

Mahragan El Keraza 2022



Workbook

College & Young Adult



" Finally, brethren, farewell. Become complete. Be of good comfort, be of one mind, live in peace; and the God of love and peace will be with you."

2 Corinthians 13:11



live in peace



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Live in Peace

1) "Peace"

- a) Is found amidst storms
- b) Is a worldly need
- c) Leads to closeness with Christ
- d) Comes with being Christian

2) "live in peace; and the God of love and peace will be with you."

- a) (John 14:27)
- b) (Luke 10:5)
- c) (2 Corinthians 13:11)
- d) (Galatians 5:22)

3) The Peace Christ gave...

- a) Belonged to the world
- b) Is a personal peace
- c) Only went to the disciples
- d) Came upon them in the upper room



4) "But whatever house you enter, first say _____"

- a) My peace I give to you
- b) Peace be upon you
- c) Peace to this house
- d) To you be peace

5) Christian peace

- a) Rises above difficulties
- b) Is Unlimited
- c) Can be Multiplied and spread
- d) All of the above

6) God Comforts us...

- a) that we may be able to comfort those who are in any trouble
- b) So we believe in Him and obtain eternal life
- c) So we may go out and do good in the world
- d) To allow us to take communion



7) Who did Christ say "But one thing is needed, and _____ has chosen that good part, which will not be taken away from..." to?

- a) Mary Magdalene
- b) St. Mary
- c) St. John the Evangelist
- d) Mary, Lazarus' sister

8) Christ is...

- a) Known by many names
- b) The Prince of Peace
- c) The King of Peace
- d) Both B & C

9) Who referred to Christ as "Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace"

- a) David the Prophet
- b) Moses
- c) Isaiah
- d) Elijah



10) Fill in the Blank: "If your enemy is _____,
_____; If he is _____, give him a _____; for
in so doing you will _____ on his head. Do not be
overcome by evil, but overcome evil with good."

11) We refer to Christ as the Prince of Peace because...

- a) He came to earth in peace
- b) He is our Lord and Savior
- c) He preached His message in a peaceful way
- d) Both A & C

12) We are _____ among _____ when we preach
His word

- a) Strangers among commoners
- b) Sheep among Wolves
- c) Gazelle among Lions
- d) Sojourners among citizens

13) Who spoke these words: "The wolves ate the lambs,
so the wolves turned into lambs!"

- a) St. Augustine
- b) St. John Chrysostom
- c) St. Athanasius
- d) St. Anba Pachomius



14) "For He Himself is our _____, who has made both one, and has broken down the middle wall of separation, having abolished in His flesh the enmity..."

- a) Salvation
- b) Rest
- c) Peace
- d) Joy

15) "The law of commandments contained in ordinances, so as to create in Himself one new man from the two, thus making peace, and that He might _____ them both to God in one body through the cross...."

- a) Reconcile
- b) Reconvene
- c) Retreat
- d) Raise

16) "thereby putting to death the enmity. And He came and preached peace to you who were afar off and to those who were near. For through Him we both have access by one Spirit to the Father."

- a) (Luke 1:79)
- b) (Ephesians 2:14-18)
- c) (Job 9:33)
- d) (Isaiah 48:22)



17) Man Enjoys _____

- a) A Long life with God
- b) A Threefold Peace
- c) Graceful Peace with Christ
- d) Favor in the sight of the Lord

18) Inner peace is contingent upon _____

- a) Us walking with the Lord
- b) God
- c) People
- d) God's work within us

19) The types of peace are

- a) Peace with God
- b) Peace with the Soul
- c) Peace with others
- d) All of the Above

20) "Therefore, if you bring your _____, and there remember that your brother has _____, leave your gift there before the altar, and _____. First be reconciled to your brother, and then come and offer your gift."



21) He who says he is in the _____, and hates his brother, is in _____ until now. He who loves his brother abides in the _____, and there is no cause for stumbling in him. But he who hates his brother is in _____ and walks in _____, and does not know where he is going, because the darkness has blinded his eyes."

