavens; He sits at the right hand of his Father, and He is coming again in His glory to judge the living and the dead, Whose kingdom shall have no end.

Yes, we believe in the Holy Spirit, the Lord, the Life-Giver, Who proceeds from the Father, Who with the Father and the Son is worshipped and glorified, who spoke by the prophets.

And in one holy, catholic and apostolic church. We confess one baptism for the remission of sins. We look for the resurrection of the dead, and the life of the coming age. Amen.











Holy Trinity and the Cross Sign

English song about the lesson: For kids:

- Noise Team-St Paul Service: Our God is only one https://stpaul-schools.com/DesktopModules/The2FishBlog/StPaulFiles/402e1956-08ce-4dfd-94c4-b26f96cfad74.mp3

- Hymn:

We worship the Father of light, and His only-begotten Son, and the Spirit the Paraclete, the co-essential Trinity

Main Idea: Knowing God and our Coptic orthodox belief.

Verse for memorizing: "The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. Amen." 2 Corinthians 13:14

The way of presentation: Power Point

Means of clarification:

https://www.youtube.com/watch?v=AQkFlzFJ3kA

https://www.youtube.com/watch?v=JLCzWmg0RSE

Craft: Everyone will have 3 Tongue Depressors + Marker + Glue

Introduction: The cross sign- What is the cross sign?!



Lecture

1. The cross sign

While we are starting the session making the cross sign, we will stop and have a discussion with them... what have we just do? The cross sign

what does that mean? Our belief in a sign, we believe in 3 Persons – One God

And why we do it that way?! In the shape of the cross that Our Lord Jesus Christ was crucified on to reconcile our nature with His, He incarnated from heaven to earth (Moving our hands Downwards) in Virgin Mary's womb, lived and died and at the third day he rose from the dead and after then he ascended to heaven and sent us the Comforter- Holy Spirit that help us to move from a sinful life to a righteous one (Moving our hands Left to right).

So this sign with its many shapes clarifies our belief, the doctrine of the Holy Trinity.

We can see too many shapes for the cross, But the most important thing that all of them are for one doctrine, which is "Holy Trinity"

What is Trinity? Let's see who is mentally quick! :D

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1+1 =
1+100 =
1+1,000,000 =

Fine? ..... Then what about;
1+∞=
10+∞=
1,000+∞=
1,000,000+∞=
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The end result for all will be? Infinity! Why?!

Because when we enter the science of infinity as if it swallows everything else beside.

Same concept applies on us when we try to understand God. He is unlimited/immeasurable, while we are limited. So that means we cannot grasp everything about God.

2. <u>Some principles</u>

Now, let's know some basics we have to put in our consideration before we start our journey today so as to have a solid and common ground all of us together.

Trinity is a Mystery

God revealed to us, we can't understand on our own. So its not some researches, personal thoughts or diligence.

"All things have been delivered to Me by My Father, and no one knows the Son except the Father. Nor does anyone know the Father except the Son, and the one to whom the Son wills to reveal Him." Mathew 11:27

• The surrounding culture

We are always affected by the culture we are surrounded with, also we apply our personal experience on Him (for example if all what I received from my dad was hatred, then I will not be able to accept the fact that God is my Father and He loves me unconditionally)

Limited and Unlimited

Same as the example we just made in a while (1,000,000+∞), we are limited and He is unlimited, so we cannot grasp everything about Him.

From the nature around us

We can see His work in nature and know Him more, but still nature is limited. So it doesn't offer a full image as well.

We pray in St' Gregory's Liturgy:

- And You have given to me the learning of Your knowledge
- who have manifested to us the light of the Father, who have granted us the true knowledge of the Holy Spirit.

Also we find In Genesis 1 the first verses in the bible;

"1 In the beginning <u>God</u> created the heavens and the earth. 2 The earth was without form, and void; and darkness was on the face of the deep. And <u>the Spirit of God</u> was hovering over the face of the waters. 3 Then <u>God said</u>, "Let there be light"; and there was light."

So this is the first thing written in the bible and clarifies that there are Three Persons. God, The Spirit of God and God said (The Son)

Also Apostle Paul said: "But when it pleased God, who separated me from my mother's womb and called me through His grace, to reveal His Son in me, that I might preach Him among the Gentiles, I did not immediately confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me" Galatians 1:15-17

So, its all from Him, not based on our personal thoughts.

Also St Paul said: "The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. Amen." 2 Corinthians 13:14

Here we can observe that there are three distinct Persons; Father, Son and Holy Spirit.

3. What is The Holy Trinity?

The word "Trinity" consists of two parts, Tri which means 3, And Unity which means in 1. We resemble this idea as an equilateral triangle, all sides and angles are equal, it consists of three sides that forms it as one triangle. (The Father, The Son and The Holy Spirit)

Why do we say Three "Persons" not "Individuals".

Because the word Person describes the status of seeking others, while the word individual describes the status of self-centeredness.

As we have mentioned at the beginning, we are trying to grasp God in our limited language with our weak examples, so they will never be capable to illustrate Him well.

The Divine Nature is what distinguishes the three Persons from one another:

The Father – Fatherhood

The Son - Birth

The Holy Spirit – Procession

And all the three acts are in the present, not the past that happened, no they are always happening, with no beginning and no end (since God is timely unbounded)

Therefore we can say;

The Father is God in Nature and is the Source as a Person

The Son is God in Nature and is begotten of the Father as a Person

The Holy Spirit is God in Nature and proceeds from the Father as a Person

So, We don't mix the persons and we don't split the essence.

ie. Not one person Not 3 Gods

**Some characteristics for the 3 Persons:

Same as we pray in the creed "Light of Light, True God of True God"

- One Nature/Essence; They are of one Divine Nature
- No time difference; with no beginning and no end. Or there will be one of them before the
 other which means that one of them made the other!!!
- When we see light, we know that there is a source of this light.
 They express each other, and they reveal each other to us. But they happen at the same time and with the same essence.
- Therefore, They are 3 distinct Persons in one Nature.
 Everyone has Its own role, so we can't say that The Son is the Father, The Son is The Holy Spirit, or The Father is The Holy Spirit.
 But we can say that The Father is God, The Son is God and The Holy Spirit is God.
- The Trinity Diagram.

There is a big difference between Distinguish and Differentiation.

There is no one better than the other, they are equal, but with different roles.

• St' Luke wrote in his book; "And the angel answered and said to her, " The Holy Spirit will come upon you, and the power of the Highest will overshadow you; therefore, also, that Holy One who is to be born will be called the Son of God." Luke 1:35

Also St' Paul said; "The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all. Amen." 2 Corinthians 13:14 Here in these two verses we can distinguish between the three of them.

 Let's learn a very nice and easy sentence the early fathers taught us, that will help us understand how the three persons work together;

From The Father, By The Son, Through The Holy Spirit.

Anything they do is through this process, for example the creation: happened from The Father, By The Son, Through The Holy Spirit. (As the first verses we talked about in Genesis)

 St' Paul wrote in Romans Chapter 11 "Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out!"

So!

A God who I could explain and fully comprehend would reduce Him to my level, If He was easy to fathom, then how should He be a true God! ©

4. Game

Choose someone and tell him/her a word that he has to explain to the attendees without talking, only by signs. And when they get it give him another word and make it easier by giving him the flexibility to answer their questions with yes or no till they get it, and finally repeat the game but much easier that he can talk to them to say some symbols that help them get the word.

What was the aim of the game? Our way of getting in contact and understanding is communication, so the more we make the language easier, the easier they get the word. Exactly that's what happened with The Son!

He was the word of God, the way how God was revealed to us!

"No one has seen God at any time. The only begotten Son, who is in the bosom of the Father, He has declared Him." John 1:18

5. Each Person and it's role

** God the Father:

"No one has seen God at any time. The only begotten Son, who is in the bosom of the Father, He has declared Him" John 1:18

As St.John is saying, no one has seen God the Father, the only Begotten Son who is the Bosom of the Father has declared him

**God The Son:

So now let's talk about The Son - What is incarnation

He gave us some knowledge about God

Let me ask you.. Was Jesus there before incarnation?

Offcourse yes, as we say in the creed; "He is begotten not created, of one essence with the Father, begotten of the Father before all ages"

- Jesus said to them, "Most assuredly, I say to you, before Abraham was, I AM." John 8:58
- but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. Philippians 2:7

So let's agree there are two births, Eternal one before all ages, and the other one when he came into Virgin Mary's Womb and she gave birth.

The Pure and living nature of God came to unit with the fallen nature of humanity.

He came down from heaven, and was incarnated of the Holy Spirit and of the Virgin Mary, and became man.

He came down, so as to lift us up to heaven.

He wasn't affected, however he affected our nature.

He came to save us, not to make a show or seek attention

For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power. Colossians 2: 9&10

He is God

**God The Holy Spirit:

He is God

The Life-Giver, Who proceeds from the Father, Who, with the Father and the Son, is worshipped and glorified, Who spoke in the prophets

So He is equal to the other persons cause some religions believe that The Holy spirit is less than The Father and The Son. We don't believe in this.

Therefore I make known to you that no one speaking by the Spirit of God calls Jesus accursed, and no one can say that Jesus is Lord except by the Holy Spirit. 1 Corinthians 12:3

Conclusion

If its that complicated, why do we have to know it? Listen to their replies and then answer... Its very important to know God for two main reasons;

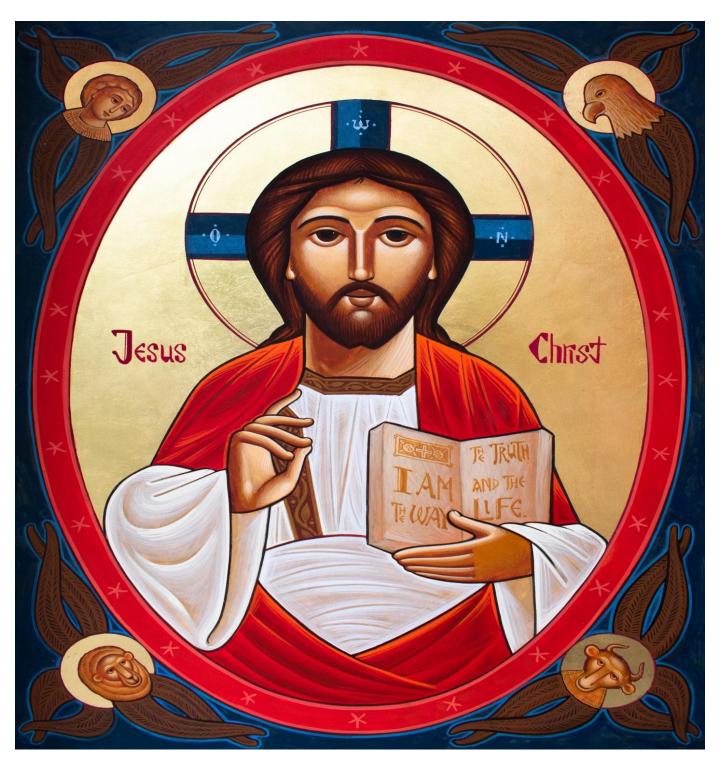
- 1- The Church liturgy sometimes is directed to God, and other times it is directed to One of the Three Persons specifically. Ie. some prayers are for The Father, some for The Son and others for The Holy Spirit. So when I understand the differences and similarity between the Three Persons that will help me to focus much while praying.
- 2- When I know more about God, I know more about the Truth of everything Therefor I understand many things in life and creation, and what is His purpose for my presence in the world. To share in His love ©

So only two sentences must always be in our minds;

- 1- We believe in One God; 3 Distinct Persons 1 Essence/Nature
- 2- Everything happens; From The Father, By The Son Through The Holy Spirit

Glory be to God forever and ever, Amen.

The Divinity of Christ







The Divinity of Christ

English song about the lesson:

- Holy God, holy Mighty, holy Immortal, who was born of the Virgin, have mercy upon us.
- Holy God, holy Mighty, holy Immortal, who was crucified for us, have mercy upon us
- Holy God, holy Mighty, holy Immortal, who rose from the dead and ascended into the heavens, have mercy upon us.
- Glory is to the Father and the Son and the Holy Spirit, now and ever and unto the age of all ages.
 Amen.

Main Idea: Jesus Christ is God

Verse for memorizing: "You believe in God, believe also in me" – John 14:1

The way of representation: Power Point

Means of clarification: https://www.youtube.com/watch?v=bYe7odIJLF0&feature=youtu.be

Craft: if applicable

Introduction: bring a piece of cool and put on fire till become very hot. You will see the fire and cool.

<u>Lecture</u>

1. What is the meaning of Jesus Christ?

- The name Jesus means savior.
- The name Christ means anointed.

Jesus was both Priest and King. "We have found the Messiah" - John 1:41.

So in the New Testament the name Christ is equivalent to the Messiah (anointed) in Old Testament. Jesus also fulfilled numerous prophecies from the Old Testament proving that he is the Messiah and Christ.

2. What are the Names added to Jesus?

Lord, King, King of Israel, Emmanuel, son of David and Chosen of God.

3. How can Christ be the creator if creation is attributed to God alone?

The Lord Jesus Christ was creating with the power of his divinity.

"All things were made through Him, and without Him nothing was made" - John 1:3.

