

Workbook

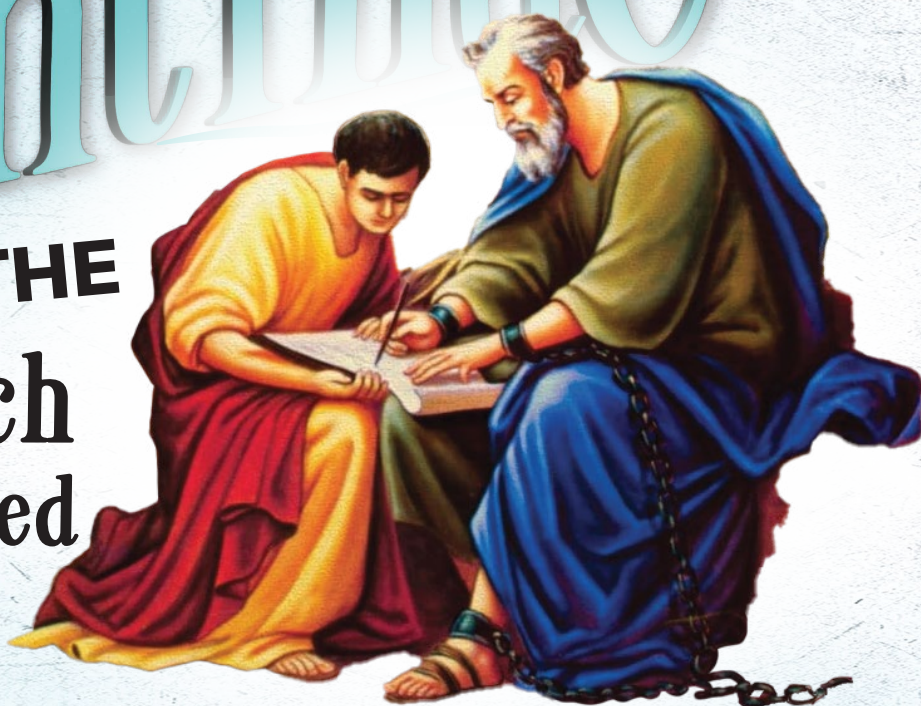
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2025

Continue

IN THE

**things which
you have learned**

(2 Timothy 3:14)



Workbook

**College &
Young Adult**



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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Introduction

- 1) **Why are the Last Days going to be so difficult?**
 - A) There will be no access to the Bible
 - B) Various Religions will war each other
 - C) Satan will resist the Truth and fight the Church with various wars
 - D) Satan will prevail against the Church

- 2) **What did our Lord Jesus Christ promise regarding His Church?**
 - A) The gates of Hell (Hades) will not prevail against the Church
 - B) That the Church will never suffer as long as our Lord is there
 - C) Miracles will always be performed in the Church
 - D) No one will ever destroy or burn down any Church

- 3) **Our Faith was established from the beginning by _____, preached by the _____, preserved by the _____, lived out by the _____, and handed down from generation to _____.**

- 4) **"And the things that you have _____ from me among many _____, commit these to _____ men who will be able to _____ others also," (2 Timothy __:__)**

- 5) **How many "Faiths" do we have?**
 - A) One B) Two
 - C) Three D) Four

- 6) **What Four things collectively make up the Church Tradition?**
 - A) _____
 - B) _____
 - C) _____
 - D) _____



- 7) Teachers in the Church should NOT share their _____ regarding faith and doctrine.
- A) Steadfastness B) Opinion
C) Experience D) Knowledge

- 8) The Council of Nicaea was held in _____ A.D. and included _____ bishops from around the world/
- A) 381;150 B) 431;200
C) 325;318 D) 413;200

- 9) What are THREE things that can lead to heresies?

- A) _____

B) _____

C) _____

- 10) How do we as Orthodox believers become filled with Christ
- A) Studying His Word B) Understanding His Divinity
C) Partaking the Eucharist D) All of the above

- 11) When we look at the saints, we see _____ of our Lord Jesus Christ
- A) Exact Copies
B) The Shadow
C) The Divinity
D) Reflections

- 12) Through prayer, believers receive _____ from the Holy Spirit.
- A) Wisdom and guidance
B) Whatever they want
C) Their desires
D) The Divinity



13) Match the following Hours of the Apgeya to the Event they coordinate with:

First Hour	The Lord's Burial
Third Hour	The Lord's Second Coming
Sixth Hour	The Lord's Death
Ninth Hour	The Lord's Resurrection
Eleventh Hour	The Lord's Crucifixion
Twelfth Hour	The Holy Spirit Descending
Midnight Prayer	The Lord being taken down from the Cross

14) What is the Jesus Prayer?

