

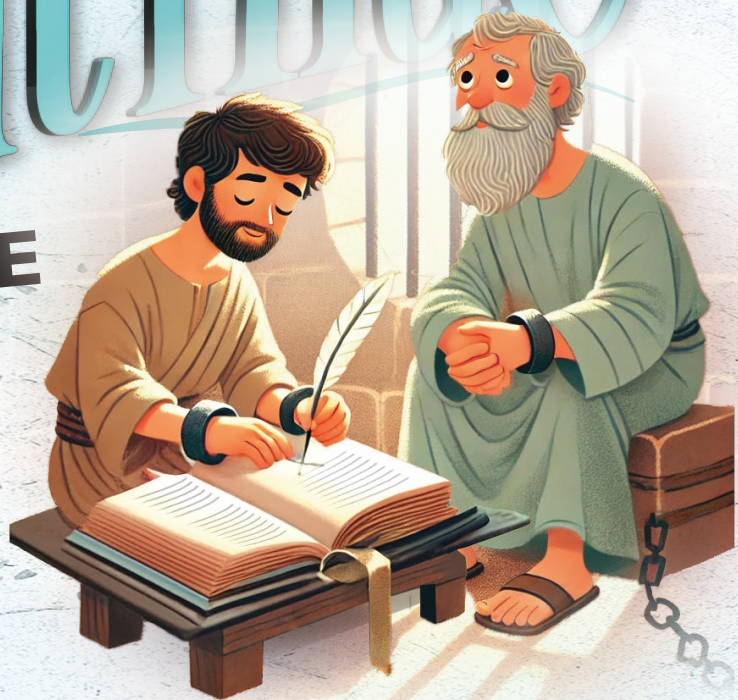
Workbook

Mahragan El-Keraza
2025

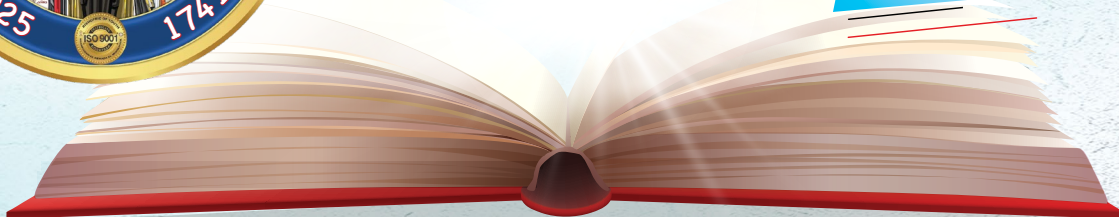
Continue
IN THE

**things which
you have learned**

(2 Timothy 3:14)



Workbook
Grades 5-6





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 Parables
of "Lost and
Found"**

2

**The
Seven
Sacraments**

3

**Ezra, the
Priest and the
Scribe**

4

**The Council
of Nicaea**

5

**Saint
Macarius**





Lost and Found (Luke 15)



1. What do all three parables in Luke 15 have in common?
 - a. They are about farming
 - b. They talk about helping the poor
 - c. They show God's love for the lost
 - d. They teach how to pray
2. In the Parable of the Lost Sheep, who does the shepherd represent?
 - a. A king
 - b. Jesus
 - c. The Pharisees
 - d. The Church
3. Why did the shepherd leave the ninety-nine sheep?
 - a. To go home
 - b. To buy food
 - c. To take a nap
 - d. To search for the one that was lost
4. In the story, who does the lost sheep represent?
 - a. A person who works on a farm
 - b. A person who has fallen into sin
 - c. A friend of the shepherd
 - d. An animal that lives in the wild