22) The Lord commands us

- a) To live in a passive manner
- b) To ensure we do not harm others
- c) To actively do good
- d) Both A&C

23) Peace with people is

- a) Positive and Passive
- b) Hard and Virtuous
- c) Great and Grace-filled
- d) The golden rule

24) How do we obtain Peace?

- a) _____



25) In _____ the Priest prays "Remember, O Lord, the peace of your one only, holy, catholic, and apostolic Orthodox Church."

- a) The Matins
- b) The 6th Hour
- c) The Litany for Peace of the Church
- d) The Litany of Mercy

26) How are we called to keep peace with people?

a) _____



27) In your own words, describe peace with God:

a) _____

28) "He who says he is in the light, and hates his brother, is in darkness until now. He who loves his brother abides in the light, and there is no cause for stumbling in him. But he who hates his brother is in darkness and walks in darkness, and does not know where he is going, because the darkness has blinded his eyes."

a)(2 Corinthians 13:11)

b)(Psalm 46:5)

c)(Matthew 7:12)

d)(1 John 2:9-11)



29) What other time do we remember the church?

- a) Matins
- b) Litany of Mercy
- c) Litany of the Leaders
- d) Litany of Clergy

30) Walk in the _____, and you shall not fulfill the _____ of the _____.

31) The Church Represents....

- a) Our salvation
- b) The Way, The Truth, The Life
- c) The New Jerusalem
- d) The kingdom of God on earth

32) Who asked St. Anthony about the peace of the church?

- a) St. Matthew
- b) St. Pachomius
- c) St. Paul
- d) St. Macarius



33) What does "Ereni paci" mean?

- a) My peace I give to you
- b) Peace be with all
- c) Oh King of Peace, grant us your peace
- d) Establish for us your peace

34) Baptism represents...

- a) Dying and resurrecting with Christ
- b) Entry of the Lord into Egypt
- c) St. John the Baptist leading the way
- d) The birth of our Lord Jesus Christ

35) "Faith without works is dead"

- a) (Romans 5:1)
- b) (Romans 6:4)
- c) (James 2:20)
- d) (Mark 16:16)

36) The Lord Jesus Christ is....

- a) The Chief of Chiefs
- b) The Chief Cornerstone
- c) The Pride of our race
- d) The Pride of Nazareth



37) Faith that Jesus Christ is the Son of God....

- a) Brings rest
- b) Brings Safety
- c) Brings Tranquility
- d) Both B&

38) "Therefore we were _____ with Him through baptism into death, that just as Christ was _____ from the dead by the glory of the Father, even so we also should walk in _____ of life."

39) "He who believes and is _____ will be saved; but he who does not believe will be _____."

40) "Therefore, having been _____, we have peace with God through _____."

41) Christ is the _____ to whom the righteous run for refuge and are safe.

- a) Fortress
- b) High Tower
- c) Castle
- d) Protector



42) Fear results from

- a) The pandemic
- b) The future
- c) War
- d) All of the above

43) True or False: Christian peace that is 'despite of' situations, not one 'because of' circumstances.

- a) True
- b) False

44) The International Day for Tolerance is celebrated on

- a) May 14th
- b) September 21st
- c) November 16th
- d) December 3rd

45) True or False Encouraging dialogue, peaceful coexistence, spreading tolerance helps world peace

- a) True
- b) False



46) "the LORD shall preserve your going out and your coming in From this time forth, and even forevermore."

- a) (Psalm 121:8)
- b) (Ephesians 3:20)
- c) (Psalm 27:1)
- d) (Psalm 23:4)

47) He is more _____ than all the forces of evil that may fight against us.

- a) Grace filled
- b) Merciful
- c) Righteous
- d) Powerful

48) "The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid"

- a) (Psalm 121:8)
- b) (Ephesians 3:20)
- c) (Psalm 27:1)
- d) (Psalm 23:4)



49) "Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me."

a)(Psalm 121:8)

b)(Ephesians 3:20)

c)(Psalm 27:1)

d)(Psalm 23:4)

50) Finally, brethren, farewell. Become complete. Be of _____, be of _____, _____; and the God of _____ will be with you."