15) "My Lord Jesus Christ, help me," "I praise You, my Lord Jesus Christ," are examples of:

- | | |
|--|-----------------------|
| A) Prayers of the Book of Hours (Apgeya) | B) Liturgical Prayers |
| C) Psalms | D) Arrow Prayers |

16) Christians live in _____ with the Lord Jesus Christ, turning to Him for guidance throughout the events of the day.

17) What is the primary source of faith and ecclesiastical teaching?

- | | |
|-------------------|----------------------------------|
| A) The Holy Bible | B) The Didache |
| C) The Didascalia | D) The Teachings of the Apostles |

18) The Holy Bible....

- A) Must be studied as a biography of our Lord Jesus Christ
- B) Must be studied to win the Keraza Competition
- C) Must be studied to enter into a Theological School
- D) Must be studied personally as a message from God to us



19) Orthodoxy means:

- A) Straight path of glorifying God
- B) Having long prayers and multiple fasts
- C) Faith routed in the Progressive Movement
- D) To Change Rituals for the better of all

20) What is Holy Tradition?

21) What FOUR things must we do regarding the Holy Fathers?

- A) _____
- B) _____
- C) _____
- D) _____

22) What did St. Augustine say regarding the Holy Bible?

23) Who said: "Have for yourself a witness from the Holy Bible for every work you perform"

- | | |
|------------------|----------------------|
| A) St. Augustine | B) St. Anthony |
| C) St. Macarius | D) Pope Shenouda III |

24) Why is the Coptic Orthodox Church so special in what she offers us as believers?

25) What is the central theme of the Bible?

- A) The Fall of Mankind
- B) The Commandments of God
- C) The Salvation of Mankind
- D) The Justice of God



26) How did we receive the Holy Bible?

- A) Through Holy Tradition
- B) Through the Internet
- C) The Holy Bible descended directly from heaven as we know it today
- D) Our Lord Jesus wrote us the Bible Himself

27) What did St. Cyprian state regarding the Church?

28) There is no salvation outside of the Church; it serves as a _____ and the _____ of salvation.

29) What in the Church serves as a practical interpretation of doctrine?

- A) Spiritual Book
- B) The Liturgical Services
- C) The Holy Bible
- D) The Service of the Poor

30) St Irenaeus said, "We _____ what we _____, and we _____ what we _____."

31) Which of the following do we NOT declare in the Liturgical Prayers?

- A) Faith in the Second Coming of our Lord
- B) The general resurrection of the body
- C) The Holy Trinity
- D) The only language prayed in Heaven is Coptic

32) There is One Church composed of two components, one on earth and one in Paradise. What are these two components of the One Church of God?

- A) _____
- B) _____

33) St. Athanasius says that the Faith of the Church was "given by the _____, preached by the _____, and preserved by the _____."



34) Provide evidence that supports the Coptic Orthodox Church's stance that there are no infallible individuals.

35) Which dogmas and decisions supersede all teachings?

- A) Those of the Roman Catholic Church
- B) Those of the Ecumenical Councils
- C) Those of Arius, Eutychus, and Nestorius
- D) Those of the Scholars Origen and Tertullian

36) What upsets the Church the most?

- A) Killing of Christians
- B) Not getting Equal Rights
- C) False Teachings
- D) Not being able to extend property

37) What is the primary responsibility of the Bishop?

- A) To preserve the Faith and pass it down to future generations
- B) To teach in Theological School to develop young minds
- C) To praise multiple hymns every service
- D) To serve tables and tend to the widow and orphans

38) "But avoid foolish and ignorant _____, knowing that they generate strife. And a servant of the Lord must not _____ but be gentle to _____, able to teach, _____" 2 Timothy 2: -

39) Provide a verse that our Lord said that shows that we should confront heresies and not just let them be.

40) Heresy leads to.....

- A) Strength
- B) Unity
- C) Love
- D) Division



41) What are FOUR steps in confronting heresies?

- A) _____
- B) _____
- C) _____
- D) _____

42) What are TWO reasons that Excommunication is done?

- A) _____
- B) _____



The Book of Malachi

43) What is the last Book in the Old Testament?

