

Workbook

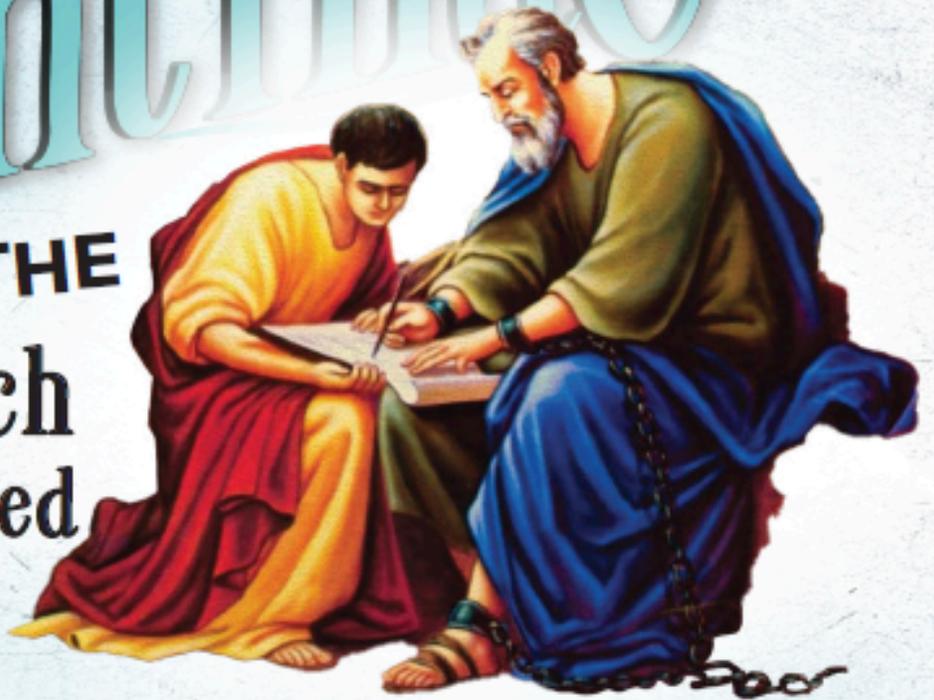
**Mahragan El-Keraza
2025**

Continue

IN THE

**things which
you have learned**

(2 Timothy 3:14)



Workbook

Grades 7-8



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which you have learned* (2 Timothy 3:14)



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**Pope of Alexandria &
Patriarch of the See of Saint Mark**



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Continue in the Things Which You Have Learned

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 |



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

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



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 1 King

1) The Book of 1 Kings starts with _____

- A) the birth of King David
- B) the reign of King David
- C) the end of King David's life
- D) the reign of Solomon

2) The Book of 1 Kings covers the history of the kings of Israel and Judah over about...

- A) 50 years
- B) 100 years
- C) 150 years
- D) 250 years

3) The First Book of Kings ends with....

- A) King Ahab
- B) King Jehoshaphat
- C) around 1000 B.C.
- D) All of above

4) _____ kings of Judah heeded the warnings of God's prophets.

- A) Many
- B) Most of the
- C) Few
- D) None of the

5) _____ kings of Israel heeded the warnings of God's prophets.

- A) Many
- B) Most of the
- C) Few
- D) None of the

6) 1 Kings teaches that individuals have the freedom to do what? And why are excuses for circumstances unnecessary?

7) The Book of 1 Kings provides not just a historical account but a _____ perspective on historical events.

- A) Spiritual
- B) Socioeconomic
- C) Judaic
- D) Philosophical

8) How does God deal with those who keep His commandments and with those who stray from Him?

9) Which king was responsible for the division of the Kingdom of Israel?

- A) King Ahab
- B) King Solomon
- C) King Jehosephat
- D) King Rehoboam



10) The write of the Book of 1 Kings is most likely....

- A) Ezra
- B) Nehemiah
- C) Jeremiah
- D) Isaiah

11) What chapters within 1 Kings covers the division of the kingdom and the reign of various kings?

- A) Chapters 1-11
- B) Chapters 12-16
- C) Chapters 17-22
- D) Chapters 23-28

12) Chapters 17-22 within 1 Kings features the story of....

- A) King Rehoboam's reign
- B) Elisha the prophet
- C) King Ahab and Elijah the prophet
- D) King David

13) Under which king did God send Elijah due to the spiritual decline of the nation?