- 4. Show some verses from the bible to prove divinity of Christ:
 - ❖ "You believe in God, believe also in me" John 14:1.
 - "I and My father are one" John 10:30.
 - ❖ "He who sees me sees Him who sent me" John 12:45.
- 5. What are the types of miracles made by Christ that proves his divinity?
 - 1. He creates
 - 2. Raised people from the Dead.
 - 3. Having power over nature.
 - 4. Power over evil spirits.
 - 5. Healing power.

Jesus as a Creator:



Jesus Christ had created eyes, using mud, which did not exist before. Mud was out by the Lord into the eye sockets of the blind man, and two eyes were created.

The blind man said: "Since the world began it has been unheard of that anyone opened the eyes of one who was born blind" – John 9:32.

II. The miracle of feeding thousands of people:

5000 men fed from five loaves and two fish (Luke 9:10-17). The Lord created matter which had not existed. Also the fact that they all were fed and twelve baskets were left adds power to this miracle.



III. Jesus turned water to wine:

This miracle happened in the wedding party in Cana of Galilee. (John 2) This is a miracle of creation as the nature of water is changed to another substance or molecules.

Jesus raising people from the dead:

The Lord gives life to three people including him also.

- A. The raising of Jairus's daughter (Mark 5:22). She was already dead and her relatives were weeping.
- B. He raised the son of the widow of Nain. He was being carried in the coffin on the way to the tomb.



C. Jesus brought Lazarus back to life after he had been in the grave for four days. (John 11:1-

46).

D. Jesus himself rose from the dead on the third day.

(Luke 24:5-6).

Jesus's power over nature:

A. Jesus and the disciples were in a fierce storm and Jesus came walking on the sea rebuking the wind and waves. So Jesus calmed it down.

(Matthew 8:23).

B. Jesus made a fig tree wither and never bear fruits again. (Matthew 21: 18-22)



- a) Jesus cast out an evil spirit of a man who shouted at him. (Mark 1:23)
- b) Jesus cast out a demon from a deaf man and the man was able to speak again.
- c) Jesus cast out a demon from a boy with seizures.

Healing power of Jesus for chronic diseases:

Jesus healed many diseases that can't even be cured with the technology we use nowadays, such as:

- Leprosy.
- Paralysis.
- Lameness.
- Deafness.
- Illness for 38 years.
- The bleeding woman.





Conclusion:

The miracles of the Lord Jesus Christ are innumerable. "And there are also many other things that Jesus did, which if they were written one by one, I suppose that even the world itself could not contain the books that would be written. Amen" – John 21:25.

Activity

Hymn: https://www.youtube.com/watch?v=pKFlx_vw8Ok&feature=youtu.be

We Need Jesus now more than Ever For we need, yes we need Jesus now more than ever He healed the blind man Walked on the waters And He raised up Jairus's' daughter He fed the hungry **Cleansed the leper** but we need Jesus now More than ever Jesus now more than ever we are sailing in stormy weather All His children should get together for we need Jesus now more than ever He touched the lame man and he started walking He touched the dumb man and he started talking He put their lives all **Back together** but we need Jesus now More than ever In the book of Revelation Read about the Tribulation We are heading in that direction Only Jesus's blood can give protection



The Incarnation, Redemption And Crucifixion







The Incarnation, Redemption and Crucifixion

English song about the lesson: https://www.youtube.com/watch?v=hpyM7NQaLP4

Words of the Hymns:

Amen. Amen. Your Death, O Lord, we proclaim; Your holy Resurrection and Ascension into the heavens, we confess. We praise You, we bless You, we thank You, O Lord, and we entreat You, O our God.



Main Idea: The Creed

Verse for memorizing: "And the word became flesh and dwelt among us." - John 1:14

The way of representation: Power Point

Means of clarification: Lord I Lift Your Name On High https://www.youtube.com/watch?v=dlL5or7l3q8

Lecture

The Creed

- Who for us men and for our salvation came down from heaven was incarnate of the Holy Spirit and the Virgin Mary, and became man.
- And He was crucified for us under Pontius Pilate, suffered and was buried, and on the third day he rose from the dead according to the scriptures.
- ❖ Ascended into the heavens. He sits at the right hand of His father and He is coming again in His glory to judge the living and the dead, whose kingdom shall have no end.



1-The story of Adam and Eve

God had created the universe out of his generous love as something good. The greatest of all His creations was Adam and Eve because He made them like Him and put them in the Garden of Eden. The bible tells us the God was present with them in this perfect place but God provided just one rule. This rule was:

"You may freely eat of every tree of the garden, but of the tree of knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

The problem came from the wrong choice Adam made. He ate from the tree so he discovered that he had rejected the divine life which had been given to him as a gift. He was in body that was slowly growing old and subject to illness, weakness and finally death.

2- What did God do?

His creation had fallen under the domination of death, and was no longer able to live in union with God by the indwelling Holy Spirit. God could not simply forgive Adam for his sin, because its consequences had already changed everything for the worse. "And the Word became flesh and dwelt among us."-John1:14

Who for us men and for our salvation, came down from heaven, was incarnated of the Holy Spirit and of the Virgin Mary, and became man

3- What is the meaning of incarnation?

Incarnation is the unity of divine nature with the flesh of man.

4- What is the main purpose of incarnation?

A- God intended to come into the world become a man so that He restores the ideal image in which Adam was created.

"God created man in His own image." - Genesis 1:2

So, the principle mission of the Lord was the salvation and redemption.

- B- God also performed the mission of the teacher, the shepherd of the lost sheep, and the model for the people towards the poor and the needy.
 - "I will feed my flock, I will seek what was lost and bring back what was driven away"-Ezekiel 34: 15

"The Lord has anointed me to preach good things to the poor." - Isaiah 61:1



Came down from heaven: Shows that heaven is His home. But He descended; He left His glory taking the form of a servant in the likeness of men. He also became visible to us in flesh.



"He humbled Himself"- Philippians 2:7. So He came only for the sake of our salvation.

6- Why incarnation of Holy Spirit & of the Virgin Mary?

God sent a heavenly messenger (an Angel) to announce his coming to Mary.

"The Holy Spirit will come upon you, and the power of the highest will overshadow you."-Luke 1:35

So, the Holy Spirit descended hypostatically into her womb. It is an exceptional case as He Descended on her *for two reasons:*

- The birth of Jesus is brought about by the Holy Spirit not by normal relations between man and woman.
- To sanctify her womb so that the baby born of her might not inherit the original sin. (Called Immaculate Conception).

And He was crucified for us under Pontius Pilate, suffered and was buried and on the third day He rose from the dead according to the scriptures.

7- Why did Saint Athanasius mention the name of Pontius Pilate?

Pontius Pilate name was mentioned to make it a historical story to document exactly the time at which it took place.

8- How was the crucifixion?

Crucifixion was very tough, was not an easy way to die. Being crucified for us, means on our behalf. He died to redeem us by His death. In His



crucifixion, He was not a sinner but bearer of sins of the whole world, sins of the past, the present and the future.

9- Why did He choose to die on the cross?

- a- The cross was the symbol of curse.
- b- The cross is high so all people can see Him for many hours so they made sure that He died.
- c- The kind of death on the cross was very painful and takes three hours.
- d- He was opening His arms to the world, people in all generations as if He is inviting everyone to come to heaven.

e- Conquered evil power in the air that is why He was between heaven and earth.

Suffered:

To proof that He was a real man in order to sacrifice and paid the debt of our sins. The Lord Christ never used His divinity to give rest to His human body.

Was Buried:

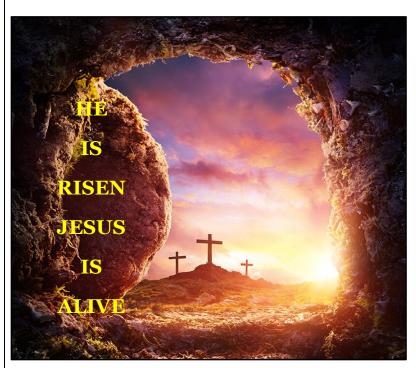
To Proof that He was really dead.

10- What was the Proof of His resurrection?

His body was laid in the tomb after being bound



Arimathea and Nicodemus. The tomb was made secure and a large stone was rolled against the door of the tomb while many women saw that and the priest and Pharisees and they set guards, as they were afraid that His disciples come by night and steal Him away.





11- And on the third day he rose from the dead. What did it show?

This is a proof that He overcame death. This shows His power and His victory and a proclamation That He will raise us with Him. He arose on the third day in accordance with the scriptures.

"For as Jonah was three days and three nights in the belly of the great fish, so will the Son of man be three days and three nights in the heart of earth."-Matthew 12:40

12. He raised us from death with him

"But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus"- Ephesians 2:4-6

13. Ascended to Heaven:

The disciples saw Him ascending in the body.

"While they watched, He was taken up and a cloud received Him out of their sight"-Acts1:9
He shall come back (in His Glory) of His divine nature for judgment. In the second coming the general resurrection will take place and the end of ages.

14. And He is coming again in His glory to judge the living and the dead:

This is our trust and faith that God will come back in his glory and take us to his kingdom for the ever-lasting life. So we are waiting eagerly for either he comes or we go to him first.

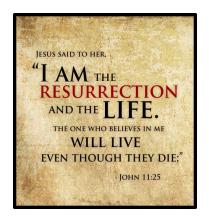


Conclusion

Incarnation of God: is the unity of the flesh of God with His divine nature.

Crucifixion: was done on the cross for our redemption and restoration.

Resurrection: that Jesus defeated death and on the 3rd day rose in victory



Resurrection Craft

Components:

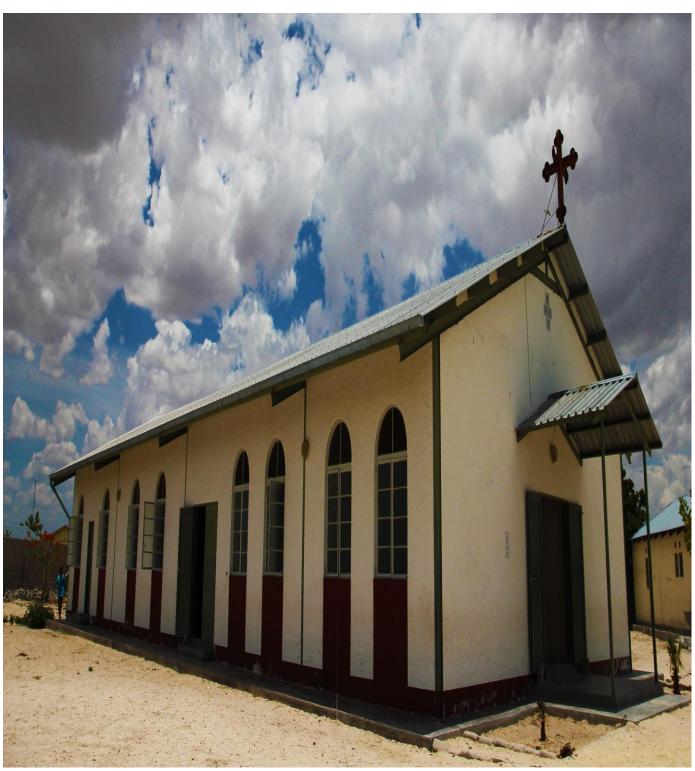
- 2 large sticks.
- 1 bowl.
- Grass from outside.
- Rocks from outside.
- Brown yarn.
- Egg Shell.
- Tape.



How to do it:

Take your white bowl and fill it with the grass. Place and empty egg shell on top of the grass. Lay some rocks down and then make your wooden cross. Just take your 2 sticks and wrap then brown yarn around it to hold them together. Tie a knot in the back. Stick it down in the grass and put a small piece of tape behind the cross and press into bowl. This is so your cross won't fall over.

One Church







One Church

English hymn about the lesson:

Have mercy upon us O God, the Father, the Pantocrator

Have mercy upon us O God our Savior

Have mercy upon us O God and have mercy

Lord have mercy

Main Idea: explanation of One church from the creed

Verse for memorizing: they were all with one accord in one place.(Acts2:1)

Means of clarification: Power Point



The Creed Says: WE BELIEVE IN ONE HOLY CATHOLIC (UNIVERSAL) & APOSTOLIC

CHURCH. WE CONFESS ONE BAPTISM, FOR THE REMISSION OF SINS

Lecture

1. What is the purpose of the church?

It is the living community of those who are seeking to experience the resurrection life.

2. What is that church meant by the creed?

The word church signifies:

- Church building.
- Congregation.
- Church leaders or priests.

I. The Church Building:

"As I reach everywhere in every church" – (1 Cor 4:17), which means different church buildings.

The Church, as the place of worship, is called the "house of God" (1Tim 3:15; Heb 10:21). The first time Holy Scripture mentions this term was in the Holy Book of Genesis when our father Jacob said, "How awesome is this place! This is none other than the house of God, and this is the gate of heaven!

The Church is called the house of God because of His presence in it.