- A) Joel
- B) Jonah
- C) Malachi
- D) Habakkuk

44) The name "Malachi" means....

- A) Judgment of God
- B) God is light
- C) Who is like God
- D) My messenger

45) Why was the Book of Malachi written?

46) The Book of Malachi seals the prophetic message by....

- A) Encouraging hearts to be ready for the Lord Jesus Christ
- B) Propheying about the Virginal Birth of our Lord
- C) Encouraging the priests to offer more sacrifices
- D) Propheying about the coming of the Holy Spirit as tongues of fire

47) The Book of Malachi employs a unique method of communication by....

- A) Revealing a monologue of the prophet Malachi
- B) Using of series of questions and answers in a conversation between God and man
- C) Using parables that were relatable to the common people
- D) Having the prophet Malachi to act out the prophecies God provided him

48) Who is the "Sun of Righteousness?"

- A) The Prophet Malachi
- B) St. John the Baptist
- C) St. Elijah
- D) Our Lord Jesus Christ

49) The prophet Malachi emphasizes the relationship between....

- A) Honor and Reverence
- B) Pride and Humility



C) Love and Peace

D) Rebellion and Obedience

50) How does the book of Malachi begin?

51) What similar situation happened to both the Israelites and the Edomites?

- A) They both were people God chose to be His own
- B) They both faced invasion and destruction
- C) They both returned and regained strength after invasion
- D) They both saw the glory of the Temple

52) God expresses His love for His people, and His people respond saying....

- A) "How have You loved us?"
- B) "Why have You abandoned us?"
- C) "Where is our honor?"
- D) "Why have You forsaken us?"

53) What did Edom do to show it was a bitter enemy of the Israelites?

- A) Edom incited Babylon to destroy Jerusalem
- B) The Edomites pursued the people of Judah who fled from Babylon and killed many
- C) The Edomites rose up in battle against the people of Israel
- D) Both A and B

54) What is the "Territory of Wickedness?"

- | | |
|----------|-----------|
| A) Judah | B) Edom |
| C) Moab | D) Israel |

55) How did the priests lead the people into disobedience?



56) Formalism is.....

- A) Offering God a sacrifice wearing formal attire
- B) The practice of respecting God with great reverence
- C) The doctrine of purification both internally and externally
- D) The practice of strict adherence to prescribed or external forms

57) Who were other priests who was equally as wicked as the priests at the time of Malachi?

- A) Sons of Eli the priest
- B) Zadok the priest
- C) Jehoida the priest
- D) The sons of Hilkiah

58) How do the priests show themselves as emotionally numb?

- A) By repenting of their sins
- B) By asking "in what way have we despised Your Name?"
- C) By asking "in what way have we defiled You?"
- D) Both B and C

59) Disrespecting the rituals the people practiced is equivalent to.....

- A) Not practicing the true Faith
- B) Keeping the spirit of the Law
- C) Despising the honorable name of God
- D) Not keeping oneself pure

60) God cares more about the _____ of the person making the offering than the _____.

- A) Offering; person offering
- B) Rituals; acts of worship
- C) Type of sacrifice; quantity of sacrifices offered
- D) Heart; offering

61) A "pure offering" refers to:

- A) Offering of Incense
- B) The Eucharist
- C) Hymnology of the New Testament
- D) Performing good deeds



62) What does the verse “You also say, ‘Oh, what a weariness!’ and you sneer at it,” (Micah 1:13) mean?

63) “Who has in his flock a male?” means that...

- A) We should offer the best we have to God
- B) We should discriminate between male and female
- C) God made males greater than females
- D) We should offer sacrifices because God needs them

64) How do we glorify God according to Malachi 2?

65) The tribe of Levi we called by God to:

- A) Be set apart for God
- B) Be good example, turning many from their iniquity
- C) Messenger of the Lord of hosts
- D) All of the above

66) What was wrong with the marriage of foreign women?

67) Who are two prophets that highlighted their marriages to foreign women?

- A) Haggai and Zechariah
- B) Ezra and Nehemiah
- C) Zephaniah and Joel
- D) Zerubbabel and Ezra

68) What does God despise/hate?

- A) When the people do not offer sacrifices
- B) Those who blaspheme His name
- C) Breaking the marriage covenant through divorce



D) Praying without fasting

69) Someone who is unfaithful to God will also be unfaithful to his or her _____.