- A) Solomon
- B) Ahab
- C) Josiah
- D) Jeroboam

14) The first warning God gave to King Ahab through the prophet was accompanied by...

- A) Hail and Lightening
- B) Locusts
- C) Cessation of Rain
- D) Pestilence

15) How did Elijah demonstrate his obedience to God by going to Zarephath in Sidon?

16) "Elijah" means...

- A) Who is like Jehovah
- B) My God is Jehovah
- C) Jehovah enlightens
- D) Gift of Jehovah

17) "Tishbite" means...

- A) the stranger
- B) His is my God
- C) the one who calls for a return to God
- D) Choices A and C

18) The widow of Zarephath faithfully carried out God's commandments, although she was

- A) Poor Jewish woman
- B) A Gentile
- C) Leper
- D) A wealthy entrepreneur

19) The bread and meat God provided to Elijah was typically food of the _____

- A) Affluent
- B) Jews
- C) Gentiles
- D) Impoverished



20) When Elijah asked the wisdom to make him a cake first before preparing one for herself and her son, Elijah symbolizes...

- A) Adam
- B) the Church
- C) God
- D) Satan

21) What do we learn from the widow of Zarephath who prepared a cake for Elijah first?

22) The widow's son died and Elijah prayed to God and....

- A) the boy remained dead due to the widow's sin
- B) the boy was brought back to life
- C) the widow affirmed her faith in the true God
- D) Both B and C

23) What are TWO ways that God honored Elijah?

- A) _____
- B) _____

24) How many years were there without rain?

- A) 2 years
- B) 3 years
- C) 4 years
- D) 5 years

25) Who did God use to preserve a group of prophets at the time when Jezebel was trying to kill the prophets?

- A) Nehemiah
- B) Zechariah
- C) Nahum
- D) Obadiah

26) How many prophets were hidden in the caves and given food and water?

- A) 75
- B) 100
- C) 318
- D) 425

27) How many TOTAL false prophets were present at the Battle at Mount Carmel?

- A) 400
- B) 450
- C) 650
- D) 850

28) What was the challenge that Elijah gave for the false prophets and the people?



30) What happened when the people prayed to Baal to send fire on their sacrifice?

- A) He did not respond
- B) He responded
- C) Elijah began to mock Baal
- D) Both A and C

31) Why did Elijah build an altar with 12 stones?

- A) To assure God would consume the sacrifice
- B) according to the number of tribes
- C) To hide fire under the altar
- D) All of the above

32) How many jars of water did they pour on Elijah's sacrifice?

- A) 3
- B) 4
- C) 5
- D) 6

33) What did the people do after the Lord consumed Elijah's sacrifice?

- A) They fell on their faces
- B) They repented and returned to God
- C) They slaughtered the false prophets
- D) All of the above

34) What is the symbolism of the fire consuming the sacrifice and the rain falling afterward?

35) What was so amazing about Elijah arriving at Jezreel before king Ahab? What does this show?

36) Elijah prioritized his _____ and _____ to God above all else.

- A) knowledge; ritualism
- B) faith; obedience
- C) asceticism; spiritual canon
- D) weakness; strength

37) Why did Elijah not rebuild a new altar but instead restored it?

38) God gave Ahab _____ opportunities to repent.

- A) Many
- B) Few
- C) No
- D) Some

39) Elijah fled to Beersheba from Jezebel out of fear instead of....

- A) Reading the Bible
- B) Offering a sacrifice
- C) Seeking refuge in God
- D) Fight back



40) What are two moments of weakness of the fiery prophet Elijah?

- A) _____
B) _____

41) Despair can....

- A) Cloud our vision
B) Make us focus on what disturbs us
C) Prevent us from seeing the truth
D) All of the above

42) The wind, earthquake and fire signify....

- A) God's Judgment
B) God as the Pantokrator
C) God's presence that instills reverence
D) God's ability to variate

43) What is the best remedy for despair?

44) Why did Elijah wrap his face in his cloak?

- A) To signify that Elijah was scared
B) To signify reverence and respect
C) To signify confusion
D) To signify hiding from God

45) How did Elijah call Elisha to be his disciple?

- A) By holding a banquet with him
B) By sending him a fiery chariot
C) By pouring oil on his head
D) By throwing his mantle over him

46) Elisha having twelve yokes of oxen indicates he is....