51) "The LORD is on my side; I _____. What can _____?"

52) True or False: Doubt exacerbates man's anxiety

a) True

b) False

53) True or False: Trusting in People helps us live in peace

a) True

b) False



54) "Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us."

- a) (Psalm 121:8)
- b) (Ephesians 3:20)
- c) (Psalm 27:1)
- d) (Psalm 23:4)

55) See question 19, who said this verse?

- a) Elijah the Prophet
- b) David the Psalmist
- c) St. Peter
- d) St. Paul

56) How many forms of peace did we discuss?

- a) 3
- b) 4
- c) 7
- d) 1



57) What does receiving peace mean?

a) _____

58) In your own words describe how to make peace in the world?

a) _____

59) True or False we discuss 3 peace-focused holidays

a) True

b) False



60) Why is Peace of the Church central to our worship of God?

a) _____



The First Epistle of Saint Peter the Apostle

1) Who does St. Peter direct his message too?

- a. The Asians
- b. The Gentiles
- c. The Romans
- d. The Jews

2) What does the word Blessed mean in Hebrew?

- a. Chosen of God
- b. Grace Filled
- c. Speak words of goodness
- d. Provide spiritual edification

3) True or false: our inheritance is special and spiritual

- a. True
- b. False



4) The fire in verse 7...

- a. Doesn't burn
- b. Is a purifying fire
- c. Is for our edification
- d. Is the same fire that Moses saw

5) True or False: Our hearts rejoice when we understand that He is with us even though we don't see Him with our eyes.

- a. True
- b. False

6) True or False: Our way of life reveals the quality of our faith.

- a. True
- b. False

7) How many Chapters are in St. Peter's first Epistle

- a. 4
- b. 5
- c. 1
- d. 3



8) God allows trials to

- a. Strengthen us
- b. Prepare us to fight the devil
- c. Purify us
- d. Kill sin

9) "That the _____ of your faith, being much _____ that perishes, though it is tested by fire, may be found to _____, _____, and _____ at the revelation of Jesus Christ."

10) How do we attain salvation?

- a. Going to Church
- b. Good works
- c. The Holy Sacraments
- d. Both A&C

11) What is the Coptic understanding of "salvation of our souls"

- a. _____
- _____
- _____
- _____



12) "Gird Up the Loins of your minds" means...

- a. Be prepared to defend the faith
- b. Strengthen your knowledge of The Word
- c. Keep your thoughts away from evil
- d. Protect your personal peace

13) St. Peter tells us that we should act "as _____, not conforming yourselves to the former lusts, as in your ignorance."

- a. Soldiers of Christ
- b. Obedient Children
- c. Apostles
- d. Saints



14) "For I am the LORD your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy."

- a. (Leviticus 44:11)
- b. (1 Peter 1:15)
- c. (1 Peter 1:17)
- d. (Daniel 9:27)

15) True or False: There are no prophecies about the resurrection of our Lord Jesus Christ and his ascension to heaven.

- a. True
- b. False

16) When would the prophecies of the prophets be fulfilled?

- a. 3 years from their revelation
- b. Immediately
- c. Many years afterwards
- d. 7 years from their revelation



17) What is it to taste the graciousness of The Lord?

a. _____

18) "The stone which the _____ has become the _____."

19) What two saints also referred to Christ as the Chief Cornerstone

- a. St. Peter and St. Paul
- b. St. Mark and David the Psalmist
- c. St. Mark and St. John
- d. St. Paul and St. Mark



20) Which of these is NOT a group we are part of?

- a. The Chosen Generation
- b. The Royal Priesthood
- c. A Holy Nation
- d. The Pit of Vipers

21) We must _____ the flesh with its desires and passions to obtain the victorious life of Christ.

- a. Kill
- b. Resurrect
- c. Crucify
- d. Ignore

22) Therefore _____ yourselves to every ordinance of man for the Lord's sake, whether to the _____ as supreme, or to governors, as to those who are sent by him for the _____ and for the praise of those who do good.

23) Who was blamed for the flooding of the Nile?