A) Property

B) Worship

C) Prayer

D) Brothers

70) God is Father of to us all and His eye is on the _____.

A) Oppressed

B) Proud

C) Wealthy

D) Gentiles

71) Define the following terms:

Awake: _____

Aware: _____

72) The Lord is a witness to marriage that marriage is....

A) Not merely a social contract

B) Acceptable with foreign wives

C) Divine act integral to the life of faith

D) Both A and C

73) Adam chose the path of _____ from God, Christ came to restore this _____ between man and his brother.

74) Holy Matrimony serves as a model of...

A) The Old Testament and the New Testament

B) The unity between Christ and the Church

C) The Jews and the Gentiles

D) Man's dominion over woman

75) What statement did the people audaciously accuse God of that wearied the Lord?



76) The word 'Messenger' refers to....

- | | |
|-------------------------|--------------------------------|
| A) God's angel | B) Someone delivering a letter |
| C) St. John the Baptist | D) Both A and C |

77) "Suddenly" in the verse: "The Lord, whom you seek, will suddenly come to His temple," (Mal 3:1) refers to:

- A) Christ's coming is near
- B) That Christ will come immediately after St. John
- C) There will be no one prior to Christ to prepare the way
- D) Both A and B

78) What are THREE accounts when Christ entered the Temple?

- A) _____
- B) _____
- C) _____

79) Why is our Lord Jesus Christ referred to as the "Messenger of the Covenant?"

80) "His temple" refers to....

- | | |
|---------------------------|-----------------------------|
| A) The Incarnation | B) The temple Solomon built |
| C) The temple of His Body | D) Both A and C |

81) "Lauderer's soap" and "fire of the refiner" both refer to....

- a) Cleaning the unclean animals
- b) The process of purification
- c) The disciplining of the Gentiles
- d) Choices A and C

82) "The offering of the Judah and Jerusalem" symbolizes....

- | | |
|-------------------------|--------------------------------|
| A) The Christian Church | B) The Old Testament |
| C) The Incarnation | D) The Pharisees and Sadducees |



83) What are FOUR means of purification occur through:

- A) _____
- B) _____
- C) _____
- D) _____

84) Though God demonstrates His great love on the Cross, He also abhors....

- A) People
- B) The Israelites
- C) Evil/Sin
- D) The Temple

85) How does the phrase "in what way shall we return?" imply?

86) When do we rob God?

- A) When we don't fast
- B) When we don't pray
- C) When we don't serve others
- D) When we don't pay our tithes

87) What does paying tithes demonstrate?

88) Tithes owed to God come from....

- A) Finances
- B) Excess
- C) Time
- D) Both A and C

89) What is the only instance in Scripture where God encourages us to test Him?

- A) Fasting
- B) Taking up a person's own cross
- C) Honoring our parents
- D) Paying the tithes



90) How is paying the tithes a 'call to faith?'

91) God's blessings serve as a means of _____/

- | | |
|---------------|--------------|
| A) Wealth | B) Power |
| C) Prosperity | D) Preaching |

92) "Spoke" in the verse "what have we spoken against You?" implies:

- | | |
|-------------------------------|---|
| A) Exchanging words about God | B) Softening your statements with logic |
| C) Denying what you said | D) All the above. |

93) In the verse "You have said, 'it is useless to serve God,'" indicates the spiritual life and life with God as....

- | | |
|---------|---------------|
| A) Fun | B) Burdensome |
| C) Easy | D) Peaceful |

94) Because the people did not taste the joy of serving the Lord, they....

- A) Demanded earthly rewards
- B) Prayed God give them grace to enjoy Him
- C) Humbled themselves with fasting
- D) Wet their beds with their tears

95) The more others INCREASE their wickedness, the more we should INCREASE in _____.

96) What practice can help us deepen our fellowship with God and stir up feelings of love for His name specifically?

- | | |
|-------------------|--------------------------|
| A) Fasting | B) Prayer |
| C) Serving others | D) Mediating on His name |



97) What does it mean when God tells the people that He will spare them “as a man spares his own son who serves him?”

98) The Book of Malachi refers to Our Lord Jesus Christ as...

- | | |
|-----------------------------|-------------------------------|
| A) The Good Shepherd | B) The Right Hand of the Lord |
| C) The Sun of Righteousness | D) The Branch |

99) What does the phrase “with healing in His wings” signify?

100) Forgetting the Law is the basis for....