- A) A slave
B) Wealthy
C) Uneducated
D) Poor

47) In every time and place, no matter how evil invades the world, God keeps _____
_____ for Himself

48) Ben-Hadad was king of.....

- A) Syria
B) Rome
C) Egypt
D) Egypt

49) "Let not the one who puts on his armor boast like the one who takes it off," means:



50) What are two things King Ahab did when fighting the king of Aram that were 'nontraditional' for battle that shows God was the one who granted him victory?

- A) _____
B) _____

51) When the Syrians attacked Israel again one year later, what happened?

- A) Israel struck down 100,00 men in one day B) the wall of Aphek collapsed on 27,000 Syrians
C) The Lord supported Israel in all areas of land D) All of the above

52) What was the big mistake Ahab did after God granted him victory over Syria?

- A) He worshipped idols B) He made himself a large throne
C) He did not thank God D) He ate a large meal without inviting Elisha

53) What happened to the friend of the prophet who refused to strike the prophet?

- A) He was killed by a lion B) He was made the next king
C) The Angel of the Lord appeared to him D) He ended up injuring his friend the prophet

54) Why was Ahab's "act of mercy" towards the King of Aram wrong?

55) Ahab blasphemed God's name by...

- A) Repenting and sinning again
B) Suggesting that God was only a god of mountains, not valleys
C) Honoring the prophet who rebuked him
D) Seeking God's counsel

56) We should never _____ mercy for selfish reasons, but show mercy for _____'s sake.

57) Who was the most wicked king of the kingdom of Israel?

- A) Jehoshaphat B) Jeroboam
C) Omri D) Ahab

58) Instead of making a covenant with God, Ahab allied himself with.....

- A) Pharaoh B) Ben-Hadad
C) Nebuchadnezzar D) Sennacherib

59) Why didn't Naboth the Jezreelite sell or exchange his land to Ahab?



60) What lesson do we learn from the story of Jezebel taking Naboth's land in an evil way?

61) Jezebel schemed to kill Naboth by....

- A) Writing a letter in the King's name
B) Having the elders proclaim a fast
C) Hiring false witnesses against Naboth
D) All of the above

62) Naboth symbolizes...

- A) The Gentiles
B) The Lord Jesus Christ
C) The Apostles
D) The Scribes and Pharisees

63) God sent Elijah to rebuke Ahab. What did Elijah say to Ahab?

64) Ahab responded to Elijah's words by....

- A) Getting angry at Elijah
B) Ordering Elijah's head to be cut off
C) Tearing his clothes in humility
D) Both A and B

65) What are the two things that the Divine Justice required?

- A) _____
B) _____

66) No matter how logical your justifications are, your _____ with God and the _____ of your soul are more important than _____ else.

67) What was the name of the prophet of the Lord whom Jehoshaphat and Ahab inquired of?

- A) Jeremiah
B) Obadiah
C) Habakkuk
D) Micaiah

68) Why doesn't Ahab like to seek counsel from Micaiah?

- A) Because Micaiah despised Ahab
B) Because he never prophesied anything in Ahab's favor
C) Because he was a false prophet
D) Because he used horns to prophesy

69) How did Ahab try to hide in battle and what happened to him?



Receive and Hand Down

1) "Continue in the thich which you have _____ and been _____ of,"

(2 Timothy ____:____)

2) How many epistles did St. Paul write?

A) 10

B) 15

C) 14

D) 21

3) 2 Timothy is considered the _____ message written by St. Paul.

A) Last

B) Earliest

C) First

D) Most accurate

4) St. Timothy was ordained Bishop of.....

A) Smyrna

B) Ephesus

C) Pamphyilia

D) Rome

5) St. Paul emphasized to St. Timothy that he should.....

A) Strive with strength and perseverance

B) hold a spirit of resilience

C) resist heresies with gentleness and love

D) All of the above

6) 2 Timothy was written around the year....

A) 67-68 AD

B) 68-69 AD

C) 70-71 AD

D) 71-72 AD

7) The name "Timothy" is Greek that means....

A) Honorable of God

B) Gift of God

C) God-fearing

D) Both A and C

8) St. Timothy's father was _____ while his mother and grandmother were _____.

A) Jewish; Greek

B) Greek; Jewish

C) Roman; Egyptian

D) Jewish; Gentiles

9) St. Timothy's mother was named....