5. Which parable shows a person who got lost because of others' actions?
- a. The Prodigal Son
 - b. The Lost Coin
 - c. The Lost Sheep
 - d. The Good Samaritan
6. What does the lost coin represent?
- A) Money that belongs to a queen
 - B) A person who finds treasure
 - C) Each one of us, created in God's image
 - D) A gift given by the shepherd
7. What does the lamp represent in the Lost Coin parable?
- a. The incarnation of Jesus as the Light of the World
 - b. A candle
 - c. Electricity
 - d. A symbol of love
8. Which of the following best represents someone who leaves God because of selfish desires?
- a. Lost Sheep
 - b. Lost Coin
 - c. Prodigal Son
 - d. The Father
9. What did the Prodigal Son do with his inheritance?
- a. Saved it
 - b. Gave it to the poor
 - c. Hid it in a field
 - d. Spent it on worldly pleasures
10. What job did the Prodigal Son take in the far country?
- a. Farmer
 - b. Feeding pigs
 - c. Shepherd
 - d. Soldier





11. When the Prodigal Son returned, how did the father react?

- a. He ran to him and welcomed him with joy
- b. He ignored him
- c. He punished him
- d. He sent him away

12. What did the best robe given to the Prodigal Son symbolize?

- a. Wealth
- b. Royalty
- c. Our return to our original state
- d. Forgiveness

13. What do the sandals given to the Prodigal Son represent?

- a. New clothes
- b. Protection from danger
- c. God's commandments and teachings
- d. Gifts from his brother

14. What does the fatted calf represent in the Prodigal Son parable?

- a. A birthday party
- b. The Eucharist (Communion)
- c. A celebration meal
- d. A reward for hard work

15. Why did Jesus tell these parables to the crowd?

- a. To make them laugh
- b. To confuse the Pharisees
- c. To explain spiritual lessons in ways people could understand
- d. To explain spiritual lessons in ways people could understand

16. Fill in the blank:

Jesus is known as the Good _____, who searches for His lost sheep.





17. Fill in the blank:

The _____ represents someone who leaves God because of selfish choices but later repents.

18. Fill in the blank:

Sweeping the house to find the lost coin represents the mission of the _____ to seek and care for each one of us.

19. Fill in the blank:

According to Luke 15:7, "I say to you that likewise there will be more _____ in heaven over one sinner who repents than over ninety-nine just persons who need no repentance."



The Sacraments of Our Church



1. What does the word "sacrament" mean?

- a. A holy prayer we say every day
- b. A visible gift we give to others
- c. A divine, invisible grace received through Church rituals
- d. A special celebration for holidays

2. How many sacraments are there in the Coptic Orthodox Church?

- a. 5
- b. 10
- c. 3
- d. 7





3. Which sacrament is known as the "door" to all the other sacraments?
 - a. Eucharist
 - b. Baptism
 - c. Marriage
 - d. Repentance and Confession
4. What happens during the Sacrament of Baptism?
 - a. Bread and wine are turned into Body and Blood
 - b. The person is crowned
 - c. The person is anointed with oil
 - d. The person is submerged in water three times
5. What do we receive during Baptism?
 - a. A new Bible
 - b. Forgiveness of original sin and rebirth
 - c. A cross necklace
 - d. A visit from angels
6. What is the Sacrament of Chrismation also called?
 - a. Sacrament of Communion
 - b. Sacrament of Crowning
 - c. Sacrament of Myron
 - d. Sacrament of Unity
7. How many places is the Holy Chrism anointed on the baptized person's body?
 - a. 7
 - b. 12
 - c. 36
 - d. 3
8. What blessing do we receive from the Sacrament of Myron?
 - a. A new church robe
 - b. The Holy Spirit dwells in us
 - c. We become priests
 - d. We receive a Bible
9. What must we do before receiving the Eucharist?





