

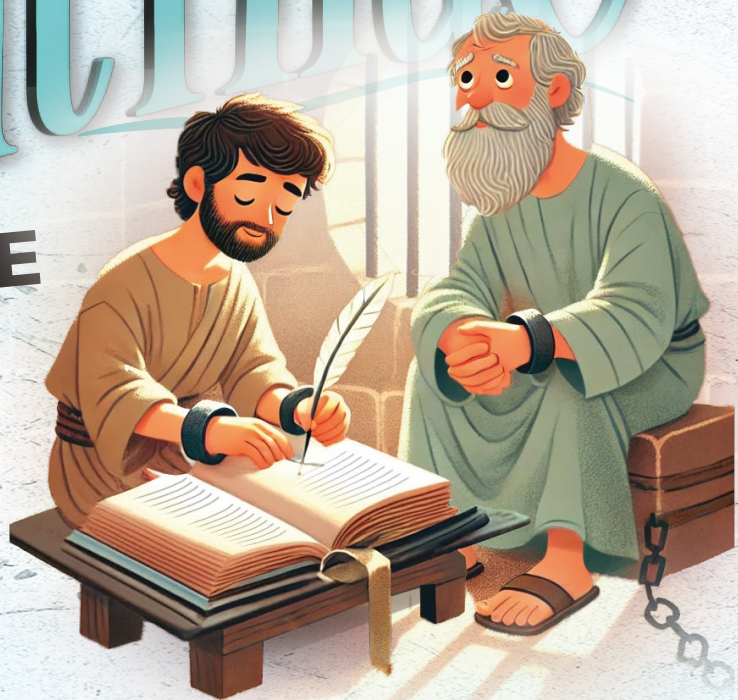
**Workbook**

**Mahragan El-Keraza**  
**2025**

**Continue**  
**IN THE**

**things which  
you have learned**

**( 2 Timothy 3:14 )**



**Workbook**  
**Grades 3-4**





**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

**Name** .....

.....

*Dear parents and Sunday-School teachers, please help your child learn the material from the  
textbook and answer all the questions in this workbook.*

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



1

**The Parable of  
the Prodigal  
Son**

2

**The  
Sacrament of  
Eucharist**

3

**Abraham  
the Man of  
Faith**

4

**Pope Cyril  
the First**

5

**Saint  
Macarius**

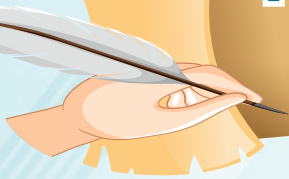


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## The Parable of the Prodigal Son

(Luke 15:1-24)



1. In the parable of the prodigal son, the \_\_\_\_\_ asked his father for the inheritance.
  - a. Older son
  - b. Younger son
  - c. Shepherd
  - d. Oldest daughter
2. After the prodigal son wasted all his money on reckless living, a \_\_\_\_\_ happened.
  - a. Earthquake
  - b. War
  - c. Famine
  - d. Pandemic
3. The only job the prodigal son could find was \_\_\_\_\_.
  - a. Pig Herder
  - b. Shepherd
  - c. Farmer
  - d. Merchant
4. Below, please describe how hungry the prodigal son became during the famine.

a. \_\_\_\_\_

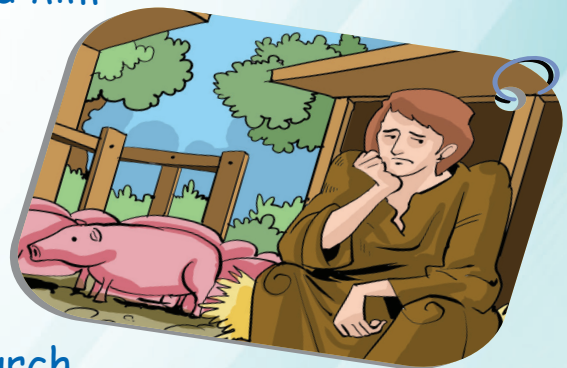
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