A) Eunice

B) Priscilla

C) Lois

D) Mary

10) What should we focus on to help us endure the sufferings we are enduring?

A) Our pain

B) Our enemies

C) Our death

D) Our reward of everlasting joy in Eternal Life



11) St. Paul refers to St. Timothy as

- A) a beloved son
- B) a personal son
- C) a beloved teacher
- D) a true friend

12) St. Paul prays for St. Timothy and the church of Ephesus that God grants them....

- A) Grace
- B) Mercy
- C) Peace
- D) All of the above

13) When St. Paul tries to “stir up the gift of God which is in” St. Timothy, he is referring to...

- A) St. Timothy’s mother and grandmother
- B) the Words of Scripture
- C) the sacrament of priesthood
- D) All of the above

14) The “Spirit of power” reflects....

- A) God’s strength to create the universe
- B) God’s strength during difficult time
- C) God’s strength to do miracles
- D) God’s strength to make us wealthy

15) Our salvation is not the result of our works but rather....

- A) the grace of God
- B) our efforts
- C) fulfilling the Law
- D) by St. Paul’s preaching

16) What St. Paul “committed to Him until that Day” refers to....

- A) my works
- B) my preaching
- C) my faith or faithfulness
- D) my knowledge of God

17) The sound faith that St. Paul instructs his disciple to hold fast to should be....

- A) theoretical
- B) manifest in practical behavior
- C) written down
- D) minimally understood

18) Who was the person, who passed away, that St. Paul prayed for?

- A) Philemon
- B) Onesimus
- C) Onesiphorus
- D) Epaphroditis

19) Why does the Church pray for the departed?

20) How did St. Paul explain the essence of Holy Tradition 2 Timothy 2:2?



21) What are the THREE analogies that St. Paul compares the believer to?

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

22) St. Paul tells St. Timothy that a believer is like a good soldier in the Lord's army because soldiers are tasked to....

- A) Fight
- B) Endure many hardships
- C) Please the King he serves
- D) All of the above

23) How are believers similar to athletes?

24) A Christian fights against the _____ and _____, all under the _____ of the _____ of _____, who has called him to service.

25) Through the guidance of his or her confessor, the believer can....

- A) be led the wrong way
- B) avoid following personal desires
- C) be deceived by the devil
- D) miss his or her reward

26) Of the "seed of David" refers to...

- A) King Solomon
- B) The Disciples
- C) Our Lord Jesus Christ
- D) the Jewish nation

27) God remains faithful to His promises....

- A) only if we are faithful
- B) even if we are do not remain steadfast in our faith
- C) some of the time
- D) occasionally when we are really good

28) St. Paul advised St. Timothy to instruct the people of Ephesus to reject harmful philosophical debates propagated by the

- A) Gnostics
- B) Arians
- C) Nestorians
- D) Montanists

29) The teachings of the Gnostics mentioned by St. Paul in 2 Timothy 2:17 is compared to....

- A) A virus
- B) Cancer
- C) A roaring lion
- D) A sinking ship



30) Who were Hymenaeus and Philetus and what did they teach?

31) We believe that the first resurrection comes through _____ and _____, and if we live faithfully, we will experience the second resurrection on the Day of Judgment, which involves the resurrection of both _____ and _____.

32) “The foundation of God” mentioned in 2 Timothy 2:19 is....

- A) the Holy Spirit
- B) Love
- C) Faith in Christ
- D) Moses the Prophet

33) Define the symbolism of the following material:

Gold = _____

Silver = _____

Wood = _____

Clay = _____

34) How many times are we anointed with the Holy Chrism to be sealed with the Holy Spirit?

- A) 12
- B) 36
- C) 144
- D) 318

35) What are SIX characteristics of the Children of God?

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

36) _____ is an essential quality of pastors and ministers.

- A) Tolerance
- B) Fieriness
- C) Passiveness
- D) Firmness

37) In the Last Days, what will happen?

- A) Evil will increase
- B) The whole world will return to God
- C) Christians will war against non-Christians
- D) Christ will come to rule on earth



38) Which of the following refers to the sin of being harsh in speech and behavior?

- A) Lovers of themselves
- B) Haughty and proud
- C) Impure
- D) Brutal

39) Which of the following refers to the sin of denying God and rejecting His commandments?