- a. The Egyptian god of the sun, RA
- b. The Jews
- c. Global Warming
- d. Christians



24) Why must we accept and respect our leaders?

- a. They're wise
- b. God has allowed them this position through His will
- c. They're hardworking and earned their position
- d. They have the power for a reason

25) We are _____ in God

- a. Free
- b. Holy
- c. Blessed
- d. Contrite

26) What does it mean to "Honor All People"

a. _____



27) "Servants be _____ to your masters with all fear not only _____ but also to the harsh."

28) True or False: Christianity called for rebellion against class systems.

a. True

b. False

29) "For this is _____ if because of conscience toward God one _____ wrongfully"

30) As Christians, you were _____ to endure like the Lord Jesus Christ.

a. Commanded

b. Told

c. Called

d. Warned

31) True or False: Roman law gave men authority over their wives to use them as slaves.

a. True

b. False



32) True or False: Dressing up, makeup, and jewelry are forbidden.

- a. True
- b. False

33) Who does St. Peter use as an example for women?

- a. Hannah
- b. Rachel
- c. Sarah
- d. Leah

34) Who referred to their husband as "lord?"

- a. Hannah
- b. Rachel
- c. Sarah
- d. Leah

35) St. Peter likens women to the _____

- a. Pride of our race
- b. Birth giver
- c. Church
- d. Weaker vessel



36) St. Peter asks men to _____ their wives as they will inherit the Kingdom of heaven along with them.

- a. Respect
- b. Command
- c. Honor
- d. Protect

37) "But sanctify the Lord God in _____, and always be ready to give a defense to everyone who asks you a reason for the _____, with _____; having a good conscience..."

38) True or False: Passive avoidance of sin is sufficient to us

- a. True
- b. False

39) If God's children bear trials for the sake of doing good and having peace with everyone, they _____

- a. Obtain faith
- b. Obtain Christ



c. Obtain mercy

d. Obtain peace

40) After Christ rose from the dead

a. He appeared to many

b. ascended to the heavens

c. sat at the right hand of God

d. all of the above

41) How are we called to handle pain?

a. _____

42) Which verse is considered a prophecy of the destruction of the Jewish temple?

a. (Luke 18:21)

b. (1 Peter 4:17)

c. (1 Peter 4:14)

d. (1 Peter 5:2)



43) True or False: Elders must have material ambitions through the service.

- a. True
- b. False

44) Which of these is a responsibility for Elders

- a. Being Servants to all.
- b. Serving by choice.
- c. Taking care of God's children
- d. All the above

45) "Therefore _____ under the mighty hand of God, that He may _____ in due time, casting all your care upon Him, for He _____."

46) Describe the duties of a wife

a. _____



47) Describe the duties of a husband

a. _____

48) Describe the duties of an Elder

a. _____

49) Describe the duties of young people

a. _____



50) Who does St. Peter describe as a faithful servant at the end of the Epistle?

- a. Timothy
- b. Silas
- c. The Bishop in charge of the Thessalonians
- d. St. Mark



The Divinity of Christ in the Liturgy

1) Which of these is NOT one of the examples of the liturgies in the bible?

- a. Luke 22:19
- b. 1 Corinthians 11:24-25
- c. Matthew 28:19
- d. 1 Kings 2:11

2) Who formulated the holy prayers used in the Sacraments?

- a. The Disciples
- b. The Apostles
- c. The Church Fathers
- d. Both B&C



3) Which of these is a liturgical book?

- a. The Book of the Kneeling Prayers
- b. El Kholagy,
- c. The Katamaris,
- d. All of the Above

4) Which of these is NOT a liturgical book?

- a. The Synaxarion
- b. The Book of the Kneeling Prayers
- c. El Kholagy,
- d. The Katamaris

5) The Kholagy cites _____.

- a. Biblical expressions
- b. Biblical verses used
- c. Verses from the Psalms
- d. Praises and personal prayers of the Fathers

6) We worship You _____, with Your _____ and the Holy Spirit for you have come and saved us"

7) True or False: This is one of the five holy consecrations, "Blessed is the Holy Spirit the Comforter



Amen"

- a. True
- b. False

8) Jesus Christ is the same _____, _____ and forever,
One _____ we worship Him and glorify Him."