II. The Church as Congregation:

According to the fathers, the Church is not a human organization, but a divine fellowship of repented sinners who trust in the Savior and enjoy unity with Him and also unity with each other in Him, through the Holy Spirit. It's also a growing church expanding from the days of the apostles to this day by those who believe and baptize to join the body of Christ

The book of Acts speaks about the first church saying "And the Lord added to the church daily those who were being saved" - (Acts 2:47)

III. The Church as Leadership:

Our Lord said, "If your brother sins against you, go and tell him his fault between you and him Alone....... if he refuses to hear them, tell it to the church. (Mt 18:16,17)

The term 'Church' here signifies the Church's leadership rather than the whole congregation. Therefore, our Lord said to the apostles: "Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." - Matthew 18:18.

So the word church means the believers and their leadership presented in the Priesthood

3. What are the qualities of the church?

- One church
- A Holy church
- A Catholic (Universal) church
- An Apostolic church

A. One Church:

The church is one in faith, dogma, in thought and doctrine and in spirituality. The epistle of the Ephesians says: "There is one body, one spirit, just as you were called in one hope of your calling, one Lord, one faith, one baptism." - (Eph 4:4-5)

The church is one Body and the head of this Body is the Lord Christ. The church is also the Christ's bride.

<u>Since the church is one, what then does the word</u> "churches" in the Holy Bible signify?

It signifies the places where the church is established to distinguish each from the other.



In the book of Revelation we hear about the seven churches in Asia, "write in a book and send it to the seven churches which are in Asia." (Rev1:11)

This one church is on earth for all believers who will inherit the kingdom of heaven.

B. A Holy Church:

- Holy by the blood of Christ.
- Holy in the baptism.
- Holy in the Sacrament of the Holy Anointment.
- Holy church because it is in God's image.

That means that the church is holy in its life, spirituality, doctrines, sacraments, leadership and its people.

C. A Catholic (Universal) Church:

The church is catholic (universal), gathering all believers together in the unity of faith.

This universal church brought together the Jews and the gentiles, as well all nationalities, people and tongues in one faith.



D. An Apostolic Church:

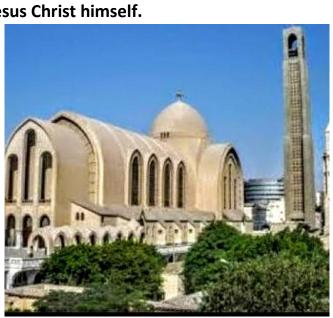
Apostolic shows that the church is founded by the apostles and that it follows the teachings of the apostles.

This foundation of the apostles is the teaching they had received from the Lord Christ.

These teachings had been delivered by them to us in their epistles, in the church life and in their laws and teachings. This is known as the Apostolic Tradition, which the church received one generation after the other.

An example of this is the <u>Apostolic Succession</u> which is the putting of the hand of bishop on the priest and giving the holy breath.

And the bishop had the same from the archbishop the patriarch who in turn took that from the father apostles who took this power from Jesus Christ himself.





The eternal life



"Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life." — John 5:24





The eternal life

English hymn about the lesson:

We look for the resurrection of the dead, and the life of the age to come. Amen.

Main Idea: Believe in Eternal Life

Verse for memorizing: Now I saw a new Heaven and a New Land (RE 21:1)

The way of representation: Power Point

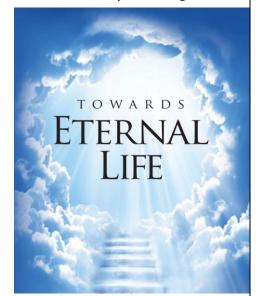
Means of clarification: example "Seed", seed of any kind has it body but once the seed is dead and planted it grow with

different body

Craft: if applicable

Introduction:

- What Is Eternal Life?
- Does Our Lord Jesus spoke about eternal Life?
- What we know about resurrection & Judgment Day?
- Will our body be the same as what we are on earth?
- How will be living an eternal life like?



Lecture

The Creed

We look for the resurrection of the dead, and the life of the age to come

4. What Is Eternal Life?

We believe we have an immortal soul created by God, which does not die after the body dies, but lives on in eternal life, our Christian beliefs about life after death are based on the resurrection of Jesus Christ Our Lord. Who gave his life for us so that we could have eternal life,

Jesus was resurrected and we will also rise with Him.

If we died with him, we will also live with him; if we endure, we will also reign with him."

(2 Timothy 2: 11).

The bible tells us on the tongue of st paul, talking about eternal life: If in this life only we have hope in Christ, we are of all men the most pitiable (1 cor 15:19)

And in the creed we say We look for the resurrection of the dead, And the life of the age to come

Because what is the meaning of the whole life, if it will just end by the death of the flesh...our Lord Jesus Christ died on the cross to save us from the eternal death and give us eternal life.

5. <u>Does Our Lord Jesus spoke about eternal Life?</u>

Our Lord mentioned many times the eternal life like when the Sadducees (who didn't believe in resurrection of the dead) came asking Him and His answer was : "But concerning the dead, that they rise, have you not read in the book of Moses, in the burning bush passage, how God spoke to him, saying, 'I am the God of Abraham, the God of Isaac, and the God of Jacob'?

27 He is not the God of the dead, but the God of the living.

BELIEVES HIM WHO

Jesus is the only way to Eternal Life

"I am the resurrection and the life. He who believes in Me, though he may die, he shall live" (John 11:25)

6. What we know about resurrection & Judgement Day?

We know a little about resurrection and the Judgement Day, although we don't know when the moment is but in certain moment Our Lord Jesus Christ will come in his glory in the judgment day

"And they will see the Son of Man coming on the clouds of heaven with power and great glory. And He will send His angels with a great sound of a trumpet, and they will gather together His elect from the four winds, from one end of heaven to the other. "(Mathew 24:30,31) "And I saw the dead, small and great, standing before God, and books were opened. And another book was opened, which is the Book of Life. And the dead were judged according to their works, by the things which were written in the books. The sea gave up the dead who were in it, and Death and Hades delivered up the dead who were in them. And they were judged, each one according to his works." (Revelation 20:12-13)

Not all of us die but whoever living at that moment will change as St. Paul reveals a little of the mystery (Beholds I tell you a mystery: we Shall not all sleep, but we shall all changed, in a moment, in a twinkling of an eye, at the last Trumpet. for the trumpet will sound and the dead will be raised incorruptible, and we shall be Changed)

And we declare this in the creed saying: and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

7. Will our body be the same as what we are on earth?

No, on earth we have tangible body that get sick, feels pain, and converted into dust after death

But on the resurrection as the bible said we will have intangible glorified body (1 Corinthians 15: 43, 44, 49)

"So also is the resurrection of the dead. The body is sown in corruption, it is raised in incorruption. It is sown in dishonor, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a natural body, it is raised a spiritual body.And as we have borne the image of the man of dust, we shall also bear the image of the heavenly man "

8. How will be living an eternal life like?

This is a question with no answer, as no one can describe something that is beyond our limited bodies, even the saints who saw Heaven were unable to describe: "he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter". (2 cor 12:4)

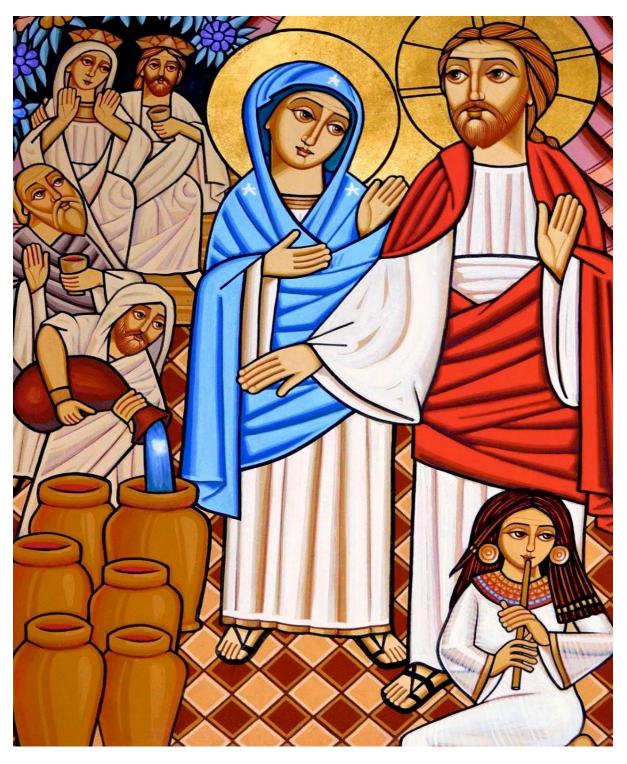
The bible says about it that: "Eye has not seen, nor ear heard, Nor have entered into the heart of man the things which God has prepared for those who love Him." (1 cor 2:9)

And the book of revelation describes it: And I heard a loud voice from heaven saying, "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. 4 And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away." (Rev 21: 3, 4)

No sin, no pain, no sadness, no death, only righteousness, peace and joy: for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. Rom 14:17









Intercession



English song about the lesson:

Through the intercessions of the Theotokos: https://www.youtube.com/watch?v=-JXM5xOTRWs

Through the intercessions of the Theotokos, Saint Mary, O Lord, grant us the forgiveness of our sins. We worship You, O Christ, with Your good Father and the Holy Spirit, for You (have risen) and saved us. A mercy of peace, a sacrifice of praise

Hymn of the intercessions : https://www.youtube.com/watch?v=v5VErUGyNGo

Main Idea: the importance of intercession

Verse for memorizing: "Pray for one another" (James 5:16)

The way of representation: Power Point & we write the questions on papers and

Separate them on the people with no and they will ask the question they have and the instructor will answer it

Means of clarification: we will make a small play, in the CEO office, his secretary and one of the employees. The employee wants to talk to the CEO to increase his salary, He went to the secretary and asked him to talk to the CEO Introduction:

We pray what we believe and we believe what we pray. Christian believers are called so because they believe in God the Father, the Son and the Holy Spirit, they can easily accept the idea of praying to God But some of them find it difficult to share their prayers with the righteous spirits of the saints, they may have some questions about this matter that is in our orthodox church we call

<u>Lecture</u>

1. What's meant by intercession?

It simply means praying for each other; The Bible tells us so, also in Eph 6:18 " praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints" Saint Paul asks the people to pray for him with all perseverance and supplication.

2. Can't we talk directly to God?

Of course we can and that's we always do in our prayers.

3. So why do you ask for intercession? And by whom?

Intercession gives us the chance to a closer relationship between us being members of the coexisting church here on earth and the Saints in the heaven.

4.Don't you see that our Lord Jesus Christ intercedes to God the Father on our behalf? Of course yes, in (Timothy 2:5) "there is one mediator between God and men, the Man Christ Jesus." That's because he is equal to God's nature and man's nature too, only him can put one hand on God's shoulder and the other hand on man's shoulder to regain their lost relationship, his intercession is a propitiate intercession.

5. What do you mean by redemptive intercession?

In (Hebrew 9:12) "Not the blood of goats and calves but with his own blood....."

Before Jesus Christ, the sacrificed animals were a symbol to the real redemption made by him. Redemptive intercession was the act of Our Lord Jesus Christ on the cross. Christ is the only mediator between God, the Father, and man in salvation. There is no other savior or Intercession

"For There is one God and one mediator between God and men, the Man Christ Jesus"

redeemer.

6.Let's return to intercession, don't you think that Jesus Christ's intercession in quiet enough? So why do we ask that from others?

(1 Tim 2:5)

As we said Jesus Christ intercession is redemptive one being the only one having this right, but the there is another kind of intercession called (the Supplication intercession).

7. What do you mean by the Supplication intercession?

I mean that the interceder can only ask god for us. God gave the chance to Satan to complain about people as we knew from Job, God is quiet fair, and don't you think that he would give the same right to the righteous people?

8. The bible tells us that we have only one interceder, our Lord Jesus Christ, so how do we ask others, the bible doesn't tell us so?

In the bible, in the past in the story of Abraham and Abimelek in Genesis 20, God tell Abimelek to ask Abraham to pray for him to live (verse 7). Also Job (Job 1) used to offer burnt offerings every day according to the number of his sons.

We can also see Moses interceded for his sister Mary when she was stroked by leprosy and god cured her. In (Numbers 14: 11-19) Moses interceded for the people thus they were not stroked by the pestilence and thus were not disinherited by God.

9. I agree that it is good to pray to each other but why do you invocate passing persons? This can be right if they are really dead, as we know they are not dead, they live in Jesus Christ

In (Matthew 22: 24 -32) when the Sadducees ignored the resurrection from death, Jesus Christ replied that it was written, I 'm the God of Abraham, the God of Isaac, and the God of Jacob, God is not the God of dead but of the livings. This means that to God all are livings in him. Also in the parable of the rich man and Lazarus in (Luke 16: 19 – 31) ,it was clear that our father Abraham knew about Lazarus, he also said they knew about Moses and the prophets while it was known that between Abrahams and Moses ,there were about 500 years, it means that neither places or years separate people in God.

10. Does the Holy Spirit Have any role in the intercession?

In (Romans 8: 26) " Like wise the Spirit also helps in our weaknesses for we do not know what we should pray for as we ought, but the spirit himself makes intercession for us".

This is different; this means the Holy Spirit supports us and also helps in the redirection of our prayers that it becomes according to God's will.

