

Workbook



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

MAHRAGAN EL KERAZA 2024



Workbook
College &
Young Adult

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

Ps 27:1



THE LORD IS MY LIGHT & SALVATION

WHOM SHALL I FEAR? "Ps 27:1"



H.H. Pope Tawadros II

Pope of Alexandria &
Patriarch of the See of Saint Mark



H.G. Bishop David

Bishop of the Diocese of New York
and New England



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The Lord is my Light and my Salvation

1. He who has God as his Light, sees God's _____.

- a. Power b. Strength c. Hand d. Glory

2. What Psalm is described as a "psalm of trust"

- a. Psalm 21 b. Psalm 150 c. Psalm 27 d. Psalm 132

3. What is another term for the three Persons of the Holy Trinity?

- a. Three People b. Three Unities
c. Three Divinities d. Three Hypostases

4. True or False: To each Hypostasis belongs a certain characteristic differentiating Him from the Other.

- a. True b. False

5. Which of the persons of the Holy Trinity is known as the "Font"

- a. The Son b. The Holy Spirit
c. The Father d. None of the Above



6. Provide Four characteristics of God

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

7. Complete the sentence: One of the characteristics of God is that He _____ bring things into existence.

- a. Always chooses to
- b. Alone Can
- c. Does not wish to
- d. Cannot

8. Complete the verse: For as the Father has life in Himself, so He has granted _____ to have life in Himself.

- a. The Son
- b. The Spirit
- c. His Children
- d. Creation

9. True or False: God cannot be limited by time or space

- a. True
- b. False

10. What book is the verse: "... Him who fills all in all." From

- a. Ephesians
- b. 1 John
- c. Galatians
- d. II Corinthians



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11. Complete the sentence: all things appear before Him

_____!

- a. Together
- b. In Praise
- c. Simultaneously
- d. In thanksgiving

12. Complete the verse: "And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give _____."

- a. Glory
- b. Ourselves
- c. Honor
- d. Account

13. All things that occur in the universe are according to God's

_____.

- a. Ultimate Design
- b. Will
- c. Plan
- d. Approval

14. True or False: God is described as the Father of Mercy

- a. True
- b. False

15. What is another way to explain infallibility

- a. Omnipotence
- b. Impossibility of error
- c. Omniscience
- d. Inability to lie as He is the Truth



16. Which of these is NOT true of the Incarnation

- a. Does not contradict the Holiness of God
- b. Does not conflict with God's wisdom
- c. Does not conflict with the beliefs of the Jews
- d. Does not conflict with God's honor

17. What is the fulfillment of God's promise of salvation?

- a. The Incarnation
- b. The ascension
- c. The Epiphany
- d. The Annunciation

18. Who said: "Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel"

- a. Simeon
- b. Samuel
- c. Isaiah
- d. Jeremiah

19. Who Said: "For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace"

- a. Simeon
- b. Samuel
- c. Isaiah
- d. Jeremiah

20. Which of these is NOT a specification for the Redeemer

- a. Must be a representative of the fallen humanity



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- b. Must be born in Galilee
- c. Must be sinless
- d. Must die

21. Fill in the verse: "He who believes in Me, though he may _____ he shall _____"

- a. Live, die
- b. Breathe, truly live
- c. Sin, be forgiven
- d. Die, live

22. Fill in the blank: Immanuel = God is _____ us Christian= God is _____ us

- a. With, in
- b. In, with
- c. Come to, staying among
- d. Here for, staying among

23. Fill in the verse: who, being in the form of God, did not consider it _____ to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men."