- a. Wash our hands
- b. Wear white clothes
- c. Be sorry for our sins and Repent and confess
- d. Light a candle

10. What do we receive in the Eucharist?

- a. Bread and juice
- b. Bible and candle
- c. Body and Blood of our Lord Jesus Christ
- d. The 10 Commandments

11. Why is the Sacrament of the Eucharist important?

- a. It brings joy
- b. It's a tradition
- c. It unites us with Christ and gives eternal life
- d. It replaces baptism

12. What do we need to do when we sin after baptism?

- a. Be baptized again
- b. Pray without stopping
- c. Repent and confess
- d. Take communion

13. What does the priest say when giving absolution?

- a. You are punished
- b. The Lord forgives you
- c. You are perfect
- d. Remember your sins

14. What components are used in the Sacrament of Unction of the Sick to give healing?

- a. Water and salt
- b. Blessed oil and prayer
- c. Incense and singing
- d. Crosses and candles





15. What is another name for the Sacrament of Unction of the Sick?

- a. The Sacrament of Crowning
- b. The Sacrament of Oil
- c. The Sacrament of the Lamp
- d. The Sacrament of Light

16. What happens in the Sacrament of Marriage?

- a. The couple is baptized again
- b. The couple is crowned and united by the Holy Spirit
- c. The couple confesses their sins
- d. The couple gives communion

17. Which sacrament gives the authority to forgive sins and teach God's word?

- a. Eucharist
- b. Baptism
- c. Priesthood
- d. Marriage

18. Fill in the blank:

Through baptism, we are saved from the sin of _____ and Eve.

19. Fill in the blank:

In the Sacrament of Myron, the Holy Spirit _____ in us.

20. Fill in the blank:

"Whoever eats My flesh and drinks My blood remains in Me, and I in him" is a verse that shows the importance of the Sacrament of _____.





21. Fill in the blank:

"Whoever keeps His _____ remains in Him, and He in them. And by this, we know that He _____ in us" (1 John 3:24).

22. Fill in the blank:

"Go and make _____ of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit" (Matthew 28:19)

23. Fill in the blank:

"The _____ you received from Him remains in you" (1 John 2:27)

24. Fill in the blank:

"If we _____ our sins, He is _____ and just to _____ us our sins and to cleanse us from all _____" (1 John 1:9)

25. Fill in the blank:

"Whoever eats My flesh and drinks My blood _____ in Me, and I in him" (John 6:56).





Ezra the Priest and Scribe



1. What does the word "exile" mean?
 - a. celebration of a holiday
 - b. When a king and his army take people from their land to live in another country
 - c. A festival to honor a king
 - d. A type of building in Jerusalem
2. Who was Ezra?
 - a. A king of Babylon
 - b. A priest and scribe from the tribe of Levi
 - c. A soldier in the Persian army
 - d. A prophet from Egypt
3. Why was Ezra unable to serve as a priest during the exile?
 - a. He lost his priestly clothes
 - b. The temple could only be built in Jerusalem according to God's law
 - c. He was too young
 - d. He moved to another country





4. What did Ezra do as a scribe?
 - a. Built walls around the city
 - b. Copied, studied, and taught God's law
 - c. Fought in battles
 - d. Collected taxes
5. Which kingdom was taken captive by the Babylonians?
 - a. Northern kingdom
 - b. Kingdom of Israel
 - c. Southern kingdom (Judah)
 - d. Kingdom of Persia
6. Who allowed the Israelites to return to Jerusalem after captivity?
 - a. King Artaxerxes
 - b. King Cyrus of Persia
 - c. King Nebuchadnezzar
 - d. King David
7. How many groups returned to Jerusalem, and what was the focus of the first group?
 - a. Two groups; rebuilding the walls
 - b. Three groups; rebuilding God's temple
 - c. One group; teaching God's law
 - d. Four groups; farming the land
8. Who led the second group of Israelites returning to Jerusalem?
 - a. Zerubbabel
 - b. Nehemiah
 - c. Ezra
 - d. Moses
9. What was Ezra's role while in Babylonian captivity?
 - a. A soldier in the king's army
 - b. An official and advisor to King Artaxerxes
 - c. A farmer
 - d. A merchant