- | | |
|-----------------------------|------------------------------------|
| A) Spiritual vitality | B) Freedom |
| C) The Gentiles denying God | D) Every transgression against God |

101) The Two Witnesses mentioned in Revelation 11:3 most likely represent

- | | |
|------------------------|-----------------------|
| A) Abraham and Moses | B) Elijah and Enoch |
| C) Jeremiah and Isaiah | D) Daniel and Ezekiel |

102) How long did Elijah shut the heavens for so that it wouldn't rain?

- | | |
|--------------|------------------------|
| A) 2 years | B) 6 years and 14 days |
| C) 3.5 years | D) 33 years |

103) What will Elijah's purpose be before the Second Coming?

- | |
|---|
| A) To ride a fiery chariot |
| B) To restore the lost love essential for salvation |
| C) To send fire down from heaven |
| D) To be martyred |

104) The last word of the Old Testament is....

- | | |
|-------------|----------|
| A) Blessing | B) Pride |
| C) Death | D) Curse |



The Council of Nicaea

105) Which document was passed to lead to widespread religious tolerance within the Roman Empire?

- A) Edict of Rome
- B) Edict of Constantinople
- C) Edict of Milan
- D) Edict of Florence

106) What was the main point of the heresy posed by Arius?

- A) Jesus Christ had two natures
- B) The Holy Spirit was not God
- C) Jesus Christ was only Divine
- D) Jesus Christ was not Divine

107) Who was the Pope of Alexandria during the time of the Council of Nicaea?

- A) Pope Peter the Seal of Martyrs
- B) Pope Alexander
- C) Pope Athanasius
- D) Pope Cyril I

108) What years was the Council of Nicaea?

- A) 325 AD
- B) 381 AD
- C) 425 AD
- D) 451 AD

109) Who was the reigning king who convened over the Council of Nicaea?

- A) King Nero
- B) King Constantine
- C) King Alexander
- D) King Theodosius

110) Who noted that St. Athanasius's face was 'angelic'?

- A) St. Alexander
- B) St. Basil
- C) St. Gregory of Nazianzus
- D) St. Augustine

111) Who prophesied that Pope Alexander would become the Pope?

- A) St. Athanasius
- B) Pope Peter the Seal of the Martyrs
- C) St. Anthony the Great
- D) Pope Cyril the Great



112) What did St. Athanasius note about how Pope Alexander read the Bible?

113) Pope Alexander was called...

- | | |
|--------------------------|------------------------|
| A) Father of the Orphans | B) Father of the Faith |
| C) Father of the Poor | D) Father of Education |

114) Who was the president of the Council of Nicaea?

- | | |
|------------------------------|-------------------------------|
| A) Hosius, Bishop of Cordoba | B) Nicolas, Bishop of Myra |
| C) Meltius, Bishop of Assiut | D) Spyridon, Bishop of Cyprus |

115) Fill in the Blank:

"If the Son is the Word, Wisdom, and _____ of God, how could there have been a time when He did not exist?! This is like saying that there was a _____ when God was without _____ and wisdom..."

116) What are TWO significant qualities of St. Athanasius?

- A) _____
- B) _____

117) What was Pope Peter's Vision and what did it mean?

118) Which pope fell for Arius's deceit and absolved him and ordained him a priest?

- | | |
|-------------------|--------------------|
| A) Pope Peter | B) Pope Archelaus |
| C) Pope Alexander | D) Pope Athanasius |

119) What analogy did St. Athanasius use to describe that the Father and Son were of the same essence?

- | | |
|----------------------------|---------------|
| A) Iron and Fire | B) The Sun |
| C) A Spring and its Stream | D) A Triangle |



120) Match the following:

The Father

The Son

The Holy Spirit

Proceeding from the Father

Fatherhood; the Spring

Sonship; Begotten of the Father

121) Which Bishop slapped Arius out of his zeal for the true Faith?

A) Hosius, Bishop of Cordoba

B) Nicolas, Bishop of Myra

C) Meltius, Bishop of Assiut

D) Spyridon, Bishop of Cyprus

122) Describe the miracle that occurred with Bishop Spyridon:

123) The Creed established at Nicaea started with "Truly we believe in one God..." and ended with....

124) Aside from the Creed and the anathematization of Arius, what were FIVE other outcomes of the Council of Nicaea?

- A) _____
- B) _____
- C) _____
- D) _____
- E) _____

125) The Creed is....