11. Do the Angles intercede for us?

Yes they do as we see

In (Tobiet 7:12)" When they didn't pray with tears I (Archangel Raphael) offer thy prayer to the Lord"

In Revelation 8:3-4 "The angle was given much incense that he should offer it with prayers of all the Saints upon the golden altar....."

12. Would intercession change God's mind?

God never changes or gets surprised. In Jonah's story in the Bible God knew everything in advance and he was preparing for every step from the beginning.

We can see also in the miracle done by Jesus in the wedding of Cana of Galilee, although he refused SAINT Mary's proposal at first, he lastly turned water into wine, so he knew what he wanted to do.

13. How can a Saint (who was a man) listen to tens or even hundreds of people from all over the world asking his prayers or his help at the same time?

Let me give you an example, you know about the navigator this small device that helps people to find their ways while they are driving their cars, we never heard that a navigator guided one driver who may be found in a critical situation, and left the other drivers to find their own ways. If this limited device made by a (limited) man can do it what about a Saint who was given a power from God himself.

14.Is it stated in the Bible?

Of course in (Luke 15:7) ".there will be more joy in heaven over one sinner who repents over ninety nine just persons who need no repentance". So joy happens in the heaven when

someone may be from Egypt and other from Namibia and others from anywhere return to God even at the same time. Also as we saw Abraham knew about Lazarus, the rich man and others at the same time. In Revelation the 24 priests intercede for us all the time. In (Acts 8, Philip) was caught away by the spirit from Ethiopia to Azotus. We can also see SAINT Peter knew the lie of Ananias and Sapphira without telling him, also we know about the miracles made by the disciples ,these are few examples of supernatural abilities given by God to them while they are still living as men, so no wonder he would give them more abilities after that.

15. Is there a role for Saint's intercession in sin's forgiveness?

The sins are forgiven by God only after repentance, but when we for example ask for Saint Mary's intercession in this; we mean we need her support and help. As much as we have sorrow feelings as much as we gain forgiveness.

16. Is there a time that the intercession would not be accepted?

In (Jeremiah 15:1) "even if Moses and Samuel stood before Me, My mind would not be favorable toward these people, cast them out my sight and let them go forth". Also when Abraham interceded for the people in Sodom and Emmorah God didn't accept.

Also we can read in (Revelation 15:8) " The temple was filled with smoke for the glory of God and from his power, and no one was able to enter the temple till the seven plagues of the seven angles were completed " at that time we can see the intercession was stopped for a time but it was not cancelled.

17. Do you think that God wouldn't listen to us if Saints wouldn't intercede for us? No, He never told us so.

18.So what would I lose if I do not ask their intercession?

You would lose the prayers of a close ,loving ,caring friend living in the heaven close to God all the time, you would also lose the companionship of the group of believers gathered around his name enjoying his blessings and prayers.

19. This would let people become closer to Saints rather than God?

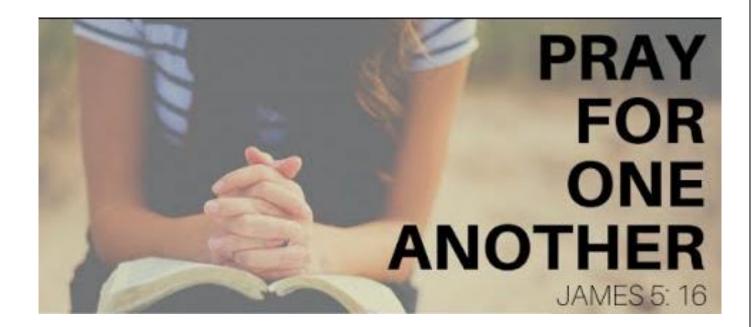
If it happens it would be quiet wrong, our church does not accept this attitude. For example in the Mass all prayers are directed to God .In the praises of midnight in the Theotokos praises, when we praise SAINT Mary we explain the secret of incarnation, and Saint Mary is considered Saint because she is God's mother. In the council when we mention the Saints, we end each paragraph with: God forgive our sins. Also Saints are so because they are God's men who worship Him. .

We owe glory and praise to Saints but we worship God.

At last praying to each other makes us more sensitive towards each other, it also expresses love and care to each other, i.e. The intercession is a kind of expressing love.

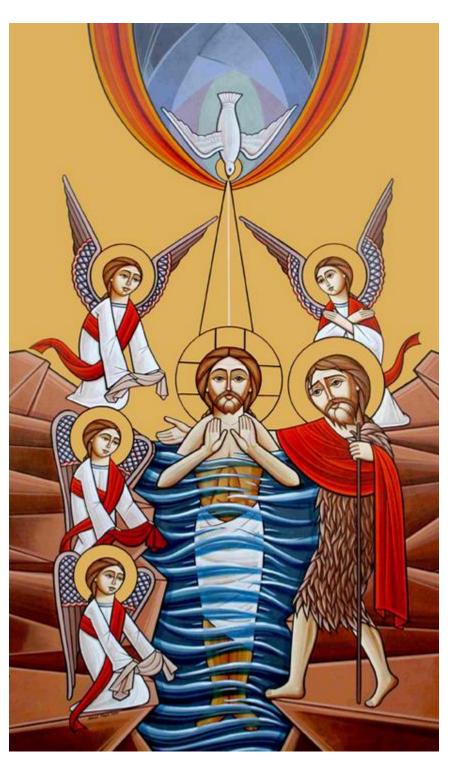
Conclusion:

- Saints are not dead, they are alive in heaven
- Intercession is biblical
- We worship only God, the Holy trinity. Prayers: to request, to ask
- Why we ask Saints to pray for us?
 - They are example for us
 - They have completed their work and their struggle on Earth
 - They are righteous in the eyes of God
 - It reflects our unity and connection with one another through God
 - They are alive
 - We are asked to remember them and the outcome of their life (Heb 13:7)





Baptism and Chrismation







Baptism and Chrismation

English song about the lesson:

Alleluia. This is the day that the Lord has made. Let us rejoice and be glad in it. O Lord save us. O Lord straighten our ways. Blessed is He, who comes in the name of the Lord. Alleluia.

Main Idea: Baptism Sacrament Knowledge along with Chrismation Sacrament.

Verse for memorizing: "He who believes and is baptized will be saved; but he who does not believe will be condemned (Mk 16:16)."

The way of representation: Power Point

Craft: How to make a pigeon from Origami

Video URL: "https://www.youtube.com/watch?v=L6ciLmiEfg0"

<u>Lecture</u>

1. Introduction to the Sacraments:

The seven Sacraments of the Church are the channels by which we receive the graces and blessings of the Holy Spirit.















2. The Seven Sacraments of the Church are:

- 1- Sacrament of Baptism.
- 2- Sacrament of Confirmation
- 3- Sacrament of Confession
- 4- Sacrament of Eucharist
- 5- Sacrament of Unction of Sick
- **6- Sacrament of Matrimony**
- 7- Sacrament of Priesthood.

3. Definition of a Church Sacrament

The Church Sacrament is an invisible grace we receive by practicing a visible rite, and a visible sign or substance performed by a priest.

- 1- In the Baptism the substance is water by which we receive the second birth from Water and Spirit.
- 2- In the Confirmation the substance is the oil of Myron, by which the Holy Spirit dwells in us.
- 3- The sign of the Sacrament of Confession is the confessing person, who accepts the prayer of absolution at the end of Confession to gain forgiveness of sins.
- 4- The substance of the Sacrament of Communion is the bread and wine, by which we eat the Holy Body and Precious Blood of our God.
- 5- The substance of the Sacrament of Unction of sick is oil, by which we receive physical and psychological remedy.
- 6- The sign of the Sacrament of Matrimony is the bride and groom who receive the prayers, so the Holy Spirit dwells upon them and unites them in body and spirit.
- 7- The sign of the Sacrament of Priesthood is the ordained person, who accepts the prayers of the Sacrament of Priesthood and the laying of hands for a certain priestly rank, to gain the grace for starting church services whether Sacraments or authority for various church matters and management.

4. Redemptive and Non-Redemptive Sacraments

There are four redemptive Sacraments out of the Seven Sacraments. They are necessary for eternal salvation, and every believer should practice them in order to gain eternal salvation. These are:

- 1- Baptism 2- Confirmation 3- Confession 4- Communion
 The other three Sacraments are non-redemptive and unnecessary for eternal salvation.
- 5- Sacrament of Unction of the Sick "Given for the remedy of those who are physically or psychologically unwell only."
- 6- Sacrament of Matrimony "For those who want to marry for the purpose of sharing lives and bearing children. However, there are many monks and nuns, and those who live celibate lives who gain eternal life with merit."
- 7- Sacrament of Priesthood "Reserved only for those who are ordained as a deacon, priest or bishop. However, most of the Congregation has no priestly ranks, but is called for redemption and eternal life."



5. What is Baptism?

It is the first of the sacraments of the Coptic Orthodox Church and door to other sacraments. It is done once in life and by immersion in the water three times in the name of the Father, the Son and the Holy Spirit. Consists of two parts: Visible (Water) and Invisible (Spirit).

6. The necessity of Baptism:

In light of this, the Mystery of Holy Baptism is necessary for every human being after the Fall of Mankind. When Adam and Eve, our ancestors, disobeyed God, the whole creation fell, and the very nature of mankind changed. Before the Fall, as St. Gregory the Theologian teaches us, mankind was clothed in the glory of God and healthy in his nature. For this reason, Adam and Eve did not know they were naked before the Fall. Afterwards, however, the glory of God departed from them because of their free choice to disobey God and separate themselves from Him Who is the Source of Life. From that time until now, every human being is born into the world with a nature that carries the malady or sickness of sin.

The Mystery of Holy Baptism exists to address this malady. When a person is immersed in the waters sanctified by the Holy Spirit, he begins to share in our Lord Jesus Christ's victory over sin and its consequence, death. This is the very goal of our Lord's life-giving work: He came into the world to destroy sin and grant us an opportunity to inherit an everlasting and joyful life in His presence in the Kingdom of Heaven. Holy Baptism is the first step in the path of salvation, the way to the Kingdom.

Evidence on the necessity of Baptism:

In the Holy Scriptures, we find several passages that speak about the necessity of Holy Baptism. Consider these passages on which you may be tested.

- "He who believes and is baptized will be saved; but he who does not believe will be condemned" (Mk 16:16).
- Jesus answered, 'Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God'" (John 3:5).

7. Salvation through Holy Baptism.

As Orthodox Christians, our understanding of salvation has much to do with the forgiveness and remission of our sins, iniquities, and transgressions. The Holy Apostle Paul teaches that there is no remission of sins, however, without the shedding of blood (Heb 9:22). Our Lord Jesus Christ shed His Blood on our behalf. When we could not save ourselves, He condescended in great humility and emptied Himself, even unto death, in order to save us. Thus, salvation is possible for us only if we share in His Death and Resurrection. How can we share in Christ's Death and Resurrection? Quite simply, through Baptism.

It is therefore our death and burial with Christ in Baptism that grants us the possibility of salvation and eternal life in the glory of His Resurrection.

8. The foundation of Holy Baptism in the Holy Scripture.

Evidence in the New and Old Testament:

A. Holy Baptism in the old testament:

These are all historical events that symbolize and anticipate the later events of our Lord's Baptism and our baptism in Him. Let us consider some of them.

• The Spirit of God over the Waters of Creation:

In the story of Creation, we see how the Spirit of God moved over the water and both light and life sprang forth. The new creation was from water and Spirit. It is a prophecy about the work of the Holy Spirit in the waters of Holy Baptism to recreate us, to confer upon us Divine Grace, and to grant us the possibility of salvation in Christ.

Noah's Ark in the Great Flood:

In Gen 7, we see how the waters of the Great Flood did two things simultaneously: they purged sin from the face of the earth and saved the righteous Noah and his family in the Ark. The ark was surrounded by water, a symbol of Holy Baptism, whereas the dove which returned with the olive branch is a symbol of the Holy Spirit and the peace we receive through reconciliation with God.

• Circumcision as a Type of Holy Baptism

When God made a covenant between the Holy Patriarch Abraham and his descendants in Gen 17, the sign of the covenant was circumcision by which all male descendants were made heirs of the covenant and members of the people of God (Ge 17:9–14). Just as circumcision was the sign of the covenant between God and His people, Israel, through Holy Baptism we become members of the Holy Church, Body of Christ, which is the new Israel.

Crossing the Red Sea as a Symbol of Holy Baptism

In Ex 14, we see how the Israelites crossed through the waters of the Red Sea into a new life while the same waters purged sin and evil, represented by the enslaving Egyptians. Here, we find a beautiful symphony of symbols: the Red Sea is a symbol of the waters of Holy Baptism; the cloud is a symbol of the Holy Spirit Who works in the water; the spiritual food and drink is the Body and Blood of Christ; and Pharaoh, who drowned in the Red Sea, is a symbol of Satan whose power was destroyed by our Savior's lifegiving work.

B. Holy Baptism in the new testament:

In the New Testament (NT), there are likewise several symbols and events relating to Holy Baptism.