- a. Heresy
- b. Mutiny
- c. Robbery
- d. Tyranny

24. Where do we sing: "God Who is Light, and abides in light, Who is praised by the angels of light, The Light shone from Mary"

- a. The Monday theotokia
- b. The divine liturgy



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c. The vesper prayers

d. The Friday theotokia

25. In what Bible book are we told: "and His countenance was like the sun shining in its strength."

a. 1 John

b. The Gospel of St. John

c. Philippians

d. Revelation

26. What did God say of light

a. It is from Him

b. It was good

c. It brings life

d. It's the right path

27. Baptism is known as the Sacrament of _____?

a. Water

b. Renewal

c. Enlightenment

d. Salvation

28. Where do we pray: "O God Who causes the light to burst forth, Who lets His sun shine upon the righteous and the wicked"

a. The Fraction in the Liturgy

b. The Monday Theotokia

c. The Friday theotokia

d. The Agpeya Morning Prayers

29. What book tells us the lives of the saints?

a. The Holy Bible

b. The Kholagy

c. The Synaxarium

d. The Agpeya



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30. Which of these is NOT one of the quadruple deaths

- a. Death of the mind
- b. Death of the body
- c. Death of the spirit
- d. Everlasting Death

31. What are the four pillars of salvation?

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

32. Complete the verse: "faith without works is

_____"

- a. Life
- b. Dead
- c. All
- d. Sin

33. Complete the verse: "For we are His workmanship, created in Christ Jesus for _____, which God prepared beforehand that we should walk in them"

- a. Obedience
- b. Purification
- c. Good works
- d. Salvation



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The First Epistle of St. John

1. What was the purpose of the Epistle of St. John

- a. As a respond to Nestorianism
- b. As a response to Docetism
- c. As a response to Origenism
- d. As a response to the High Priests

2. Who was the last Apostle to live on earth

- a. St. Mark
- b. St. Peter
- c. St. Paul
- d. St. John

3. Complete the verse: Life was _____

- a. Given again to us
- b. Manifested
- c. Created by Him
- d. Brought to earth

4. St. John's knowledge of God is _____

- a. Based on Tribulation
- b. Based on Faith
- c. Experiential
- d. Complete

5. Complete the Verse: "We have seen and bear _____ and declare to you that eternal life."

- a. Witness
- b. Tribulation
- c. Hardships
- d. Struggles



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6. Which of these is NOT under the definition of "Fellowship"

- a. Love b. Trials c. Unity d. Friendship

7. Fill in the blank: They were in _____, and _____ was in the Son, and the _____ was in the Father

- a. Holy Spirit, God, Holy Spirit b. Adam, Adam, Holy Spirit
c. The Spirit, Adam, Son d. Adam, Adam, the Son

8. Which of these is a condition that your joy may be full?

- a. Faith in tribulation b. Fellowship with God
c. Unceasing Sacrifice d. Repentance

9. Light is perfect: _____

- a. Truth b. Faith
c. Wisdom d. Joy

10. If we say that we have fellowship with Him and walk in darkness, we lie and do not practice the truth." - this verse was used to rebut which heretics

- a. The Jews b. The Nestorians
c. The Gnostics d. The Protestants

11. Who tells us "They looked to him and were radiant."

- a. St. John b. St. Mark



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c. Isiah the prophet

d. David the Psalmist

12. Complete the verse: "the blood of Jesus Christ, His Son,
_____ us from all sin."

a. Frees

b. Washes

c. Saves

d. Cleanses

13. What language is the title: Paraclete

a. Coptic

b. Greek

c. Arabic

d. Aramaic

14 . How is the love of God perfected?

a. It can't be perfect, it is already perfect

b. Understand how much God loves me

c. When I stop sinning

d. When I participate in all the sacraments

15. Fill in the blanks: He who abides in Christ, has the life of
Christ

a. Faith

b. Strength

c. Life

d. Trust

16. There's no unity in Christ except through loving the

_____.

a. Church

b. Brethren

c. Poor

d. Sick



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17. Which of these is NOT a stage of the spiritual life

- a. Women b. Children c. Men d. Youth

18. True or False: Do not love the world encompasses ALL of the world including creation

- a. True b. False

19. True or False: he who's attached to these things in the world and becomes devoid of God's love is like a wife who is attached to the gifts and does not love her husband.