10. What did King Artaxerxes give to Ezra to help the Israelites?
- a. Soldiers and weapons
 - b. Silver, gold, supplies, and full authority to govern the people
 - c. Land and houses
 - d. A new temple
11. Why did Ezra leave his position with the king to return to Jerusalem?
- a. He wanted to become king
 - b. He wanted to help his people return to their homeland.
 - c. He was forced to leave
 - d. He was tired of working
12. How many people did Ezra lead back to Jerusalem?
- a. About 500
 - b. About 1,000
 - c. About 8,000
 - d. About 20,000
13. What did Ezra do before starting the journey back to Jerusalem?
- a. Built a new temple
 - b. Called the Levites to join, and asked the people to pray and fast
 - c. Took guards from the king
 - d. Went alone without preparation
14. What did Ezra and his people do when they arrived safely in Jerusalem?
- a. Immediately built walls
 - b. Offered sacrifices of thanksgiving and for forgiveness
 - c. Started farming the land
 - d. Sent a message to the king





15. What serious problem did the leaders of the people bring to Ezra after settling in Jerusalem?
- a. The temple was still in ruins
 - b. Many Israelites had married foreign women who did not follow God's laws
 - c. There was no food
 - d. They wanted to return to Babylon
16. How did Ezra respond when he heard about the people marrying foreign women?
- a. He ignored it
 - b. He fasted, wept, prayed, and asked the people to repent
 - c. He sent them away
 - d. He punished them immediately
17. What was the people's response to Ezra's call to repent?
- a. They refused
 - b. They listened and promised to do as he said
 - c. They ignored him
 - d. They left Jerusalem
18. What important work did Ezra do after the people repented?
- a. He rebuilt the walls of Jerusalem
 - b. He organized and gathered the books of the Old Testament and read God's law to the people
 - c. He became king
 - d. He left Jerusalem





19. Who came after Ezra with the third group of exiles to rebuild the walls of Jerusalem?

- a. Zerubbabel
- b. Nehemiah
- c. Moses
- d. King Cyrus

20. Fill in the blank:

Ezra was both a _____ and a _____ who taught God's law to the people.

21. Fill in the blank:

"So we _____ and entreated our God for this, and He _____ our prayer." (Ezra 8.23)



The Council of Nicaea (325 AD)



1. What was the main reason the Council of Nicaea was held?

- a. To build a new church
- b. To create the Bible
- c. To discuss Arius's false teachings
- d. To make new holidays





2. What is an ecumenical council?

- a. A meeting of priests to celebrate Christmas
- b. A gathering of bishops from around the world to solve faith issues
- c. A group of monks writing prayers
- d. A class on how to teach the Bible

3. Who was Arius?

- a. A Roman emperor
- b. A faithful priest from Alexandria
- c. A deacon and then a priest who taught false beliefs
- d. One of the twelve apostles

4. What did Arius wrongly teach about Jesus?

- a. That Jesus is the Son of God
- b. That Jesus was created, not eternal and not equal to the Father
- c. That Jesus is the Savior of the world
- d. That Jesus is the Light of the world

5. Who excommunicated Arius first?

- a. Saint Athanasius
- b. Pope Alexander
- c. Pope Peter the Seal of the Martyrs
- d. Constantine the Great

6. What did Pope Peter see in his vision while in prison?

- a. The city of Nicaea
- b. Jesus standing in a torn garment
- c. Angels singing





d. The apostles writing letters

7. What did Christ say tore His garment in the vision?

- a. Sin
- b. Arius
- c. The devil
- d. The world

8. Which Pope forgave Arius and made him a priest again?

- a. Pope Alexander
- b. Pope Peter
- c. Pope Achillas
- d. Pope Shenouda

9. Who strongly opposed Arius after Pope Achillas died?

- a. Saint Mark
- b. Pope Cyril
- c. Pope Alexander
- d. Saint Anthony

10. What happened at the local council in Alexandria in 321 AD?

- a. The Bible was written
- b. Arius was accepted again
- c. Arius was removed as a priest and his teachings were banned
- d. Easter was scheduled

11. What did Emperor Constantine do when he learned of the division?

- a. Ignored it
- b. Sent soldiers to arrest Arius
- c. Ordered a worldwide church council
- d. Wrote a new creed