5. Complete the verse: "How many of my father's \_\_\_\_\_  
have food to spare."
- a. Livestock
  - b. Hired servants
  - c. Peasants
  - d. Lambs
6. When the prodigal son realized his mistake, he decided to \_\_\_\_\_.
- a. Find another job
  - b. Try to save money so he can repay his father
  - c. Return to his father's embrace
  - d. Go to Jerusalem and offer a sacrifice
7. The father's teachings and commandments were protecting the prodigal son from sin.
- a. True
  - b. False
8. When the prodigal son returned, his father \_\_\_\_\_.
- a. Ran to meet him, hugged him, and kissed him
  - b. Asked for the money that he wasted
  - c. Had already passed away
  - d. Would not look at him
9. The father's character in the parable of the prodigal son represents \_\_\_\_\_.
- a. St. Mary
  - b. The Church
  - c. The incarnation
  - d. God





10. God gave us commandments so we would have \_\_\_\_\_.

- a. No fun and too many restrictions
- b. The freedom to choose to follow them
- c. More punishments
- d. A Bible

11. When I sin, God loves me less.

- a. True
- b. False

12. God rejoices when we \_\_\_\_\_.

- a. Repent
- b. Come up with our own new commandments
- c. Rebel against His Word
- d. Harm others

13. God's greatest gift for us is His \_\_\_\_\_.

- a. Ability to turn the water into wine
- b. Ability to feed 5000 people with 5 loaves and 2 fish
- c. Creation
- d. Incarnation and redemption on the Cross

14. Below, please write a verse which tells us about the prodigal son's repentance

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





15. The Parable of the Prodigal Son can be found in \_\_\_\_\_.

- a. Matthew 5
- b. Luke 15
- c. Revelation 25
- d. Mark 5



1. The Sacrament of \_\_\_\_\_ is the crown of all sacraments in our Coptic Orthodox Church.

- a. Eucharist
- b. Baptism
- c. Unction of the Sick
- d. Matrimony

2. The \_\_\_\_\_ sacraments need to be followed by the Eucharist.

- a. Baptism
- b. Chrismation
- c. Priesthood
- d. Every sacrament needs to be followed by the Eucharist

3. The Sacrament of the Eucharist was established on \_\_\_\_\_.

- a. Palm Sunday
- b. Good Friday
- c. Thomas Sunday
- d. Holy Thursday





4. The Sacrament of the Eucharist was established in the house of \_\_\_\_\_.

- a. St. Mark
- b. Mary Magdalene
- c. Tabitha
- d. St. John the Beloved

5. Before establishing the sacrament of the Eucharist, our Lord Jesus Christ \_\_\_\_\_.

- a. Prayed at the Mountain of Gethsemane
- b. Got baptized in the Jordan river
- c. Washed the feet of the disciples
- d. Was Crucified

6. Below, please write two verses which tell us about how our Lord Jesus Christ established the Sacrament of the Eucharist (one about the Body and one about the Blood).

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. While establishing the Sacrament of Eucharist, our Lord Jesus Christ used \_\_\_\_\_.

- a. Crackers
- b. Unleavened bread
- c. Manna
- d. Leavened bread





8. Leavened bread contains yeast.

- a. True
- b. False

9. Yeast symbolizes \_\_\_\_\_.

- a. Repentance
- b. Sin
- c. The Cross
- d. The Resurrection

10. Below, please explain the relationship between yeast in dough and our Lord Jesus Christ's sacrifice on the Cross.

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. Our Lord Jesus Christ's special commandment about the Eucharist was \_\_\_\_\_.

- a. "Do this in remembrance of Me."
- b. "Love is patient."
- c. "Baptize them in the Name of the Father, the Son, and the Holy Spirit."
- d. "Go wash in the Pool of Siloam."