9) When is this prayed: "Oh Lord who accepted the confession of the thief while on the Holy Cross accept the confessions of your people, forgive their sins for the sake of Your Holy Name which called upon us."

- a. Before the incense circuit
- b. After the incense circuit
- c. During matins
- d. During the prayer of the Holy Matrimony

10) "Glory be to the Father and to the Son and to the Holy Spirit now and forever and onto the age of all ages Amen" is a constant refrain sung during:

- a. The Liturgy
- b. The Agpeya Prayers
- c. The Pauline Epistle reading
- d. Both A & B



11) True or False the Liturgy of St. Basil addresses God the Son

- a. True
- b. False

12) True or False the Liturgy of St. Gregory addresses God the Son

- a. True
- b. False

13) "He made it one with _____ without mingling, _____ and without alteration. His Divinity parted not from _____ for a single moment nor _____"

14) "He who exists and was existent, the ever eternal, the immortal, the heavenly and the seated, the creator and the partner with the Father" "the unlimited, as you are God did not consider it robbery to be equal with God..." Is one of the most _____ portions of the Gregorian Liturgy



- a. Time consuming
- b. Truthful
- c. Important
- d. Accurate

15) The Liturgy declares the _____ of our Lord Jesus Christ

- a. Strength
- b. Divinity
- c. Mercy
- d. Power

16) Why is the Divinity of our Lord Jesus Christ so important?

a. _____



17) Define His Divinity

a. _____

18) Name one way each of the liturgies differ from the other two.

a. _____



19) The formation of the liturgies ensured that doctrine became _____, not just a mental philosophy

- a. Faith
- b. Belief
- c. Prayer
- d. A lifestyle

20) Discernment is

- a. Discernment is patience
- b. Scrutiny
- c. Studying every situation carefully
- d. All of the Above



A Balanced Man

1) St. Anba Pachomius acquired _____ in all virtues of his life.

- a. Success
- b. Balance
- c. Love
- d. Grace

2) True or False: Saint Pachomius is considered the father of the monastic family and the father of the communion system

- a. True
- b. False

3) St. Pachomius is He is the first father to build a monastery with a monastic group that lives the life of communion, worship, and work.



- a. True
- b. False

4) St. Pachomius was born in ____

- a. 13 A.D
- b. 212 A.D
- c. 292 A.D
- d. 1321 B.C

5) St. Pachomius worked as a _____ in his youth

- a. Monk
- b. Priest
- c. Soldier
- d. Shepherd

6) What did St. Pachomius say to the Shepherd's daughter?

- a. "Do not make me commit this act of defilement!"
- b. "Go in Peace!"
- c. "Sin no more!"
- d. "God is with me!"



7) What city did St.Pachomius rest in?

- a. Rome
- b. Athens
- c. Alexandria
- d. Latopolis

8) True or False: This was a city of Gentiles

- a. True
- b. False

9) What were the two men in court fighting over?

- a. Who found the treasure
- b. Who would get the treasure
- c. Who's land it was
- d. How much the land was worth

10) True or False: This event made his heart rejoice

- a. True
- b. "False



11) Who was the monk who took St. Pachomius as a disciple?

- a. St. Paul
- b. St. Macarius
- c. St. Palamon
- d. St. Anthony

12) True or False: St. Pachomius' ability to follow the life of asceticism was tested

- a. True
- b. False

13) True or False: An Angel gave him a book with the basic structure of the system of a monastic company, which would facilitate monastic life.

- a. True
- b. False

14) St. Pachomius established his first monastery in

- a. Tabansi
- b. Bago
- c. Babu
- d. Esna



15) The number of monks in this first monastery alone was about

- a. 3,000
- b. 1,200
- c. 1,500
- d. 500

16) His older brother _____ joined him in the monastic community

- a. Jacob
- b. John
- c. Joshua
- d. Elijah

17) Which of these is something Monks under the Pachomian system practice?