A) The Constitution of Faith

B) Believed by Jehovah's Witnesses

C) The Foundation of the Christian Faith

D) Both A and C

126) Which verse in the Bible did St. Paul define what 'faith' is?

A) Romans 8:28

B) Ephesians 2:10

C) 1 Corinthians 13:2

D) Hebrews 11:1



127) Provide a mathematical expression that proves we do not worship multiple gods but believe in ONE God.

128) What is the difference between the Father's Fatherhood towards the Son versus towards us as His Children?

129) "Pantocrator" means....

- A) Almighty God B) Governor of All C) All knowing D) Both A and B

130) "We believe in one LORD..." underscores....

- A) The Divinity of the Father
B) The Divinity of the Son
C) The Divinity of the Holy Spirit
D) The unity between the Holy Trinity

131) "Jesus means" _____ and "Christ" means _____

132) The word "messiah" was given to....

- A) Everyone anointed by holy oil B) Kings in the Old Testament
C) Prophets in the Old Testament D) All of the Above

133) "Only Begotten Son" implies...

- A) Same nature, essence, and divinity B) Sonship by adoption
C) Sonship with a starting time D) Both A and C

134) The Nature of the Son is like....

- A) Ray born from the sun B) Light born from fire
C) Rain on the Earth D) Both A and B



135) What are the two births of our Lord Jesus Christ?

- A) _____
B) _____

136) Which Church Father spoke about the two births?

- A) St. Augustine
B) St. Gregory
C) St. Basil
D) St. Dyonius

137) What is the difference between "Homoousios" vs "Homoiousios?"

138) What does the verse "My Father is greater than I," mean?

- A) The Father is greater than the Son
B) The self-emptying during the Incarnation
C) The Divinity of the Father is different from the Divinity of the Father
D) The Father and the Son are On

139) What was the purpose of the Incarnation?

- A) Redemption
B) Restoration the ideal image in which humanity was created
C) To perform miracles
D) Both A and B

140) "He came down from heaven..." is the first evidence of....

- A) Christ's divinity
B) Christ's humanity
C) The Father's Divinity
D) The Son not being united with the Father

141) What are TWO reasons the Holy Spirit came upon St. Mary?

- A) _____
B) _____



142) Our Lord Jesus Christ referred to Himself often as the “Son of Man” to shows that He embodied...

- A) The prophets of the Old Testament
- B) The complete human nature
- C) The sin of Adam
- D) That He took only certain components of the human nature

143) “Christ who had no sine and did not deserve to die, came to _____ for _____ who were under the sentence of death.”

144) “Redemption” means...

- A) An unrighteous person dying for a guilty person
- B) A righteous person dying for an innocent person
- C) An unrighteous person dying for an innocent person
- D) A righteous person dying for a guilty person

145) What does the verse “Why have You forsaken Me?” not imply and what does it imply?

146) Jesus used His divinity to easy His humanity. True or False _____

147) What are three unique features of the Resurrection of the Lord?

- A) _____
- B) _____
- C) _____

148) Why is the Lord Jesus considered the “Firstborn of the Resurrection?”

- A) He was the first to experience an eternal resurrection
- B) He raised the greatest number of people from the dead
- C) He never died but lived without dying
- D) All of the above

149) How do you calculate Three days in the Tomb?



150) Why did the Father allow our Lord to remain in the grave for three days?

- A) To avoid the Jews from persecuting the Christians
- B) To convince non-believers that He truly died
- C) To show that death could not overcome Him
- D) Both A and B

151) What other graves does our Lord open to restore life aside from early graves?

- A) Graves of the disciples
- B) The personal graves we create for ourselves
- C) Graves of the believers
- D) The graves of those who departed before us

152) What is the miracle of the Ascension?

153) What ascended during the Ascension of the Lord?

- A) The Humanity
- B) The Divinity
- C) The angels of the Lord
- D) The Holy Spirit

154) What does the “right hand of God” signify?

155) “Sat at the right hand of the Father” refers to the Son

- A) Physically sitting on a throne
- B) That our Lord settled and signified His rule
- C) Marking the completion of His self-emptying
- D) Both B and C

156) Our Lord coming in the GLORY of His divine nature is not a(n) _____ glory given to Him”

- A) Old
- B) Original
- C) New
- D) Similar



How & Why

157) Which of the following follows a canon (fixed set of laws)?