12. One part of spiritual preparation before the Sacrament of Eucharist is \_\_\_\_\_.

- a. Wearing a brand new outfit every Sunday
- b. Only taking Communion once per year
- c. To be at peace with everyone
- d. Broadcast the Liturgy on YouTube



-



# Abraham – the Man of Faith (Genesis 11–22)



1. Abraham is known for his \_\_\_\_\_.
  - a. Farming skills
  - b. Riches
  - c. Many altars
  - d. Great faith in God
2. Abram was born in \_\_\_\_\_.
  - a. Jericho
  - b. Ur of the Chaldeans
  - c. Egypt
  - d. Haran
3. Abraham's father was named \_\_\_\_\_.
  - a. Zarephath
  - b. Terah
  - c. Abel
  - d. Melchizedek
4. Abram's wife was named \_\_\_\_\_.
  - a. Sarai
  - b. Rebecca
  - c. Zipporah
  - d. Mariam
5. Below, please explain why God called Abram to leave his home country.

a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



6. Even though he did not know where he was going, Abram obeyed God and responded to the call.

a. True

b. False

7. The people who went with Abram to the land of Haran are \_\_\_\_\_.

a. Isaac, Sarai, Hagar

b. Terah, Isaac, Lot

c. Terah, Sarai, Lot

d. Hagar, Ishmael, Isaac

8. Abram stayed in Haran for \_\_\_\_\_ years.

a. Ten

b. Five

c. Seven

d. Fifteen

9. When Abram was 75 years old, God led him to the land of \_\_\_\_\_.

a. Canaan

b. Egypt

c. Bethlehem

d. Nazareth

10. Below, please write a verse from the Book of Hebrews which describes Abraham's strong faith.

a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. When a \_\_\_\_\_ happened in Canaan, Abram went to Egypt.

a. Pandemic

b. Famine

c. Dispute with Lot

d. Earthquake

- 
- A cartoon illustration of the Holy Family in a desert setting. Joseph, an older man with a long white beard and a red robe, holds the infant Jesus, who is wrapped in a yellow cloth. Mary, wearing a blue headscarf and a green robe, stands behind them. They are in front of a simple wooden hut with palm trees in the background. The scene is set against a light blue sky with white clouds.



18. The name Isaac means \_\_\_\_\_.

- a. Son of Promise
- b. Son of David
- c. Son of Prayer
- d. Son of Laughter

19. When Isaac was born, Sarah was \_\_\_\_\_ years old.

- a. 90
- b. 100
- c. 95
- d. 99

20. A great moment which showed the depth of Abraham's faith and trust in God was \_\_\_\_\_.

- a. When Abraham and Sarah went to Egypt
- b. When Sodom and Gomorrah was destroyed
- c. When Ishmael was born
- d. When God asked Abraham to offer Isaac as a sacrifice

21. Below, please write a verse from the Book of Hebrews which describes Abraham's strong faith while offering Isaac as a sacrifice.

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Pope Cyril the First The Pillar of the Faith (Synaxarion Abib 3rd)



1. Pope Kyrillos I's uncle was \_\_\_\_\_.
  - a. Pope Shenouda III
  - b. Pope Kyrillos II
  - c. Pope Theophilus
  - d. Pope Youannis
2. Pope Kyrillos I went to the Monastery of \_\_\_\_\_.
  - a. St. Macarius the Great
  - b. St. Bishoy
  - c. St. Moses
  - d. St. Anthony
3. Pope Kyrillos learned from \_\_\_\_\_ who was a disciple of St. Anthony the Great.
  - a. St. Pachomious
  - b. St. Paul
  - c. St. Moses
  - d. St. Paphnutius
4. Pope Kyrillos spent \_\_\_\_\_ years in the monastery.
  - a. Two
  - b. Three
  - c. Four
  - d. Five
5. The heresy of \_\_\_\_\_ was being spread during the papacy of Pope Kyrillos I.
  - a. Nestorius
  - b. Arius
  - c. Macedonius
  - d. Diocletian



6. Below, please explain what Nestorian heresy is.

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. The word \_\_\_\_\_ means "Mother of God."