• The Baptism of St. John the Baptist

All four Gospel accounts tell us that, before our Savior's own Baptism, St. John was baptizing people with a baptism of repentance. His baptism took place in the Jordan River, which is significant. This same river was the site of Israel crossing into the Promised Land (Jos 3). It is where they crossed into a new life, the land of milk and honey. Standing at the banks of the Jordan River, St. John once again offered new life to Israel and to all mankind. This new life would be realized in the Baptism and all the other redemptive work of our Lord Jesus Christ. Note that this Baptism did not have the power to cleanse a person's soul from sin like Christian Baptism. Instead, his baptism was more an external sign of true and sincere repentance in the heart.

• The Baptism of our Lord Jesus Christ.

The most important NT passage on Holy Baptism is the account of the Baptism of our Lord Jesus Christ by St. John the Baptist (Mk 1:9-11, Mt 3, Lk 3:1-21, Jn 1:29-34).

Our Savior, after insisting, receives Baptism from St. John. The servant baptizes the Master in all humility and love. Our Lord stripped Himself and walked down into the waters of the Jordan and was immersed, and then He emerged from the waters of the river. He Who needed no help from the water was baptized in it. He needed no sanctification or cleansing from the water, but rather, the water needed His presence to become sanctified and an agent for our cleansing and purification. In His humility, our Lord was immersed, and when He was under the water during His Baptism, it was a foreshadowing of His death and burial. And when He came up out of the water, it was a foreshadowing of His Resurrection.

• The Blood and Water that Flowed from the Pierced Side of Christ:

We also see a symbol of Holy Baptism in the water and Blood that flowed from our Crucified Savior's side.

Our Savior's Institution of the Mystery of Holy Baptism:

In addition, our Lord Himself instituted the Mystery of Baptism in plain words. After His Resurrection, He appeared to His disciples and said,

"All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the Name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age (Mt 28:18-20)."

The necessity of this baptism was reiterated by our Lord when He said, "He who believes and is baptized will be saved; but he who does not believe will be condemned" (Mk 16:16). After the Lord's ascension into Heaven, the Holy Apostles continued the practice of Baptism. On the day of Pentecost, they were baptized by the Holy Spirit in the likeness of tongues of fire and immediately performed the Mystery of Holy Baptism for all those who believed in Christ. In Acts 2:38, we read about how 3,000 were baptized in a single day!

9. History of Baptism:

• The Timing of Holy Baptism:

Although the Mystery of Holy Baptism may be performed at any time throughout the year, there were several times throughout the liturgical calendar at which Holy Baptism was celebrated in the Early Church.

- 1- the Feast of Pascha (the Feast of the Resurrection or Easter)
- 2- the Feast of the Theophany (or Epiphany) in which we celebrate our Savior's Holy Baptism by St. John the Baptist.
- 3- the Feast of Pentecost, following the account in Ac 2:41 in which 3,000 were baptized on that feast.
- 4- the Sixth Sunday of the Great Holy Fast, also known as the Sunday of the Man Born Blind, developed into a popular time for the Mystery of Holy Baptism. Our Savior's healing of the man born blind by anointing his eyes with clay and commanding him to wash in the Pool of Siloam was recognized as one of the many symbols of Baptism in the NT.

10. Types of Oil in Holy Baptism:

The Coptic Orthodox Church utilizes three types of oil in the Myster order of their holiness, they are:



- 1- Simple Oil (which becomes the Oil of the Catechumens) This is pure, simple olive oil that is found in the vigil lamps of the church. It is also the oil that is present during the Vigil of Apocalypse (or Bright) Saturday. The priest prays that this oil may be transformed into an anointing that helps the catechumen understand the word of God and the faith of the Church.
- 2- Ghalilawen (or "Oil of Gladness" or "Oil of Joy") This is the oil that remains after the mixture and sanctification of the Holy Chrism. It is made when the sediments of the

- ointments of the Holy Chrism are boiled after it has been filtered. The priest prays that this oil helps the soul to rejoice in the word of God and the faith through the work of the Holy Spirit. According to ancient custom, it is called the "Oil of Gladness," because the Holy Spirit is the source of spiritual gladness.
- 3- Holy Chrism (or Myron) This is the holiest oil in the Orthodox Church that is sanctified every number of years at the hands of our fathers, the Pope and the bishops. It represents the seal and action of the Holy Spirit. In Holy Baptism, the water receives the Chrism so that it might be transformed into the holy waters of Baptism. The person being baptized also receives the Chrism after Baptism to become a temple of the Holy Spirit.

11. Holy Baptism Rituals

• Sacrament of Baptism (Infants)

- **❖** Baptism is essential for salvation + infants need salvation = infants need baptism
- Circumcision was a symbol of baptism; infants were circumcised to enter in the old covenant.
- Crossing of the red sea was a symbol of baptism and infants crossed it as well.
- **❖** "Be baptized. And you shall receive the gift of the Holy Spirit. For the promise is to you and to your children" Acts 2:38-39
- Scripture records families and entire households were baptized together (Acts 16:14-15,33; 1Cor 1:16)

Sacrament of Baptism (Timing)

- **❖** From the birth date: 40 days for a baby boy and 80 days for a baby girl.
- **❖** Baptism should never be delayed (Leviticus 12).
- ❖ If the new-born is sick and at risk of dying, parents must request the priest to baptize and anoint the baby with the Myron immediately and under any circumstance.
- ❖ If the baby lives, the Baptism is correct and should not be repeated.

Sacrament of Baptism (Rite)

The Water Liturgy Consecration

- It is performed by the priest to sanctify the water through prayers and bible readings and finally by pouring the Holy Oil of Mayron to give the water the power to "cleanse from sins" and be able to give the new birth from "water and spirit" as the Lord said



The absolution for the mother

- A special prayer for the mother when she brings her baby to be baptized, necessary to allow her to partake of the Holy Eucharist.
- The birth of a baby is a reminder to the woman of the Eve original sin and God's punishment of Eve.
- A cleanliness period after birth is also needed.

The Prayers of the Holy Baptism

- Occurs after the priest anoints the mother and allows her to partake of the Holy Mysteries.
- From this point on, the prayers are directed to the person being baptized, whereby the priest asks the Lord to uproot all evil from his/her heart and prepare him/her to be a Sanctuary of the Holy Spirit.
- During these prayers, the priest anoints the person to be baptized with the plain oil on his head, hands, heart and back and recite many prayers and supplications so that the Lord grant him/her the open heart and mind to understand and keep the Holy words.

Renouncing Satan

- -The purpose of Baptism is to bring the person into the Church.
- The priest calls upon the godparent to renounce the devil and all his works on behalf of the child. That is done facing the west.
- This renouncing announces the forthcoming baptism as an act of victory.
- Facing the east, the priest asks the godparent to accept Him who is the Light of the
 World on behalf of the child.
- The child has been transferred from Satan to Christ; from death to life.

The Creed

-The godparent is then asked to confess the true faith in Christ on behalf of the infant and reads the confession of faith.

The Anointing with the oil of Joy (Ghalilawen)

-Ghalilawen oil is a semi-product of the Mayron symbolizing the implantation in the Holy Church of God. Kings/priests/prophets were anointed as well.

The Naked Infant

- -The removal of all clothes signifies the putting off the "old man".
- We are re-born from the Baptismal font anew like we were born from our mother's womb.



Immersion into the Baptismal Font

- In obedience to Christ's words, the priest baptizes the infant in the name of the Father, the Son and the Holy Spirit.
- At each invocation, the priest immerses and then raises the infant up again.
- After the baptism is completed, the priest places the infant in a new linen sheet held by the godparent.

Godparent

-The godparent promises to see to it that the child is raised and educated in the Orthodox faith. The mother is the natural godparent, but others may take that role for specific circumstances.

New Clothes

- The priest then invests the child in a new garment: "The garment of Eternal and immortal life Amen".
- The new clothes signify the entirely new life that we receive after we are "buried with Jesus in His death".
- The white garment reminds us of Jesus' transfiguration. There is now likeness between the baptized child and the transfigured Lord.
- "For as many of you as have been baptized in Christ, have put on Christ" Galatians 3:26-27
- "Therefore, if anyone is in Christ, he is a new creation; the old has passed away, behold the new has come" 2 Corinthians 5:17

❖ The Red Ribbon and Crown

- -The priest encircles the infant with a red ribbon, it reminds us of the precious blood of Lord Jesus by whom we were saved.
- As the blood of the Passover lamb was marking the houses of the Israelites to save them,
 so also the blood of Jesus is the mean and sign of our deliverance.
- The crown is to be put over the head of the child symbolizing his/her belonging to the heavens and his/her victory over death.

❖ The Commandment to the Parents

- This is the most important part for the parents of the child. The Church urges them to remember the excellence of the mystery that their child has received and reminds them of their duties concerning this new member of Christ's body.

Discharging the Baptismal Water

- The last step is the prayer upon the water to be returned` to its original nature (simple water) so that we can dispose of it.

– As part of the process, the priest prays: "We ask and entreat Your Lord goodness ...O Lord, to return this water to its first nature to be restored to earth..."



12. What is the result of Baptism?

One who is baptized receives rebirth, purification, salvation, and membership in the Body of Christ. He also receives the ability to be conformed to the pure and perfect likeness of Christ, which aids him in the Christian life to fulfill the commandments and do what is pleasing to God.

13. What is Chrismation?

- Also known as "Myron," is the anointing with consecrated oil (Myron) of those newly baptized, and like the rest of the sacraments, is conducted by a priest. Chrism allows for the Holy Spirit to dwell in those who are newly baptized.
- Confirmation is administered directly after baptism.
- ❖ The Holy oil (called Mairoun Oil or Chrisma Oil) was first made by the Apostles, out of the spices and ointments that were prepared for the Body of the Lord at the time of burial and after burial (Luke23:56). St. Mark brought part of it to Egypt and since that toil used to be made and added to the rest of it.
- The Holy oil (Mairoun) is currently prepared by the Pope, assisted by the bishops, using the oil that St. Mark brought to Egypt.
- **❖** Through this Sacrament the believer receives the gifts of the Holy Spirit (1 John 2:20 21).
- ❖ The priest or Bishop can administer the Sacrament. He would anoint the Baptized person 36 times at the joints and openings by laying his hands and breathing into the baptized the breath of the Holy Spirit. Thus, he becomes an altar of the Holy Spirit that resides in him.
- This Sacrament is administered only once.

14. Institution of the Sacrament

- **❖** It was instituted through the various promises, which the Lord gave for granting the Holy Spirit. (John: Chapters 7, 14, 15, 16 etc.).
- Evidence of the Chrismation Sacrament:

- ❖ In Old Testament: Kings were anointed with the Holy Oil so they may receive the wisdom and guidance of God in performing their duties. Ex: Anointment of King David of Israel (1Sam 16:13).
- ❖ In New testament: Anointment with the Mayron oil graces you with the Holy Spirit which also graces upon you the seven gifts of the Holy Spirit: Wisdom, Understanding, Counsel, Might, Knowledge, Godliness, and the Fear of the Lord (Isaiah 11:2) are given to the believers through this Sacrament.

15. Why the Specific use of olive oil for the Holy Oils?

This is because Olive trees symbolizes Eternity, as Olive trees are the only trees that their leaves do not fall all year long; the leaves never dry. Thus, they symbolize Eternity. Additionally, the Olive Branch symbolize the gift of peace and refers to the life of victory.



Conclusion:

Baptism is the first of the seven sacraments of the church. It is called the door of the sacraments as it leads to the rest of the sacraments, since no one can benefit from any of the sacraments of the church unless they are baptized. Given that this is a sacrament, it consists of two parts: the first is visible, and the second invisible of water and Spirit respectively. The Lord of Glory has established this Sacrament by Himself when He was baptized in the Jordan River.

Holy Communion







Holy Communion

English song about the lesson:

- Sons of God : https://www.youtube.com/watch?v=-eZmfFLJttU
- Hymn of Psalm 150

Praise ye God in His saints, praise Him in the firmament of His power.

Praise Him for His mighty acts, praise Him according to the multitude of His greatness.

Praise Him with the sound of trumpet, praise Him with the psaltery and harp.

Praise Him with timbrel and chorus, praise him with strings and organs.

Praise Him with pleasant sounding cymbals, praise Him with cymbals of joy

Let everything that has breath praise the name of Lord our God



Main Idea: the importance of Holy Communion

Verse for memorizing: (john 6: 56) He who eats My flesh and drinks My blood abides in Me, and I in him.

The way of representation: Power Point

Means of clarification:

https://www.youtube.com/watch?v=CmZumn 3fww

Craft: if applicable

Introduction: we will show them some pictures about the 7

Sacraments and try to find the name of each one

THE SEVEN SACRAMENTS

<u>Lecture</u>

1. What is meant by sacrament?

- > Sacrament means that we take invisible grace during some prayers done by the father and descent of the Holy Spirit.
- An outward and visible sign of an inward and spiritual grace, instituted by Christ.
- We have 7 sacraments as we mentioned before. Today we will talk about one of them, We will talk about "Holy communion"

2. What is Holy Communion?

Holy Communion is one of the 7 sacraments, the Church do it every day for a thousand of years. We eat God's flesh and drink his blood as the verse says "I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I

shall give is My flesh, which I shall give for the life of the world." (john 6:51) We eat bread and juice which are changed to God's flesh and blood when the priest prays and the Holy spirit descents on them.