- A) Weather
- B) Nature
- C) Traffic laws
- D) All of the above

158) The Spiritual Con is a system governing _____ life between the individual and _____.

159) Who established these canons?

- A) The saints with extensive experience and guidance of the Holy Spirit
- B) The deacons of the church
- C) The Creed of the Apostles
- D) None of the above

160) What attituded should we have in fulfilling our Spiritual Canon to allow it to bring us closer to God?

- A) Lackadaisical
- B) Meticulous
- C) Lukewarm
- D) Contempt

161) Spiritual Canons do not just encompass practices like fasting and prayer but also guides....

- A) Our thoughts
- B) Our goals
- C) Our behaviors
- D) All of the above

162) What are THREE objectives of the Spiritual Canon?

- A) _____
- B) _____
- C) _____

163) Failure to adhere to Spiritual Canons....

- A) Invoke God's wrath
- B) Leads a person to be subject to punishment
- C) Leads to natural consequences of neglecting what is beneficial
- D) All of the above



164) The “prize” in 1 Corinthians 9:24–27 refers to...

- A) Intense struggle, sweat, and effort
- B) Reaching the glory of the Lord Jesus Christ
- C) Our ultimate goal in life
- D) Both B and C

165) What is the difference between sports on earth and the spiritual race?

166) A Christian battles against _____ and the devil through the _____, under the leadership of _____.

167) As a soldier, believers must be ready to _____ for Christ.

- A) Strive
- B) Train
- C) Sacrifice
- D) Wait patiently

168) How is the spiritual life analogous to a competitor in sports?

169) Our victories in our spiritual struggles belong to....

- A) Ourselves
- B) The Saints
- C) The Devil's weakness
- D) Our Lord Jesus Christ

170) We may struggle by....

- A) Fasting
- B) Long prayers
- C) Staying up late for God's sake/service
- D) All of the above

171) Pray and service without _____ are meaningless.



172) We learn from the diligent farmer who waits for the harvest to...

- A) Rely on our own efforts/works
- B) Persevere with hope and patience
- C) Struggle
- D) Strive for a crown

173) There is no contradiction between....

- A) Submission and Freedom
- B) Light and Darkness
- C) Pride and Humility
- D) Love and Hatred

174) Explain how the Spiritual Canon is NOT slavery.

175) Our spiritual father is like a(n)....

- A) Engineer building us up
- B) Lawyer accusing of our sins
- C) Doctor prescribing medicine without force
- D) Banker trying to build up spiritual riches

176) One of the saints said, "Virtue is not achieved by _____."

- A) Effort
- B) Pride
- C) Laziness
- D) Force

177) Spiritual Canon is an essential system that _____ humanity's salvation.

- A) Promotes
- B) Hinders
- C) Earns
- D) Gains

178) What is the essence of submission in following my Spiritual Canon?

179) One characteristic of the Spiritual Canon is its....

- A) Rigidness
- B) Coercion
- C) Flexibility
- D) Uselessness



180) Explain what the saying "the Canon was made for man, not man for the Canon," means.

181) Commitment embodies both _____ and _____.

182) The sense of _____ for my own salvation makes it easier for me to adhere to a Spiritual Canon.

A)Responsibility B)Freedom C)Entitlement D)Enjoyment

183) The Spiritual Canon is akin to nourishment for the soul requiring....

A) Growth B) Gradation
C) Variability between person to person D)All of the above

184) The growth in quantity is more important than the enhancement in quality.
True or False _____

185) The Spiritual Canon is likened to....

A) A Waterslide B)A Ladder C)A Cloud D)A Rainbow

186) The ultimate objective of the Spiritual Canon is deepening our....

A) Knowledge of God
B) Enjoying a lasting presence in God's embrace
C) Self-righteousness
D) Both A and B

187) What are THREE benefits of experiencing lethargy/boredom in our spiritual practices?

A) _____
B) _____
C) _____



188) The spiritual fathers advice that "something is _____ than nothing."

- A)Worse B) The same C)Better D)Not better

189) Procrastination can be a significant obstacle to prevent us from dedicating time to our Spiritual Canon and is driven by....

- A)Anger B) Distractions C) Laziness D) Pride

190) What phrase does the Devil tempt us with to focus on many other things?

191) What parable did our Lord tell that shows that pride is a serious obstacle in our spiritual life when trying to keep our Canon?