- |                |                |
|----------------|----------------|
| a. Christokos  | b. Theotokos   |
| c. Tiparthenos | d. Monophysite |

8. Nestorius was spreading his heresy in \_\_\_\_\_.

- |           |                   |
|-----------|-------------------|
| a. Rome   | b. Turkey         |
| c. Athens | d. Constantinople |

9. Below please write two verses which confirm the divinity of our Lord Jesus Christ.

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. When iron is heated in the fire, the iron becomes red-hot and still remains iron.

- |         |          |
|---------|----------|
| a. True | b. False |
|---------|----------|



-



18. Pope Kyrillos I's feast day is celebrated on \_\_\_\_\_ to  
commemorate his departure.

- a. Tout 2
- c. Baba 12

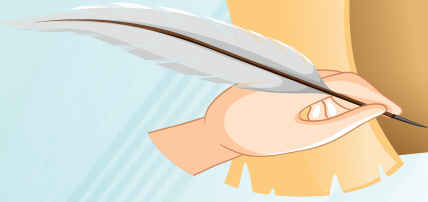
- b. Baramhat 15
- d. Abib 3

19. Below, please list three of Pope Kyrillos I's most famous  
writings.

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## **Saint Macarius the Great** **Friend of the Cherubim** **(Synaxarion, 27th of Baramhat)**



1. We commemorate St. Macarius the Great on \_\_\_\_\_.

- a. Abib 3
- c. Tute 14

- b. Baramhat 27
- d. Amshir 13

2. Below, please identify and explain the three missions of monasticism.

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



3. St. Macarius was born in the village of \_\_\_\_\_.
  - a. Asyut
  - b. Alexandria
  - c. Menouf
  - d. Atfeh
4. The name Macarius means \_\_\_\_\_ in Greek.
  - a. Blessed
  - b. Majestic
  - c. Royal
  - d. Belongs to God
5. St. Macarius loved to visit \_\_\_\_\_ from where he would bring salt to his father.
  - a. Mount Sinai
  - b. Natron Mountain
  - c. Mount Tabor
  - d. Gethsemane Mountain
6. When God revealed the truth about St. Macarius after the villagers mocked him, St. Macarius \_\_\_\_\_.
  - a. Was very happy
  - b. Said "I told you so!"
  - c. Was ordained a pope
  - d. Fled from this village to dedicate his life to God
7. A \_\_\_\_\_ appeared to St. Macarius and stayed with him until he reached the desert of Natron.
  - a. Cherub
  - b. Saint
  - c. Pillar of fire
  - d. Pillar of cloud
8. St. Macarius dug himself a cave next to a water pool in \_\_\_\_\_.
  - a. Cairo
  - b. St. Mina's monastery
  - c. Wadi Natron
  - d. The Red Sea





9. St. Macarius would sell \_\_\_\_\_ to buy basic needs like dry bread.

- a. Seashells
- b. Weaved palm fronds
- c. Orban
- d. Books

10. After \_\_\_\_\_ years, St. Macarius went to meet \_\_\_\_\_.

- a. 5, St. Pachomious
- b. 3, St. Paul
- c. 4, St. Moses
- d. 3, St. Anthony

11. \_\_\_\_\_ gave St. Macarius the monastic habit.

- a. St. Anthony
- b. St. Paul
- c. St. Moses the Strong
- d. St. Isidore

12. Below, please describe the system of monasticism that St. Macarius taught.

- a. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

13. Among St. Macarius' disciples were \_\_\_\_\_.

- a. St. Bishoy and St. Paul
- b. St. Anthony and St. Pachomious
- c. St. Shenouda and St. Anthony
- d. St. Maximos and St. Domadios



14. St. Macarius saw St. Maximos and St. Domadius' prayers in the image of \_\_\_\_\_.

- a. Fire rising to the sky
- b. Doves and incense
- c. Arrows
- d. Water

15. The area around St. Macarius' cave became known as the Monastery of \_\_\_\_\_.

- a. Baramous
- b. El Bayad
- c. St. Mina
- d. St. Moses

16. When an angel led St. Macarius into the desert and told him to settle there, this place later became \_\_\_\_\_.

- a. The Theological school of Alexandria
- b. The Papal cathedral
- c. The Monastery of St. Macarius
- d. The Moharraq Monastery