- a. Eating twice a day
- b. Practicing collective, repeated prayers
- c. Performing work according to their talents
- d. All of the above



18) What did St. Pachomius say was his favorite sight?

a. _____

19) True or False: The Saint was known for his meekness and humility

a. True

b. False

20) True or False: it is better for the monastery to lose the food that the monks wouldn't eat than for the monastery to lose a brother who stumbled due to being deprived of cooked food.

a. True

b. False



21) Which of these did St. Pachomius say

- a. "Never allow your heart to stop remembering God, not even for a little while, if you do the enemies who seek to hunt you will overcome you."
- b. "Do not postpone repentance, lest the messengers surprise you and take you while unprepared; you will be in great distress."
- c. "Do not allow thoughts of self-praise, nor despise others. this is very abominable in the sight of God."
- d. All of the above

22) How did St. Pachomius depart?

- a. Martyrdom
- b. Naturally
- c. The Epidemic of Upper Egypt
- d. None of the above

23) "If people honor you, let your heart not rejoice, but grieve, because _____, when people honored them, tore their clothes, and _____, when they were slandered and flogged, rejoiced, because they were considered worthy to be insulted for the sake of His Name."



24) "You will not share the _____ unless you first tire your body by _____ in their works."

25) What is Father Benedict known for?

a. _____

26) Which virtue of St. Pachomius' did we focus on?

a. _____



27) What instance did we dicuss that shows this virtue?

a. _____

28) What are some ways we can practice Discernment?

a. _____

29) "He who walks with _____ - will be wise, But the companion _____ will be destroyed."

30) True or False: Our faith is "the faith which was once for all delivered to the saints."

a. True

b. False



1) What are the three types of relationships?

a. _____

2) Thought is the beginning of

- a. Action
- b. Being
- c. Habit
- d. Both A&C

3) Thoughts control _____

- a. Feelings
- b. Behavior
- c. Relationships
- d. All of the above



4) True or False: Thought is an expression of the heart

- a. True
- b. False

5) "A good man out of the _____ of his heart brings forth good; and an evil man out of the _____ of his heart brings forth evil. For out of the _____ of the heart his mouth speaks."

6) What is the Coptic word for heart and thought?

- a. ⲛⲓⲛ
- b. ⲛⲓⲛⲓⲛⲓⲛⲓⲛⲓⲛ
- c. ⲛⲓⲛⲓ
- d. ⲛⲓⲛⲓ

7) What do Wars, Forgiveness and Prayer all have in common?

- a. _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



8) If our thoughts are _____, our actions and senses will be _____.

- a. Graceful
- b. Pure
- c. Sanctified
- d. Blessed

9) What do we call a thought lacking in goal or ambition?

- a. Bad thoughts
- b. Empty thoughts
- c. Negative thoughts
- d. Sinful thoughts

10) "Since you were precious in My sight, You have _____, And I have loved you; Therefore I will _____, And people for your life."

11) When we are in constant communication with Christ

- a. He will grant us our every want
- b. He will appear to us
- c. He will send His saints
- d. He will know and understand our feelings

12) "Let the word of God dwell in you richly."

- a. (Psalm 139:24)
- b. (Psalm 119:14)
- c. (Colossians 3:16)
- d. (Philippians 4:13)



13) "I can do all things through Christ who strengthens me"

- a. (Psalm 139:24)
- b. (Psalm 119:14)
- c. (Colossians 3:16)
- d. (Philippians 4:13)

14) We must Be careful of _____ in relationships.

- a. Deceit
- b. Dependency
- c. Clinginess
- d. Rudeness

15) What does "Do not be unequally yoked together with unbelievers." Mean?

- a. _____
- _____
- _____
- _____
- _____
- _____
- _____



16) Where in the bible did we cite the two possible outcomes of friendships?

a. _____

17) "Why are you cast down, O my soul? And why are you _____? Hope in God, for I shall yet _____ For the help of His countenance."

18) Name some of the principles that the Holy Bible teaches us in reference to our relationships with things

a. _____



19) True or False: Your friend must lead you on to eternal life.

- a. True
- b. False

20) True or False: We should befriend people who are wildly different so that we can understand all people

- a. True
- b. False



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