12. How many bishops attended the Council of Nicaea?

- a. 12
- b. 70
- c. 318
- d. 100

13. Who accompanied Pope Alexander to the Council of Nicaea?

- a. His assistant Mark
- b. Saint Peter





c. Athanasius, his deacon d. Saint Cyril

14. What were the songs Arius wrote to spread his heresy called?

- a. Psalms b. Thalitas
- c. Gospels d. Prayers

15. What did Athanasius do at the council?

- a. Sang hymns b. Stayed silent
- c. Corrected Arius using Bible verses
- d. Punished Arius

16. What was added to the Creed to explain the Son's divinity?

- a. Equal in name b. Greater than the angels
- c. Equal in essence (Coessential)
- d. Made in spirit

17. Which example did Saint Athanasius use to explain the Trinity?

- a. A tree with branches b. A rock and water
- c. The sun with light and heat d. A family with three children

18. What does the Nicene Creed start with?

- a. In the name of the Father b. Holy, Holy, Holy
- c. We believe in one God d. Glory to God in the highest

19. What did the Council decide about those baptized by heretics?

- a. They were fine b. They must be re-baptized
- c. They must confess d. They could become priests





20. What title did people give to Athanasius for defending the faith?

- a. Champion of the Church
- b. Father of the Bible
- c. Priest of Light
- d. Defender of the Angels

21. Fill in the blank:

The Council of Nicaea was held in the year _____.

22. Fill in the blank:

The Nicene Creed was written to protect and explain the correct _____.

23. Fill in the blank:

Athanasius explained the Trinity using the example of the _____, its light, and heat.

24. Fill in the blank:

The verse "I and the Father are one" is found in the book of _____.

25. Fill in the blank

"I and the _____ are one" (John 10:30)

26. Fill in the blank

"Anyone who has seen _____ has seen the _____. How can you say, 'Show us the Father'?" (John 14:9).

27. Fill in the blank

"In the beginning was the _____, and the Word was with God, and the Word was _____" (John 1:1).





Saint Macarius the Great



1. What lesson did the group learn from Saint Macarius?
 - a. Always speak first
 - b. Be strong and strict
 - c. Leadership is about serving others
 - d. Never listen to others
2. What does "Macarius" mean in Greek?
 - a. Brave
 - b. Holy
 - c. Blessed
 - d. Chosen
3. Where was Saint Macarius born?
 - a. Alexandria
 - b. Jerusalem
 - c. Monufia, Egypt
 - d. Rome
4. What job did St. Macarius help his father with?
 - a. Fishing
 - b. Farming
 - c. Carpentry
 - d. Trading spices
5. Where did St. Macarius often go to collect salt?
 - a. Sinai
 - b. Cairo
 - c. Wadi El-Natrun
 - d. The Nile River
6. What vision did St. Macarius have while sleeping in the desert?
 - a. A lion roaring
 - b. An angel giving him a mountain
 - c. A cross shining in the sky
 - d. Jesus carrying a child



7. What did St. Macarius do after his parents died?

- a. Traveled to Jerusalem
- b. Built a church
- c. Gave his belongings to the poor and moved to a hut
- d. Became a bishop

8. Why did St. Macarius leave his village?

- a. He wanted to start a church
- b. He was bored
- c. He wanted praise
- d. He didn't want attention or praise

9. Who guided St. Macarius to Wadi El-Natrun?

- a. A priest
- b. Saint Anthony
- c. A cherub angel
- d. A monk from Alexandria

10. How did St. Macarius earn money in the desert?

- a. Teaching
- b. Making clothes
- c. Selling bread
- d. Weaving palm leaves

11. Who gave St. Macarius the monk's robe?

- a. A bishop
- b. Saint Anthony the Great
- c. A traveling monk
- d. A vision of Jesus

12. What did the prayers of Sts. Maximus and Domadius look like to St. Macarius?

- a. Bright stars
- b. A waterfall and a river
- c. A fiery lamp and burning rope
- d. A dove and a flame