3. The visible sign

Bread: pure wheat & leavened

<u>Wine</u>: very pure, mixed with water, as it resembles the blood & water that came out of the Lord's side" But one of the soldiers with a spear pierced his side, and forthwith came there out blood and water (John 19:34)

4. The invisible Grace

- We partake of the Flesh & Blood of our Lord Jesus Christ
- We get the spiritual food which helps us grow in the grace & knowledge of our Lord Jesus Christ: "And Jesus said to them, I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst. For My flesh is food indeed, and My blood is drink indeed." John 6:35,55
- We receive remission of sins: "Then He took the cup, and gave thanks, and gave *it* to them, saying, "Drink from it, all of you. For this is My blood of the new covenant, which is shed for many for the remission of sins." Matthew 26:27,28
- We abide in Christ, & He in us "He who eats My flesh and drinks My blood abides in Me, and I in him." John 6:56
- We get Holy Fellowship with: Christ
 - our fellow worshippers on Earth
 - > All the Church on Earth
 - > The Saints around the throne of God
 - > the Angels & Archangels & the host of Heaven
 - ➤ "For we, though many, are one bread and one body; for we all partake of that
 one bread." 1 Corinthians 10:17
- We're given true life in this world ""Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in

you. As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me." John 6:53,57

We're given eternal life "Whoever eats My flesh and drinks My blood has eternal life, and
I will raise him up at the last day. This is the bread which came down from heaven—not as
your fathers ate the manna, and are dead. He who eats this bread will live forever." John
6:54,58

5. The other names of Holy Communion:

- The Eucharist
- The Lord's Supper
- The Lord's Table
- The Flesh & Blood of Christ



6. Institution of the Sacrament

The Lord instituted this Sacrament on the Eve of Passover, a symbol of the Sacrifice of Himself: "...the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me." –1 Corinthians 11:23-25

7. Who can administer this Sacrament?

- Apostles
- Bishops
- Priests



8. Partaking of the Holy Communion:

Since God's blood and flesh is very precious, there are some perquisites that should be considered before Holy Communion, these perquisites are:

** Spiritual

- Baptized
- Confession: maximum once every 40 days
- Prepare beforehand: "But let a man examine himself, and so let him eat of the bread and drink of the cup. For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body."

-1 Corinthians 11:28,29

- Believer: He should believe that the bread and juice will change to blood and flesh
- Attend the Holy Mass from the beginning

*** <u>Body:</u>

- We should be clean and take a shower before the holy Communion
- We should wear proper clothes
- For the ladies, they should cover their hair.
- Fasting for 9 hours before Holy Communion

9. Holy Mass:

• Lets watch this video together: https://www.youtube.com/watch?v=fPq8SGwmtlg

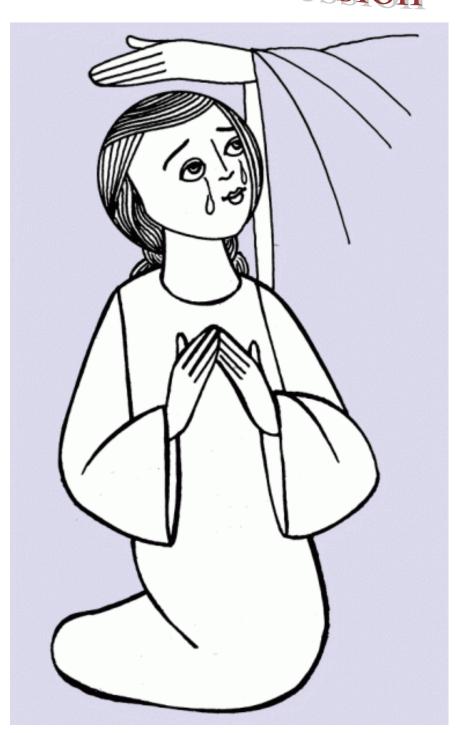


Conclusion:

- > Sacrament means: An outward and visible sign of an inward and spiritual grace, instituted by Christ.
- ➤ Holy Communion is one of the 7 sacraments, the Church do it every day for a thousand of years. We eat God's flesh and drink his blood. We eat bread and juice which are changed to God's flesh and blood when the priest pray and the Holy spirit descents on them.
- ➤ Who can administer this Sacrament? Apostles & Bishops & Priests
- The graces are:
 - We partake of the Flesh & Blood of our Lord Jesus Christ
 - We get the spiritual food which helps us grow in the grace & knowledge of our Lord Jesus Christ
 - We receive remission of sins
 - We abide in Christ, & He in
 - We get Holy Fellowship with: Christ
 - our fellow worshippers on Earth & All the Church on Earth
 - ➤ The Saints around the throne of God & the Angels & Archangels & the host of Heaven
 - We're given true life in this world
 - We're given eternal life



The Sacrament of Repentance And confession







The Sacrament of Repentance and confession

English hymn about the lesson: revision for Psalm 150

Main Idea: Importance of Repentance and confession

Verse for memorizing: If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness(1 John 1: 9)

The way of representation: Power Point

Means of clarification:

- https://www.youtube.com/watch?v=TDUDpAzBZPg
- https://www.youtube.com/watch?v=MFHOsdN-cWs
- We will give them the flyer that attached here

Introduction: Bring a white blouse but full of dirty dust or mud then bring a bowl with water and soap and clean it

Lecture

1. The Sin

- Separation from God
- Breaking God's commandment
- Losing Peace





REPENTANCE

2. Repentance:

The Sacrament of Repentance and Confession is a holy sacrament, by which the sinner returns to God, confessing his sins before the priest to be absolved by the priest through the authority granted to him by God. By this absolution the confessing person is granted the forgiveness of those sins which he confessed.

3. Confession:

Confession means admitting and declaring a certain matter. The Sacrament of Confession means verbal confession before the priest of sins and mistakes committed by a person, and confessing and humbly repenting, in order to be granted the absolution and forgiveness.

4. Instituting the Sacrament of Confession

Our Lord Jesus Christ founded the Sacrament of Repentance and Confession when He said to His disciples, the pure apostles: "Assuredly, I say to you, whatever you bind on earth will be

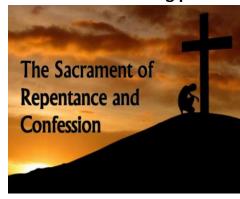
bound in heaven, and whatever you loose on earth, will be loosed in heaven" (Matthew 18:18).

Also, after the Resurrection the Lord said: "'As the Father sent me, I also send you.' And when He said this He breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them, if you retain the sins of any they are retained" (John 20:21-23).

By this He gave them the authority of binding sins or loosing them, through the authority given to them by the Holy Spirit, and according to the contriteness of the confessing person.

5. Conditions of Repentance

- > True repentance has four conditions:-
 - 1) Contrite heart and remorse for previous sins.
 - 2) Steadfast intention to improve.
 - 3) Strong faith in Christ and hope in His love to forgive.
 - 4) Verbal confession of sins before the priest.



6. Right Age for Confession

Parents must teach their children about the Sacrament of Confession from an early age, say, about twelve years old, so they may be acquainted from childhood with the Sacrament, for as the proverb says: "Teaching in childhood is like engraving on rocks".

7. The Necessity of Confessing to a Priest

Verbal confession to a priest is necessary for the forgiveness of sins, for the Lord said to His Pure Apostles: "If you forgive the sins of any, they are forgiven them, if you retain the sins of any, they are retained" (John 20:23)

How can the fatherly priests forgive or retain sins if they are not aware of them? How can a judge decide a sentence if he is not aware of the case details? For this reason, the authority given to the Apostles and their successors to retain or forgive sins, oblige the congregation to confess their sins before those who have the authority of absolving or retaining absolution. Confessing to the priest is necessary for gaining the forgiveness of sins.

8. Confess to one another

When the Apostle says: "Confess your trespasses to one another", he does not mean for priests to confess to laymen, as laymen confess to priests, but what he meant is:

- "Teach each other" as the educated teach the ignorant.
- "Heal one another" as the physician heals the patient.

Hence, in the words, "Confess to one another" He means the congregation should confess to those who have the authority of forgiving sins. St. John tells us: "If we confess our sins, He

is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

9. Benefits of Repentance:

Psychological:

it's not good to keep things bottled up. We have a natural tendency to confess, and if we don't, it can potentially harm us psychologically.

Spiritually:

- 1. Receive the forgiveness of our sins
- 2. Made worthy of having communion
- 3. Purify our souls
- 4. Reveal all our thoughts to the priest, then he can help us get rid of them
- 5. Get advice

Socially:

Since he is in better psychological condition, he will be happier and more adaptable. Physically:

Potentially if you are not well psychologically, then it may affect you physically. Man sick for 38 years "Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you." (John 5:14).

10. Elements of the sacraments:

- 1. Me and Myself:
 - a) Needs true repentance
 - b) Need to sit with yourself to prepare.
 - c) Sit with God, and confess to Him through prayer.

2. Me and the priest:

- Why?
 - i) It is God's order (Jn 20:22-23)
 - ii) It is a sacrament and where we receive the absolution directly from God, via the priest
 - iii) Receive practical advice and solutions to problems.

11. Guide To Confession

- 1. Worship
 - Prayer
 - Fasting
 - Communion and Confession



❖ Readings
Church (attending early and regularly)
❖ Do I practice attaining virtues?
2. Relationship with People
Do I have good relations with family? Friends?
Do I get angry? Gossip? Judge? Bad company?
3. Kinds of Sins
❖ Tongue
Judging, swearing, insulting, humiliating, bad jokes, gossip
❖ Thought
Impure, anger, revenge, envy, pride, doubt, judge
❖ Deed
Did I break any commandments (stealing, adultery, drinking,)?

Conclusion:

Repentance:

The Sacrament of Repentance and Confession is a holy sacrament, by which the sinner returns to God, confessing his sins before the priest to be absolved by the priest through the authority granted to him by God. By this absolution the confessing person is granted the forgiveness of those sins which he confessed.

Confession:

Confession means admitting and declaring a certain matter. The Sacrament of Confession means verbal confession before the priest of sins and mistakes committed by a person, and confessing and humbly repenting, in order to be granted the absolution and forgiveness.

Prayer of Confession

"Too late have I loved you, O Beauty so ancient, O Beauty so new. Too late have I loved you! You were within me but I was outside myself, and there I sought you!

In my weakness I ran after the beauty of the things you have made. You were with me, and I was not with you. The things you have made kept me from you - the things which would have no being unless they existed in you! You have called, you have cried, and you have pierced my deafness. You have radiated forth, you have shined out brightly, and you have dispelled my blindness. You have sent forth your fragrance, and I have breathed it in, and I long for you. I have tasted you, and I hunger and thirst for you. You have touched me, and I ardently desire your peace." **St Augustine**

Flyer

I - Repentance:

tepentance is not merely giving self-account and feeling and about one's sins though it might involve this and that towever, repentance is a feeling that arises automatically in the self-account of the self

- people with His mercy...
 The mission of the prophets in the Old Testament lied in reconciling the people with God... Jerremy the prophet, called the people to offer repentance during the exile so that God would returns them to their land... Jonah's mission was calling the people of Ninevah for repentance... John the Baptist came calling "Repent for the Kingdom of God is close at hand"
- when we encounter God's mercy, tenderness and love.

 St.Peter encountered this feeling after they caught the fish and said... "When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" For he and all his companions were astonished at the catch of fish they had taken, and so were James and John. Simon, "Don't be affinite, from now on you will catch men." So they pulled their boats up on shore, left everything and followed him."... A deep feeling of unworthiness to be in God's presence...

honor. His heart responded to contain the changed from that day, to change his way,... and his life changed from that day.

The sinful woman (Luke 7), who taught us how to offer repentance at our Lord's feet, never uttered a word, but was only shedding tears, kissing his feet and anointing them ... yes she replaced worldly desire by another desire and truly she loved more and that's why she was forgiven more.

And because she was forgiven more she felt more indebted to Our Lord Jesus Christ ...thus Repentance is regarded as an ultimate chance to grow in the grace and love of Our Lord Jesus Christ, and this helps us comprehend how repentance connects to growth in love...

from The Gospel's Point Of View:

- The Lost Sheep, The Lost Coin and The Lost Son (Luke 15)... • Repentance in the context of Incidents:
- The Sinful woman (Luke 7:36~50), Peter (Luke 5:1-10) Zacchaeus (Luke 19:1-10) The Samaritan Woman (John 4)

Repentance
From The Counseling Perspective:
Repentance may be regarded as a trans-psychological (beyond psychotherapy) that brings about therapeutic effects indirectly through active techniques in a sense of listening to God's presence in our life and monitoring one's self accordingly, to enable the individual to draw upon his inherent resources for becoming a midvidual to draw upon his inherent resources for becoming a that it connects the wounded soul with the healing touch of Our Lord Jesus Christ, through confession with guidance of spiritual fathers designated for that purpose...

Practical Notes on Repentance:

- Try to set a specific time and a quiet place ed day for the purpose of offering repentance ... a when you get ready to enjoy the hugs of your heavitather...
- Submit your paths to the Lord, the straight and the wind, submit your plains to the Lord, the straight and the wind, submit your plains to the Lord hills, mountains, and valleys ... and He will fill your valleys and adjust your mountains... Present your needs so that Our Lord Jesus Christ satisfies them. Then think about some negative things, weaknesses that you would like to target for change...

trom growing to your full potential...