- A) Blasphemers
- B) Slanderers
- C) Traitors
- D) Headstrong

40) Which of the following refers to the sin of neglecting good deeds?

- A) Without self-control
- B) Despisers of good
- C) Lovers of self
- D) Dishonest

41) Who are those who are “disobedient to parents?”

42) If I find myself falling into one of the evil behaviors, I should quickly...

- A) Seek repentance
- B) Cling to God
- C) Cling to the Church
- D) All of the above

43) Heretics tended to target which group of people?

- A) Children
- B) Old men
- C) Young women
- D) Young men

44) Do not be lenient with _____ sins, as they can lead to more serious ones.

- A) Small
- B) Serious
- C) Many
- D) Few

45) Who were “Jannes and Jambres” and how do we know their names?

46) After Jannes and Jambres were confronted by Moses, they acknowledged their inability by declaring what?

47) Church Tradition shows us that faith is not just a set of doctrines written in books, but a

_____ of _____ handed down from _____ to _____.



48) How does St. Paul advise his disciple St. Timothy, and us, how to defend ourselves against the attacks of the deceivers?

- A) Preparing arguments in advance
- B) Continue to engage in discussion with them
- C) Fortifying ourselves with the Word of God
- D) Fast long hours of each day

49) Who wrote the Bible?

- A) the prophets
- B) the disciples
- C) the Jews
- D) the Spirit of God

50) What does the phrase “itching ears” refer to?

51) What are FOUR things that St. Paul expects of St. Timothy (and us)?

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

52) If our heart is filled with the love of God, we will be concerned about serving those around us and encouraging them to.....

- A) Connect with Christ and the Church
- B) Fast
- C) Enter debates
- D) Pray their Agpeya

53) Why did St. Paul say he is being poured out as a drink offering and what does this refer to?

54) St. Paul asks St. Timothy to bring St. Mark with him to Rome because....

- A) He loves and trusts St. Mark
- B) He is still upset St. Mark left them in the previous mission trip
- C) He wants St. Mark to strengthen the believers in Rome
- D) Both A and C

55) When St. Paul faced trials, no one stood by him. How did he respond?

- A) Angerly
- B) Seeking an excuse for them for their weak faith
- C) Apathetically
- D) With plans for revenge

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



56) Who stood with St. Paul when everyone forsook him?

- A) St. Mark
- C) St. Luke

- B) the believers at Rome
- D) the Lord

57) The “mouth of the Lion” refers to....

- A) Nero
- C) Demas

- B) Satan
- D) Both A and B

58) Which missionary journey did Trophimus join St. Paul on?

- A) First
- C) Third

- B) Second
- D) Fourth

59) We should strive to not _____ anyone. Instead, we should _____ their virtues and be mindful of their _____ as much as possible.



Fall and Rise

1) What are the **FOUR** sequential events that happened in Genesis 1-3.

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

2) When did God create man?

- A) As the first creation before all others
- B) After He had prepared everything in heaven and earth for him
- C) Simultaneously as He created the other animals
- D) At the end of the ages

3) Which of the following is **NOT** a commandment given by God to man after He created him?

- A) Tend the garden
- B) of the fruit of the knowledge of good and evil you shall not eat
- C) Keep the garden
- D) Do not listen to the serpent or you will surely die

4) Man was tempted by.....

- A) Woman
- B) The serpent
- C) The Tree
- D) Himself

5) What are **TWO** major consequences of the fall of Adam and Eve?

- A) _____
- B) _____

6) What are **TWO** important things that needed to be done that only our Lord could do through the Incarnation?

- A) _____
- B) _____

7) Our Lord Jesus Christ was Incarnate possessing....

- A) both complete Divinity and complete humanity
- B) His Divinity was united with His humanity
- C) This union is perfect, hypostatic and of one essence
- D) All of the above

8) His Divinity did not part from His humanity for a _____, nor even for a _____ of an eye.



9) The union of the Divine and human natures occurred....

- A) on the Cross
- B) in the womb of St. Mary
- C) while our Lord did miracles
- D) at the time of the Resurrection

10) What are Three foundational concepts found in the Liturgy?

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

11) What is the difference between “incarnation” and “becoming man?”

12) What does God want to save us from?

- A) The sentence of death
- B) Our own free will
- C) The corruption of nature
- D) Both A and C

13) Why do we baptize infants if they have not yet sinned?