- A) The 10 Virgins
B) The foolish rich man
C) The widow and the unjust judge
D) The Pharisee and the Tax Collector

192) Spiritual Canons should be seen as a _____, not a point of pride.

193) If our minds are not filled with spiritual thoughts, they are left to....

- A) Focus on our academics B) Think only pure thoughts
C) Wander aimlessly D) Be strong in the Lord

194) Even if we feel physically tired, we should persevere in prayer with...

- A) Determination B) Anger
C) Boredom D) Lack of concentration

195) The Devil makes us lose the goal of the Spiritual Canon by...

- A) Encouraging us not to practice
B) Making the Spiritual Canon itself a goal
C) Telling us to keep persevering in our Spiritual Canon
D) Understanding the spirituality of the Spiritual Canon



196) What is the most dangerous temptation that the Devel tries to make us fall in regarding our Spiritual Canon?

197) Hiding our Spiritual Canon under the pretense of modesty can...

- A) Lead us to withdrawal from prayer
- B) Become detrimental
- C) Be a tactic from the devil
- D) All of the above

198) The fathers say, "_____ can save many."

199) Obedience to our Father of Confession is...

- A) Not important
- B) More valuable than other practices
- C) Optional
- D) Only for some people

200) What are FIVE Components of the Spiritual Canon?

- A) _____
- B) _____
- C) _____
- D) _____
- E) _____



Artificial Intelligence

201) Artificial Intelligence (AI) is a field of computer science that aims to.....

202) Artificial Intelligence can....

- A) Learn from experiences
- B) Adapt to new inputs
- C) Perform tasks like visual perception, image analysis, problem-solving and more
- D) All of the above

203) What are FOUR Characteristics of Artificial Intelligence?

- A) _____
- B) _____
- C) _____
- D) _____

204) How does AI imitate human mental processes?

- A) Through decision making
- B) Through learning from experiences
- C) Through trial and error
- D) All of the above

205) List TEN advantages of AI:

- A) _____
- B) _____
- C) _____
- D) _____
- E) _____
- F) _____
- G) _____
- H) _____
- I) _____
- J) _____



206) AI is advantageous because it...

- A) Performs tasks faster B) Hindering innovation
C) Analyzes vast amount of data quickly D) All of the above

207) Who said the following quote?

"No one denies that those who have learned to practice an art for the right purposes can also misuse it for the wrong ones. We can say that the ability to think and imagine is a gift from God, intended for good. However, when individuals misuse this ability as a tool for discovery, it can lead to harmful inventions."

- A) St. Gregory of Nyssa B) St. Augustine
C) St. Basil D) St. Athanasius

208) List SEVEN DISadvantages of AI:

- A) _____
B) _____
C) _____
D) _____
E) _____
F) _____

209) What can overreliance on machines lead to?

- A) Increase human intelligence B) Growth of the human race
C) Diminishing of human critical thinking skills D) Cyborg development

210) What are THREE risks of AI?

- A) _____
B) _____
C) _____

211) How can AI manipulate you?



212) Which of the following is an inappropriate use of AI in the Church?

- A) Depicting saints inappropriately
- B) Generating images of Bible verses literally
- C) Transcribing video recordings of sermons
- D) Choices A and B

213) Which of the following is a way to benefit from AI?

- A) Educational support
- B) Writing assistance
- C) Language practice
- D) All of the above

214) Which of the following is an appropriate use of AI in the Church

- A) Translating texts written from the Church Fathers
- B) Drawing iconography
- C) Interpreting verses in the Bible
- D) Both A and C

215) Why must we be careful in using AI to provide religious information?

216) What is Artificial General Intelligence?

- A) AI that can analyze stocks
- B) AI that can give general information
- C) AI that can replace humans in certain jobs
- D) AI that can think and make decisions more similar to humans

217) As a Coptic Orthodox Christian, it is important to be _____ in our use of technology?

- A) Cunning
- B) Honest
- C) Wreckless
- D) Worldly

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

*Continue in the things
which you have learned* (2 Timothy 3:14)



A series of horizontal lines for writing, spanning the width of the page.

*Continue in the things
which you have learned* (2 Timothy 3:14)



Continue

IN THE
Things Which
YOU HAVE LEARNED
(2 Timothy 3:14)



Through the grace of God and under the auspices of His Grace Bishop David, Bishop of the Diocese of New York and New England, this Mahragan book was created by the blessed servants of the Coptic Orthodox Diocese of New York and New England.



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