Listen to His voice and you will then gradually start to experience change in your life. In this way, you will find yourself growing on day to day basis and you will feel repentance as a source of power in your life when you truly open up your heart to God and to your internal reflections.

II - Confession

Is the external expression of the repentance's feeling and, the desire to change direction, through revealing the sins to God's agent, the priest? Our Lord Jesus Christ God The Savior of us all, deeply understands the human nature and how we strive to talk our our feelings and how we need guidance and counseling so He availed himself as a Savior for the whole humanity and for every human soul individually.

Contemplating on the dialogue of Our Lord Jesus Christ with the Samaritan woman, gives us a wealth of richness on how Our Lord intended this Holy Sacrament to be

the Samuerlian woman, gives us a wealth of richness on how Our Lord intended this Holy Sacrument to be morning how Our Lord intended this Holy Sacrument to be morning woman, let us resulty empathize with her, let us close the door behind and take one water jar with us to the well... Let I have found and let are with us to the well... Let I have found someone who could understand me, or more than the sound someone who could understand me, or my let the sound someone who could understand me, or my let the sound someone who could understand me, or my let the sound someone who could understand me, or my let the sound the sound that the sound was the sound that the sound is sound to be sound to be

the one who seeks my subsition."

Repentance and Confession Program in the Coptic Church:

Our Island church seek to follow the footsteps of our Church seeking determined some rich exercises and gractices for repentance be it on the individual or on church assigned the Agleya (Book of Hourty Propers) that

- Verbal Prayers Psalm 50 in the introduct prayer, Kerieleison (meaning Lord have mer

• Verbal Frayers Paulo 50 in the introduction of each Physical Exercises Metanya (prostrations) meaning repentance changing direction of life...
• Contemplation and meditation: Gospel Reading for 2red Watch in the Midnight prayer, gives a space to direct repentance so that we can follow the same example in the process of our repentance...
process of our repentance...
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Saint Faul School Supervised by: Father Daoud Lamie, Saint Mark Coptic Orthodox Church - Heliopiolis, Cuiro - Egypt For orders, pts send an enall to - upaulservise2015@gradl.com



Repentance & Confession





The Sacrament of the Holy Matrimony







The Sacrament of the Holy Matrimony

English song about the lesson: "Ep-ooro = O king of peace"

- King of peace, grant us Your peace, render unto us Your peace, and forgive us our sins.
- Disperse the enemies, of the Church, and fortify her, that she may not be shaken forever.
- **the Emmanuel our God, is now in our midst, with the glory of His Father, and the Holy Spirit.**
- May He bless us all, and purify our hearts, and heal the sicknesses, of our souls and bodies,
- We worship You O Christ, with Your good Father, and the Holy Spirit, for You have (come) and saved us. (Have mercy upon us)

Main Idea: the importance of Holy Matrimony

Verse for memorizing: "So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate" (Matthew 19:6)

Introduction: Read the Commandments to the groom and bride in two groups, with the girls working on the groom's commandments and the boys working on the bride's

Lecture

1.The Significance of the Sacrament

The family is the basic unit or 'cell' of society and the Christian family is also a major building block of the Orthodox Church. The Church places great importance on the family to fulfill its role as a small church, as expressed by the Apostle Paul. When St. Paul greeted Priscilla and Aquila, his "fellow workers in Christ Jesus" he also greeted "the church that is in their house" (Romans 16:3, 5). He also greeted "Nymphas and the church that is in his house" (Col 4:15). The Holy Scriptures tell us that God "blessed" marriage from the beginning of time saying "Be fruitful and increase in number; fill the earth" (Gen. 1:27-28), showing that marriage is part of God's eternal purpose for humanity. Further on, in Genesis 2:24, we read, "Therefore a man will leave his father and mother and be united to his wife, and they will become one flesh". Our Lord Jesus Christ reiterated these words when asked if it is lawful for a man to divorce his wife. He continued, "So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate" (Matt. 19:4-6). Christ forever sanctified marriage by His presence at the marriage in Cana of Galilee (John 2:1-11). This was the first time Christ performed a miracle, and the first time the Theotokos interceded with Christ on behalf of others saying, "They have no wine", and then instructs all humanity, "Whatever He say to you, do it". St. Paul expressed the sanctity of the Sacrament of Christian Matrimony, saying, "This is a great mystery" (Ephesians 5:32), and, "Marriage is honorable among all and the bed undefiled" (Hebrews 13:4).

2. The goals of Christian Matrimony

There are three main goals of Christian Matrimony:

- 1. Cooperation between man and woman
- 2. Procreation
- 3. Protection against adultery and fornication



3. Cooperation between man and woman:

The Lord God said: "It is not good that man should be alone. I will make him a helper comparable to him" (Genesis 2:18), "Woman was created for the man" (Corinthians 11:9). – 'Comparable to him' meaning similar to him and equal to him, helping him and supporting him in all things. – They are both expected to help each other in life and share the responsibilities of the family according to their unique attributes God has given men and women.

4.Procreation:

- To preserve humankind from extinction.
- Bearing children fills the house with joy and strengthens the marital relationship.
- What if God does not grant a couple to have kids?
- "Behold, children are a heritage from the Lord, the fruit of the womb is His reward. Like arrows in the hand of warrior, so are the children of one's youth. Happy is the man who has his quiver full of them" (Psalm 127:3-5), and, "Your wife shall be like a fruitful vine, in the very heart of your house, behold thus shall the man be blessed who fears the Lord" (Psalm 128:3-6).

5.Protection against adultery and fornication:

- St. Paul mentioned: "It is good for a man not to touch a woman, not to marry. Nevertheless, because of sexual immorality let each man have his own wife, and let each woman has her own husband ... For it is better to marry than to burn with passion" (1 Corinthians 7).
- Marriage is the remedy for human weakness, for keeping oneself virtuous, and preventing sexual immorality, which God detests.
- The Christian Marriage elevates the bodily union to become a spiritual union, through the work of Holy Spirit.

6.The characteristics of Christian Matrimony

1. Unity

2. Continuity

3. Bearing Fruits



7.Unity:

1 Adam + 1 Eve = 1 in Christ, (Matthew 19: 6) (1 Corinthians 7: 2) (Ephesians 5: 28).

The Coptic Church mandates the principle of monogamy (one wife) for in the beginning God created male and female; one Adam and one Eve. Through Matrimony the two become one in Christ. Hence, they are no longer two but one body. Monogamy adopts its principle from the Bible, which always alludes to man having only one wife: "Whoever divorces his wife and marries another commits adultery against her" (Mark 10:11), and as our teacher St. Paul says, "For this reason a man shall leave his father and mother and rejoined to his wife, and the two shall become one flesh" (Ephesians 5:31).

8.Continuity

The purpose of Matrimony is continuance, without divorce, except in two distinct cases:

- One of the partners commits adultery. However, if the person who sinned repented and the partner forgave them, then the Church permits the continuation of the marriage.
- Spiritual immorality or denial of faith and abandonment of Christianity by one of the partners. The matter of annulment of Matrimony, is a matter authorized by the church, in the case where a partner had deceived or cheated the other.

9.Bearing Fruits

Through the Holy Spirit, the Christian family bears many fruits:

- Christian virtues in the life of its members
- Children, for when the Lord grants blessed children, the family must bring them up in the fear of God and in the Church.
- Service and good deeds that glorify our Father in heaven. They should deal with all people in true Christian love, living a life of service and self sacrificing.

Hence, the many fruits that a Christian family bears are not only children, but love, virtues, and service.

10.The Matrimonial Rite

The Matrimonial Rite is divided into three parts:

- 1. Betrothal (Engagement)
- 2. Ceremony of Marriage
- 3. Holy Matrimony

11. Hints from the Holy Matrimony Ceremony

- > The bride, holding the groom's hand, is on his right side during entering the church.
- ➤ The bride sits on the right of the groom according to the Psalm, "At your right hand stands the queen" (Psalm 45:9)
- The priest places the rings onto the couple's hands, for he is the minister of God's Sacraments, and so his hand signifies the hand of Christ. Therefore, the Christian

Matrimony should remain intact, for what God has joined together, no one shall separate. Each partner wears their ring which has been engraved with their spouse's name, as proof of their love, commitment, and possession of each other in all things. St Paul said, "The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does" (1 Corinthians 7:4). The bride and groom wear the rings on the left hand, for the left side is near the heart, and so they must love one another and be close to each other's heart.

- Anointing the couple with oil while praying and asking God to give both of them the joy and happiness- as anointing with oil is always a symbol of joy of heart (Your God has anointed you with the oil of gladness more than your companions" (Psalm 45:7)). And also reminding them of the prophets and priests who were to be anointed for the call of God in their lives to live in Holiness and purity.
- ➤ Putting the Crowns above their heads to remind them of the first state of Adam and Eve when they were crowned by God. Also, Crowns signify royalty and king/queen ship. "An excellent wife is the crown of her husband" (Proverbs 12:4), and, "The head of woman is man" (1 Corinthians 11:3).
- > The Sacrament of Matrimony should take place in Church, for it is the house of God. It is also not permitted that the sacrament of Matrimony takes place during or just before seasons of fasting.
- In the last part of the ceremony, we see the married couple coming while holding their hands together to kneel down before the Altar and hear the final blessing given to them...the priest is asking God to bless them as He blessed Noah while getting out of the Ark (Church) and multiplied him in blessings.

12.Important fundamentals about the Sacrament

- The Sacrament of Matrimony should take place in Church, for it is the house of God.
- It is also not permitted that the sacrament of Matrimony takes place during or just before seasons of fasting.
- It is preferable for the couple to have one confession father, after marriage, who will care for them and help them in their problems, with a fatherly spirit.
- The church also remembers their new home, during the prayers of the holy Mass, in particular when the priest prays asking the Lord to grant, "Purity for those in virginity and good life for those in wedlock." And in the Litany of Congregations, the priest prays, "Houses of purity houses of blessing. Grant us O Lord and to all Your servants."

Conclusion:

- Marriage is a holy Sacrament in the Orthodox Church because in it the Holy Spirit unites
 the two into one. Therefore this marriage is expected to continue even when a couple is
 faced with difficult circumstances. The ritual of the marriage ceremony is filled with deep
 spiritual meaning to remind us of the importance of this unity before God and our
 responsibility towards keeping this unity while being spiritually fruitful.
- Commandments to the Groom and Bride

• Commandment to the Bridegroom

Priest:

And you, O blessed son (...), must take unto yourself your wife (...) with a sincere heart. You must hasten to please her and do what is good for her, fulfilling St. Paul the Apostle saying: "Husbands, love your wives as yourself."

You must also honor and revere her, and speak to her kindly, considering our teacher St. Peter's commandment, saying, "Give honor to your wife, as to the weaker vessel, and as being heirs together of the grace of life" (1 Peter 3:7).

By doing so, you fulfill the saying of David the prophet: "Blessed is the man who fears God, for His wife shall be like a fruitful vine in the very heart of his house; His children like olive plants, all around his table. God blesses him and he shall see good things, all the days of his life" (Psalm 128)

Commandments

Priest:

Behold, now you both have come in the name of the Lord God, at this blessed hour, for the spiritual marriage.

Therefore, each of you must deal with their spouse in God's fear and observance, living together with good conduct and behavior and being of one heart and one spirit.

For now you are no longer two, but one flesh according to our Lord's saying in His holy Gospel, and through God's will, there cannot be any separation nor disunity after this Christian pond, for what God has joined together, let not man separate

Let each of you be faithful towards the other according to the saying of our teacher Paul the Apostle: "The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does" (1 Corinthians 7:4).

• Commandment to the Bride

Priest:

And you, blessed daughter (...), submit to your husband and be obedient to him, knowing that he alone is responsible for you and was given authority over you, and remember St. Paul the Apostle saying: "Wives, submit to your own husbands, as to the Lord" (Ephesians 5:22), may His name be exalted.

Respect and revere his affairs as Sarah revered our father Abraham and addressed him "My lord."

Concluding Commandment

Priest:

Know that if you observe what we commanded you both, and kept your marriage in purity and God's fear, He will prolong your lifetime, and add to your livelihood, and give you blessed children who will give you delight and comfort your eyes, and keep you from all harms.

May the God of peace bestow His grace upon you, and bless you as He blessed Noah and his wife and filled the earth with their offspring, and as He blessed Abraham with Sarah, Isaac with Rebecca, and Jacob in his marriage.

May His blessing at the wedding of Cana of Galilee be upon you, and in your home, and may He take away harm from you, and the Devil from among you, and guard you, and forgive your sins, through the intercessions of the Virgin, the Mother of the Salvation of the world, and all the Apostles, martyrs, and saints. Amen.

Sacrament of anointing the Sick And Priesthood





Sacrament of anointing the Sick & Priesthood



English song about the lesson:

This is the censer of pure gold bearing the aroma, in the hands of Aaron the priest, offering up incense on the altar.