14) What are the 5 Characteristics of the Redeemer?

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

15) Which of the following characteristics of the Redeemer is fulfilled by our Lord’s humanity?

- A) To be unlimited
- B) To be without sin
- C) To die
- E) To be Creator

16) What has the Lord given us as a continuation of the work of redemption?

- A) The Bible
- B) The Sacrament of Matrimony
- C) Fasting
- D) the Eucharistic Sacrifice

17) What does the priest do when he prays “was incarnated and became Man?”

- A) He puts a spoonful of incense into the censer
- B) He goes around the altar with the censer
- C) He breaks the Body with his thumb
- D) He lifts up the Proserfin



18) At the time of “was incarnated and became Man” in the Liturgy, what do the censer, incense and fire represent?

19) What analogy did St. Athanasius use to explain our Lord’s Incarnation?

- A) A bird who builds a nest on earth
- B) A teacher who lowers himself to the level of young students
- C) A bar of iron that is put in fire
- D) A river with a spring of water protruding

20) What do the Church readings reveal?

- A) All the books of the Bible
- B) The interesting stories in the Bible
- C) The New Testament
- D) The theological thoughts of the Church

21) The Coptic Orthodox Church is a _____ Church that reads the Holy Bible, _____ it, and incorporates it into all its _____ and ritual _____.

22) The Divine Liturgy includes how many readings (chapters) from the Holy Bible?

- A) 7
- B) 9
- C) 11
- D) 27

23) How many epistles did St. Paul write?

- A) 11
- B) 13
- C) 14
- D) 27

24) How many Catholic epistles are there?

- A) 7
- B) 9
- C) 11
- D) 13

25) What do we learn from the Synaxarion?

26) What are the TWO parts of the Divine Liturgy known as?

- A) _____
- B) _____



27) It is important to attend the liturgy _____ and listen attentively to the _____.

- A) before the Gospel; prayers
- B) on time; readings
- C) before Communion; sermon
- D) every other week; hymns

28) The term “Katameros” is a Greek term that means....

- A) Readings
- B) Book of Hours
- C) According to the day
- D) The Holy Bible

29) How many books are in the Katameros?

- A) 3
- B) 4
- C) 5
- D) 6

30) The Katameros of the Days is divided into.....

- A) _____
- B) _____

31) The Katameros of Sunday focuses on....

- A) the work of the Holy Trinity in the Church
- B) The saint of that day
- C) The sufferings of our Lord before His Death
- D) The importance of fasting and prayer

32) The Church has how many readings for the weekdays that cover all the days of the year?

- A) 40
- B) 132
- C) 365
- D) 55

33) What are the SEVEN Minor Feasts of the Lord?

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

34) Which day’s reading is opened when there is a feast or occasion of St. Mary?

- A) Tobe 21
- B) Pashons 1
- C) Kiahk 3
- D) Meshere 16

35) Which day’s reading is opened when there is a feast for Archangel Michael?

- A) Hathor 12
- B) Paone 12
- C) Amsheer 12
- D) Baona 12



36) Which day's reading is opened when there is Prophet or righteous person!

- A) Thoout 6
- B) Thoout 8
- C) Mesore 4
- D) Amsheer 12

37) Which day's reading is opened when there is a feast of one of the twelve disciples?

- A) Hathor 18
- B) Kiahk 4
- C) Baramhat 12
- D) Epep 5

38) What day is the martyrdom of Sts Peter and Paul (AKA the Feast of the Apostles)?

- A) Hathor 18
- B) Kiahk 4
- C) Baramhat 12
- D) Epep 5

39) Which day's reading is opened when there is a feast of one of the seventy apostles?

- A) Tobe 1
- B) Paope 14
- C) Paope 26
- D) Paremhote 19

40) What are the SIX groups of divisions for the martyrs?

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

41) Which day's reading is opened when there is a feast of one of the patriarchs?

- A) Paope 16
- B) Paope 18
- C) Thoout 26
- D) Hathor 29

42) Which day's reading is opened when there is a feast of one of the monks?

- A) Tobe 22
- B) Paope 24
- C) Pashons 19
- D) Pashons 11

43) Which day's reading is opened when there is a feast of one of the holy virgins?

- A) Barmhotep 15
- B) Tobe 30
- C) Thoout 20
- D) Pashons 15

44) Each day's Liturgy readings are connected by a single _____.