- a. True b. False

20. True or False: "Little Children" is intended to address the new generation of the church

- a. True b. False

21. Fill in the blank: Knowing means unity with the Lord Jesus Christ.

- a. Togetherness b. Fellowship c. Eternity d. Unity

22. True or false: Test the Spirits refers to fighting the heretics.

- a. True b. False



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23. Fill in the blank He who abides in _____ abides in God, and God in him.

- a. Faith b. Love c. Truth d. Peace

24. What are we encouraged to do during Chapter four?

- a. Remember the God is love
- b. Remember that we were saved
- c. Stand against Heresies
- d. Stand against earthly lusts

25. What does it mean to "test the spirits"

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

26. What does St. John mean when he says "the world hears them"

- a. _____
- _____
- _____
- _____



27. True or False: the number of times the word "love" appears in chapter seen doesn't necessarily speak to its importance

- a. True b. False

28. True or False: love can be seen by the eyes, it is an external trait.

- a. True b. False

29. How does we see God if "no one has seen God at any time"?

30. True or False; the Son needs a witness and God witnesses to His Son.

- a. True b. False
- 



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Is it possible to put the sun out?

1. True or False: There is no difference between the Father, Son, and the Holy Spirit

a. True

b. False

2. True or False: We believe in one God, with Three Persons, with One Nature.

a. True

b. False

3. The Father, Son, and Holy Spirit only differ in _____

a. When they came to be

b. When they interacted with humanity

c. Their Personhood

d. Their roles

4. Which of these is a property of God

a. Omnipotence

b. Ultimate understanding

c. Ultimate love

d. All of the above

5. How many births did our Lord Jesus Christ

a. 3

b. 2

c. 1

d. 6



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6. What analogy is used to explain the Trinity?

- a. Coal and Fire
- b. The three stages of matter
- c. The Sun
- d. The earth

7. Fill in the verse: If you loved Me, you would _____ because I said, I'm going to the Father, for my Father is greater than I."

- a. Rejoice
- b. Believe
- c. Leave everything
- d. Have faith

8. When do we pray: "He came in the flesh from the virgin without the seed of man in order to save us."

- a. The 11th Hour
- b. The Divine Liturgy Fraction
- c. The Thursday Theotokia
- d. The Monday Theotokia

9. Who used the analogy of fire and coal

- a. St. Paul
- b. St. Anthony
- c. St. Athanasius
- d. St. John

10. When do we pray: "He remained God, who became the Son of Man, but He is the true God, He came and saved us."

- a. The 11th hour
- b. The divine liturgy fraction
- c. The Thursday theotokia
- d. The Monday theotokia



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11. Describe how Christ can die and give life

a. _____

12. Fill in the verse: "He made Himself of no reputation, taking the form of a _____ and coming in the likeness of men."

- a. A child b. A man c. A bond servant d. A human

13. True or False: Christ experiences emotions, thirst, hunger, and suffering

- a. True b. False

14. Who said: There cannot be a mind without thoughts

- a. St. Athanasius b. St. Paul
c. St. Anthony d. St. Cyril



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15. To Whom did Christ say: Jesus heard that they had cast him out, and when he had found him, he said to him, 'Do you believe in the Son of God?

- a. St. John
- b. The Man Born Blind
- c. The Paralyzed Man
- d. Lazarus

16. Explain why Christ referred to Himself as the Son of Man

a. _____



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Very Personal and Confidential

1. Describe how to grow your personal relationship with God

a. _____

2. What are the four steps of the retreat

a. _____

b. _____

c. _____

d. _____

3. What is the benefit of the retreat with our Lord Jesus Christ

a. _____



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4. When do some of the fathers prefer to have their retreat time?