17. The Scetis desert became home to about \_\_\_\_\_ monks,

- a. 700
- b. 85
- c. 1 million
- d. 1500

18. Below, please explain who the women from Alexandria were and why they were righteous.

- a. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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





## Section 1: The Parable of the Prodigal Son

1. B      2. C      3. A
4. He was so hungry that he wished he could eat the pods that the pigs were eating, but no one allowed him to have any.
5. B      6. C      7. A      8. A      9. D
10. B      11. B      12. A      13. D
14. "I have sinned against heaven and against you, and I am no longer worthy to be called your son. Make me like one of your hired servants" (Luke 15:18-19).
15. B

## Section 2: The Sacrament of the Eucharist

1. A      2. D      3. D      4. A      5. C
- 6a. "Take, eat; this is My body" (Matthew 26:26).
- 6b. "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)
7. D      8. A      9. B
10. When instituting the Eucharist, our Lord Jesus Christ used leavened bread. This is because leavened bread contains yeast, and yeast symbolizes sin. By doing this, He wanted to show us that He would carry our sins through His sacrifice on the cross.
11. A      12. C      13. A      14. C      15. A

## Section 3: Abraham - The Man of Faith

1. D      2. B      3. B      4. A
5. God wanted to set apart a people for Himself in order to have a believing nation in the midst of pagans, to be a reminder of God's commandments. God chose to bring forth the Lord Jesus in the flesh through this nation to save all humanity. That's why God chose Abram and called him to leave his country and go to a land that God would show him.



6. A      7. C      8. D      9. A
10. "By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going." (Hebrews 11:8)
11. B      12. B      13. C      14. D      15. B
16. A      17. C      18. D      19. A      20. D
21. "By faith Abraham, when he was tested, offered up Isaac... concluding that God was able to raise him up, even from the dead" (Hebrews 11:17-19).

#### Section 4: Pope Kyrillos I (The Pillar of Faith)

1. C      2. A      3. D      4. B      5. A
6. The Nestorian heresy denied the single, united nature of the Lord Jesus Christ. Instead, it claimed that there were two separate natures - one divine and one human. This belief essentially separated the divinity of Christ from His humanity. Additionally, Nestorius rejected the title "Theotokos" which means Mother of God for the Virgin Mary, insisting that she gave birth to a mere human being, not God in the flesh.
7. B      8. D
- 9a. 1 Timothy 3:16 - "Great indeed, we confess, is the mystery of godliness: He was manifested in the flesh..."
- 9b. Matthew 1:23 - "Behold, the virgin shall conceive and bear a Son, and they shall call His name Immanuel, which means, God with us."
10. A      11. B      12. A      13. C      14. B
15. C      16. A      17. B      18. D
- 19a. Commentaries on certain books of the Holy Bible
- 19b. Letters against the heresy of Nestorius
- 19c. The Divine Liturgy (also known as the Liturgy of St. Cyril)



## Section 5: Saint Macarius the Great

1. B

2a. The first mission of the monk is Prayer. Monks pray for the peace of the world and the peace of the Church.

2b. The monastic fathers also Defend the faith and the doctrine with strength and courage.

2c. Monastics have a great heritage of spiritual and ecclesiastical Teachings and sayings which are beneficial to our lives.

3. C

4. A

5. B

6. D

7. A

8. C

9. B

10. D

11. A

12. The system of monasticism that St. Macarius taught to the monks was that each monk would live in his own cave. All the monks would gather to pray the evening praises together, and in the morning, each would pray the Divine Liturgy alone. Every Saturday evening, they would listen to the words of St. Macarius, and then each monk would return to his cave.

13. D

14. A

15. A

16. C

17. D

18. The woman and her sister were married to two shepherd brothers, and they had vowed to spend their lives in love for God, increasing their prayers, fasts, and love for one another. Each of them had children, and when a child was born, the other woman would nurse and care for it, even if it wasn't her own. Despite their poverty, they were content and thankful to God for all things, and they shared what they had with others in need.

*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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