13. What was the name of the monastery that grew from the caves of St. Maximus and St. Domadius?
- a. Deir El-Anba Bishoy
 - b. Deir El-Sourian
 - c. Deir El-Baramus
 - d. Deir El-Muharraq
14. What did the angel tell St. Macarius to build in the desert?
- a. A school
 - b. A market
 - c. A church and cell
 - d. A city
15. What virtue was St. Macarius most known for?
- a. Humor
 - b. Kindness and humility
 - c. Strength in battle
 - d. His ability to speak many languages
16. What made the two women in Alexandria so special to God?
- a. They fasted 40 days
 - b. They donated all their money
 - c. They lived in peace and served each other with love
 - d. They built a chapel
17. What did St. Macarius say about the two women in Alexandria?
- a. They were more holy than him
 - b. They were great teachers
 - c. They needed help
 - d. They should move to the desert
18. What lesson does St. Macarius' story teach us about leadership?
- a. Leadership means giving orders
 - b. Leaders must always win arguments
 - c. True leadership means loving and serving others
 - d. Leaders must be rich



21. Fill in the blank:

The angel told Macarius, "God has given you this _____ as an inheritance."

22. Fill in the blank:

Saint Macarius learned monastic life from _____ the Great.

23. Fill in the blank:

Saint Macarius supported himself by _____ palm leaves.

24. Fill in the blank:

The monastery of Saint Macarius is located in the desert of _____.





Answer Key



Lesson #1 - Lost and Found (Luke 15)

- | | | | | |
|--------------|------------------|------------|---------|-------|
| 1. C | 2. B | 3. D | 4. B | 5. B |
| 6. C | 7. A | 8. C | 9. D | 10. B |
| 11. A | 12. C | 13. C | 14. B | 15. C |
| 16. Shepherd | 17. Prodigal Son | 18. Church | 19. joy | |

Lesson #2 - The Sacraments of Our Church

- | | | | | |
|---|-------|---------------|---------------|---------------|
| 1. C | 2. D | 3. D | 4. D | 5. B |
| 6. C | 7. C | 8. B | 9. C | 10. C |
| 11. C | 12. C | 13. B | 14. B | 15. C |
| 16. B | 17. C | 18. Adam | 19. dwells | 20. Eucharist |
| 21. commandments, remains | | 22. Disciples | 23. anointing | |
| 24. confess, faithful, forgive, unrighteousness | | 25. remains | | |





Lesson #3- Ezra the Priest and Scribe

- | | | | | |
|--------------------|-------|-------|-------|--------------------|
| 1. B | 2. B | 3. B | 4. B | 5. C |
| 6. B | 7. B | 8. C | 9. B | 10. B |
| 11. B | 12. C | 13. B | 14. B | 15. B |
| 16. B | 17. B | 18. B | 19. B | 20. priest, scribe |
| 21. fasted, answer | | | | |

Lesson #4- The Council of Nicaea (325 AD)

- | | | | | |
|----------------|-----------|---------------|----------|------------|
| 1. C | 2. B | 3. C | 4. B | 5. C |
| 6. B | 7. B | 8. C | 9. C | 10. C |
| 11. C | 12. C | 13. C | 14. B | 15. C |
| 16. C | 17. C | 18. C | 19. B | 20. A |
| 21. 325 AD | 22. Faith | 23. Sun | 24. John | 25. Father |
| 26. Me, Father | | 27. Word, God | | |

Lesson #5- ???

- | | | | | |
|-------------------|-------|-------------|--------------------|-------|
| 1. C | 2. C | 3. C | 4. B | 5. C |
| 6. B | 7. C | 8. D | 9. C | 10. D |
| 11. B | 12. C | 13. C | 14. C | 15. B |
| 16. C | 17. A | 18. C | 21. Mountain | |
| 22. Saint Anthony | | 23. Weaving | 24. Wadi El-Natrun | |



*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. All material was translated from the Arabic Language to the English Language.



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