- a. After the 3rd hour
- b. After the 6th hour
- c. In the morning
- d. At night

5. True or False: it is better to have a longer retreat so you can practice asceticism

- a. True
- b. False

6. What does it mean to prepare yourself for the retreat?

- a. To make sure you've participated in all the sacraments first
- b. To Confess before speaking to God
- c. To move away from all distractions
- d. None of the above

7. What is the best way to hear God's voice

- a. Sit quietly until you hear something
- b. Read the Bible
- c. Talk to your friends about God
- d. Listening to Hymns



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8. True or False: if you forget your daily retreat, you should stop trying all together

a. True

b. False

9. True or False: Daily journaling helps you keep track of your retreats

a. True

b. False

10. What should you do after reading from the Holy Bible?

a. _____

11. What are the three questions you should ask once you've read a verse?

a. _____



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12. Provide three things that help prepare us for God's presence?

a. _____

13. True or False: Retreats can only happen in the monastery

a. True

b. False

14. Fill in the sentence: In retreat, one begins to understand and feel Who _____ is.

a. He

b. God

c. The enemy

d. None of the above

15. True or False: the more you read the more you will know God

a. True

b. False



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16. Who said: "We love Him because He first loved us"

- a. St. Paul
- b. David the Psalmist
- c. St. John
- d. St. Anthony

17. True or False: You formulate an idea of God's love for you by the way you love Him.

- a. True
- b. False

18. Fill in the sentence: The Lord Jesus Christ did not come to establish a company or a religion or morals. But He came to give us _____.

- a. Himself
- b. Riches
- c. Peace
- d. Earthly Happiness

19. What is the best way to end the retreat?

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

20. True or False: contemplating on the Bible will ignite the heart in desire for heaven

- a. True
- b. False



Male and Female He Created them

1. Where can you find the answer to why God created them male and female?

- a. The New Testament
- b. Psalms
- c. Corinthians 23
- d. Genesis 2

2. Who said: To be fruitful and fill the entire earth is a grace and a blessing from God. It is a gift to the married couple whom God founded from the beginning before the fall of man, Adam, and Eve, when He created them male and female. Thus, He created them two different genders."

- a. St. John Chrysostom
- b. St. Anthony
- c. St. Athanasius
- d. Origen

3. Who said: Man cannot be fruitful and multiply without his wife. Thus, God gave him a wife, so he would not doubt the power of the blessing."

- a. St. John Chrysostom
- b. St. Anthony
- c. St. Athanasius
- d. Origen

4. Who said: "Having children is not a result of lust, but a part of the glory of holy matrimony which God Himself founded."



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- a. St. John Chrysostom
- b. St. Anthony
- c. St. Athanasius
- d. Origen

5. Name three blessings from having children that God gives to parents:

a. _____

6. True or False: the unity between man and wife must be accomplished in mutual love and respect, to love the other and make the other happy.

- a. True
- b. False

7. What differentiates humans and animals in relationship?

- a. Their souls
- b. Their spirits
- c. Their unity
- d. Their brains



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8. Who said: "Keep yourself pure"

- | | |
|----------------------|-----------------|
| a. St. John | b. St. Paul |
| c. David the Prophet | d. King Solomon |

9. Name two books in the Bible where homosexuality is condemned.

a. _____

10. Who said: "Do you not know that the unrighteous will not inherit the kingdom of God?"

- | | |
|----------------------|-----------------|
| a. St. John | b. St. Paul |
| c. David the Prophet | d. King Solomon |

11. What council outlawed homosexuality? What laws were they? Were there punishments? Describe the.

a. _____



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12. True or False: God, since the beginning, has completely condemned homosexuality. And He has condemned it in the New Testament as well.

a. True

b. False

13. Describe the plan for acceptance of this evil way of life in five points

a. _____



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14. True or False: The west's goal is destructive freedom

a. True

b. False

15. Describe three falsities about homosexuality and provide the truths that disprove them

a. _____

16. Provide the three reasons for deviations:

a. _____



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17. What are the 8 steps to treatment?

a. _____



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

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