Main Idea: the importance of anointing the Sick & Priesthood Sacraments

Verse for memorizing:

- "No man takes this honor to himself, but he who is called by God, just as Aaron was." Hebrews 5:4
- "He went up on the mountain and called to Him those He Himself wanted. And they came to Him." Mark 6:13

The way of representation: Power Point

Means of clarification: https://www.youtube.com/watch?v=9IJwqR7lqQ8

Lecture

1st: the Sacrament of Anointing of the Sick:

1.Introduction:

There are two Sacraments for 'healing'; one for spiritual illness, which is the Sacrament of Repentance & Confession, the other for physical and psychological illness, which is the Sacrament of the Anointing of the Sick

2. Meaning of the sacrament:

is one of the holy Seven Sacraments of the church, through which The priest anoints the person with the holy oil from which they obtain the grace of remedy from God. It is called the 'Sacrament of Lamps', for the early Christians used to place oil in a lamp, from which hung seven other lamps. Each lamp was lit at the beginning of every prayer. This rite still exists, however, the seven lamps were replaced by seven wicks, made from cotton wool, which sit in a plate of oil. The number seven signifies the seven spirits of God, which are mentioned in the Book of Revelation (Revelation 3:1). The Spirit of God dwells and sanctifies the oil in order to heal those anointed by it. It is advisable that the wicks be placed in the sign of the cross, in the plate of oil.

3. Institution of the Sacrament:

The Lord said:

- Heal the sick, cleanse the leper." (Mt 10:8)
- -Whatever city you enter, and they received you ... heal the sick who are there." (Lk 10:8-9)

We also know that the disciples:

- Anointed with oil many who were sick, and healed them." (Mk 6:13)

St. James also said

-Is anyone among you sick? Let him call for the elders (priests) of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed." (Jam 5:14-16)



4. Why do people sometimes receive this Sacrament and yet are not healed?

- It could be because of their lack of faith, "He did not do many mighty works there because of their unbelief" (Mt 13:58)
- -At times a person may not recover from, his illness, and this is divine wisdom, which we cannot understand or interpret: "Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and His ways past finding out" (Romans 11:33).
- -St Paul had a thorn in his side and prayed for God to heal him, but the Lord refused, saying, "My grace is sufficient for you, for My strength is made perfect in weakness" (2 Corinthians 12:9). God worked amazing miracles by the hands of St. Paul, "So that even handkerchiefs or aprons were brought from his body to the sick, and the diseases left them and the evil spirits went out of them."

5. during the Sacrament:

For the sick to benefit from the Sacrament of Unction of the Sick, it is necessary that they firstly confess, and then receive the Holy Communion as soon as possible

afterwards. Hence, they will actually be partaking of three Sacraments, for their spiritual and physical healing.

The most appropriate time for carrying out the Sacrament of Unction of the Sick is early in the morning, when everyone is still fasting (that is, the priest, the sick person, and other members attending). The priest must fast for nine hours beforehand, and the sick person for six. In extreme cases, however, when medicine is to be taken at regular intervals, the priest may give the sick person absolution to abstain for a lesser period of time.

2nd: the Sacrament of priesthood

1. Meaning of the sacrament:

The Sacrament of Priesthood is a holy sacrament through which the bishop lays his hands on the head of the elected candidate, so that the Holy Spirit will descend on him and grant him one of the priestly ranks. He is then given the authority to officiate the Sacraments of the church, doctrines, and others. The word 'priest' is derived from the Hebrew word 'Kohen', meaning priest, and is designated to members of the clergy.

2. Institution of the Sacrament:

Lord Jesus Christ instituted this Sacrament when He chose the twelve of His disciples and

Consecrated them for ministry, "He called His disciples to Him, and from them He chose twelve whom He also named apostles" (Lk 6:13). He gave them the authority of absolution and binding, "He breathed on them, and said to them, 'Receive the Holy Spirit'. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained" (Jn 20:22-23).this took place before the Pentecost and the gift of the Holy Spirit here is the gift of ordination.

- He gave them the authority of absolution and binding: "Assuredly I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven" (Matthew 18:18).
- After His resurrection He appeared to them in the upper room in Zion and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven, if you retain the sins of any, they are retained" (John 20:22-23).
- Only for them He said to go and baptize, "Go therefore and make disciples of all the nations, baptizing them in the name of the Father, and of the Son and of the Holy

Spirit, teaching them to observe all things that I have commanded you" (Matthew

28:19,20)

3. The role of priest:

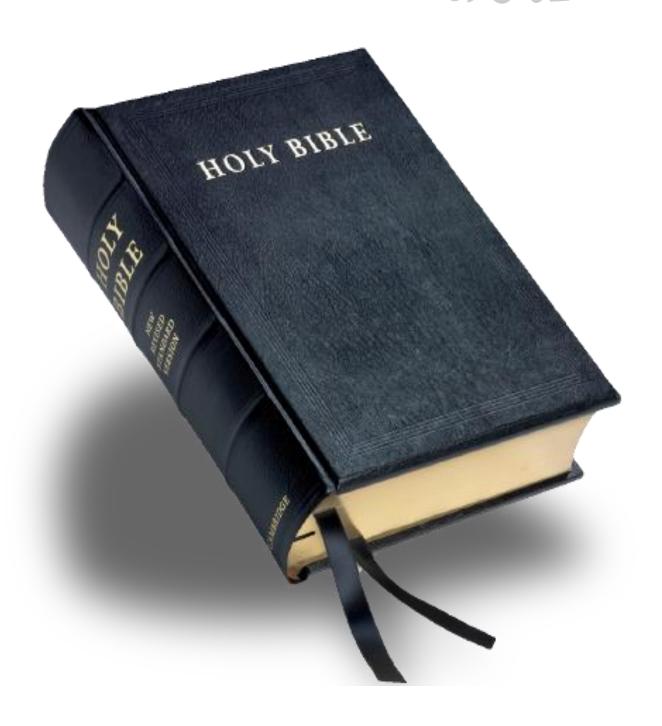
- 1- spiritual role:
 - ❖ he is a father
 - ❖ he is a shepherd
 - ❖ he is a servant to Christian people
- 2- he is anointed to perform all other sacraments:
 - Baptism,
 - Chrismation/Mayron confirmation ,
 - Eucharist ,
 - Repentance and confession ,
 - Matrimony ,
 - anointing of the sick .



Conclusion:

- Sacrament means: An outward and visible sign of an inward and spiritual grace, instituted by Christ
- ➤ The Sacrament of Anointing of the Sick: is one of the holy Seven Sacraments of the church, through which The priest anoints the person with the holy oil from which they obtain the grace of remedy from God.
- > The Sacrament of Priesthood is a holy sacrament through which the bishop lays his hands on the head of the elected candidate, so that the Holy Spirit will descend on him and grant him one of the priestly ranks.

Bible Introduction







Bible Introduction

English song about the lesson:

Main Idea: Bible Introduction

Verse for memorizing: The Scripture is God-breathed" (2 Timothy 3:16).

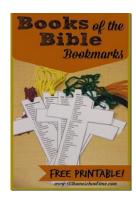
The way of representation: Power Point

Craft: Bookmarks with paper shaped as cross and thread or wool to make it as a chain.

Materials needed for craft:

- 1- paper
- 2- thread
- 3- colors to write a verse or the name or whatever serves the lesson
- 4- scissors to cut and shape the bookmarks

Introduction: How many books of the bible can you name and time them within 60 seconds to probe and see how much they know about the bible.



Lecture

Summary about the Bible

Will begin with timing game then start the lesson and end it with choices games.

1. The Bible being God-Breathed

"The Scripture is God-breathed" (2 Timothy 3:16). This tells us that the Scripture did not come out of man's thought, man's mind, but it is God's breathing His thoughts and His word through His Spirit into and out of the writers.

2. A walk through the Holy bible

Holy Scripture is the divinely inspired Word of God (2 Timothy 3:16). It is the story in which God reveals His love for man throughout the history of mankind.

The Old Testament tells of the history of that revelation from Creation through the Age of the Prophets. It contains 48 books which are divided into five sections: the books of History, book of the Law, the books of poetry and Wisdom, and the books of prophesy). The New Testament records the birth and life of Jesus Christ, sets forth the writings and works of His Apostles,

and documents the history of the early Church. The New Testament books contain 27 main books, which were written from about 50 to 95 A.D.

The Scriptures are at the very heart of Orthodox worship and devotion. Its verses are declared in each of its sacraments, memorized and inscribed on the hearts of its people.

3. The Bible translation:

The Bible was the first ever translated book. The Septuagint version was translated from Hebrew into Greek in 250 BC. The Bible has been translated to more than 1660 languages and dialects and these translations are now spread all over the world.

4. Languages of the Bible

- **❖** Hebrew: It is the language of the Old Testament, and it is called the Jewish tongue
- **Aramaic:** It is the common language in the Middle East until Alexander the Great came.
- ❖ Greek: the language of the New Testament and it was the international language in the time of Christ.

5. The Bible was written by 40 different people with one message only:

- **❖** 75 books written over about 1,500 years by around forty authors in three languages, yet one key message.
- **Even though it was written by 40 different men, the Bible is consistent.**

6. The Forty Writers of the Bible were of different backgrounds:

*	Shepherds	David and Moses
*	Kings	David and Solomon
*	Fishermen	Peter and John
*	Priest	Ezra
*	Doctors	Luke
*	Governor	Daniel
*	Tax-collectors	Matthew
*	Philosopher	Paul



7. The bible was written in different places:

The Bible was written on 3 continents – Asia, Africa and Europe.

- **❖** From Rome in jail
- ❖ Jerusalem
- ❖ Babylon (Iraq) by the river
- ❖ Persia (Iran) in the palace

- Greece Turkey
- Wilderness
- on the hills of the good land (Canaan)
- Patmos island
- 8. The Power of the Bible can cause man to have life.
- 1. The Bible can change man.
- 2. The Bible can make man wise unto salvation.
- 3. The Bible can become our spiritual food to make us grow.



9. Composition of the Book:

One message --- God wants man to end up where he started.

10. There are two part to the Holy Bible

A- The Old Testament

- I. The Books of Moses (Genesis, Exodus, Leviticus, Numbers and Deuteronomy)
 Also called the Torah or the Law. The acts and the teachings of the Old Testament church. Talks about man's life (the creation, the fall and journeying to the Promised Land)
- II. The Historical Books (Joshua, Judges, Ruth, 1st and 2nd, Samuel, 1st and 2nd Kings, 1st and 2nd Chronicles, Ezra, Nehemiah and Esther)
 The history of God's work with his people in the new land.
- III. The Poetical/Wisdom Books (Job, Psalms, Proverbs, Ecclesiastes, Song of Songs and Lamentations)
 Explain the faith and how to live it.
- The Prophetical Books (a- Major Prophets: Isaiah, Jeremiah, Ezekiel and Daniel. b- Minor Prophets: Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi)

 Contain prophecies about the coming Christ (before the Incarnation).

B- The New Testament

I. The Four Gospels (Matthew, Mark, Luke and John)
The Four Gospels give evidence that Jesus is the Christ, the one predicted in the Old Testament times. Shows how prophecy was fulfilled in the life and death of

Jesus .Tell the purpose of Jesus' coming Reveal his perfect life and service. Gives the true source of his teaching. Gives evidence that he is the Son of God and deserves our worship. Help us understand why his own nation killed him.

II. The Praxis (Acts of the Apostles)

The history of God's work in the church through the Holy Spirit.

III. The Pauline Epistles (14 epistles written by St. Paul to different churches and different people: Romans, 1st and 2nd Corinthians, Galatians, Ephesus, Philippi, Colossians, 1st and 2nd Thessalonians, 1st and 2nd Timothy, Titus, Philemon and Hebrews)

Explain the Divinity of Christ and the details of our faith.

- IV. The Catholic Epistles (James, 1st and 2nd Peter, 1st 2nd and 3rd John and Jude)
- V. The Prophetic Book (Revelation)
 Contains Prophecies about the second coming of Christ and the end of days.

11. Facts about the Bible:

- **❖** The Bible contains the phrase "Do not be afraid" 365 times meaning one for each day of the year the world.
- * "Bible" comes from the Greek word "Biblia" meaning "books" which makes sense because the Bible is made up of several books.
- ❖ Enoch and Elijah were the only men in the Bible who didn't die.

12."Bible Quiz

D 64

*	How many books are there in the Bible we use?
A 75	
B 76	
C 63	

A Africa			
B America			
C Asia			
D Europe			
Which of these people was Jesus directly related to?			
A Mary Magdalene			
B Peter			
C John the Baptist	Holy Bible		
D Matthew			
Roughly how many people wrote the Bible?	A REAL PROPERTY OF THE PARTY OF		
A Around 300			
B Around 40			
C Around 10			
D Around 6			
	KING JAMES VERSION		

Which of these languages was the Bible not originally written in?

The Bible was not originally written in which of these continents?

A Greek

B Aramaic

C Hebrew

D Latin

A Around 3,000
B Around 6,000
C Around 1,000
D Around 5,000
Which books of the Bible are written by Jesus?
A All of them
B None of them
C All the New Testament
D The Gospels
❖ Who led Israel out of Egypt?
A Joshua
B Abraham
C Moses
D Paul

❖ Roughly how many of the over 7,000 languages in the world has the Bible

been translated into?





The Lord's Prayer

Our Father who art in heaven; hallowed be Thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread.

And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from the evil one,

in Christ Jesus our Lord.

For thine is the kingdom, and the power, and the glory, for ever and ever. Amen