45) If Hathor 29 falls on a Sunday, we read the readings of Paremhotep 29, which commemorates...

- A) The Crucifixion
- B) The Nativity
- C) The Resurrection
- D) The Annunciation



A Faithful Guardian: The Rock of Faith and Steadfastness in Teaching

1) Pope Severus was born in....

- A) 351 AD
- B) 459 AD
- C) 431 AD
- D) 514 AD

2) St. Severus worked as a....

- A) Physician
- B) Engineer
- C) Lawyer
- D) Governor

3) Pope Severus advanced greatly in his _____ by fasting daily and spending much of the night in church.

- A) Academia
- B) Career
- C) Fame
- D) Spirituality

4) How old was St. Severus when he joined the monastery?

- A) 15
- B) 29
- C) 33
- D) 45

5) St. Severus joined the Monastery of....

- A) St. Leontius in Palestine
- B) St. Antony in Egypt
- C) St. Francis of Assisi
- D) St. Bishoy in Egypt

6) Despite his health challenges, St. Severus worked _____ and encouraged the monks to engage in _____.

7) What did the “Council of Chalcedon” claim and which heresy was it associated with?

8) What is the Orthodox belief on the nature of our Lord Jesus Christ?



9) What example can we use to illustrate that Jesus is both God and man at the same time?

- A) A doctor who then becomes an officer in the army
- B) A king who removes his crown to live among his people
- C) A fountain with a spring of water proceeding from it
- D) A farmer tilling the ground waiting for the rain to come

10) The Lord Jesus has _____ nature that results from the _____ of His two natures, which were never _____.

11) When was St. Severus ordained as Patriarch of Antioch (Syria)?

- A) 502 AD
- B) 512 AD
- C) 532 AD
- D) 545 AD

12) Who joined the celebration of the ordination of St. Severus as patriarch?

- A) Pope Cyril I
- B) the hermits
- C) the angels
- D) All the other patriarchs of the time

13) Which Churches reject the decisions of the Council of Chalcedon?

- A) The Coptic Orthodox Church
- B) The Greek Orthodox Church
- C) The Antiochian Orthodox Church
- D) A and C

14) Which emperor tried to convince Pope Severus to abandon the Orthodox faith?

- A) Emperor Constantine
- B) Emperor Nero
- C) Emperor Justinian I
- D) Emperor Julius

15) During persecution, St. Severus fled to Egypt where he remained there for _____ years.

- A) 7
- B) 11
- C) 20
- D) 24

16) How did St. Severus respond to the other emperor who accused St. Severus of despising the Church of God?

17) Who urged Pope Severus to flee in order to strength his community against the emperor's persecution?

- A) St. Anthony
- B) Emperor Justinian
- C) Pope Dioscorus
- D) Empress Theodora



18) What did Pope Severus disguise himself as?

- A) A simple monk
- B) A bishop
- C) A farmer
- D) A marketer

19) What are the FOUR reasons for steadfastness of Saint Severus of Antioch?

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

20) What was the a miracle that occurred when Pope Severus attended a Liturgy in a monastery in simple monk's clothing?

- _____
- _____
- _____

21) What did St. Severus leave behind for the Church today?

- A) many writing and teachings about the faith
- B) Translations of many Greek and Syriac texts that were translated into Coptic
- C) the Liturgy of St. Severus
- D) Both A and B

22) Where was St. Severus buried in?

- A) the Monastery of St. Leontius
- B) St. Mark's Cathedral
- C) the Monastery of St. Antony
- D) the Monastery of Glass

23) What is the significance of St. Severus being mentioned in the Commemoration of the Saints in the Liturgy immediately after St. Mark and before Pope Dioscorus and Pope Athanasius?

- _____
- _____
- _____



The Man or the Machine (AI)

1) Who is the Giver of knowledge that drives inventions and advanced technologies?

- A) Artificial Intelligence
- B) God
- C) Scientists
- D) Humans

2) What is Artificial Intelligence?

3) What can AI do with large amounts of data?

- A) analyze data
- B) assist in business processes
- C) provide intelligent suggestions
- D) All of the above

4) List FIVE advantages of AI:

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

5) Which of the following is an example of improving production efficiency via AI?

- A) Improving medical diagnoses and developing new treatments
- B) providing new insights and innovative solutions to problems
- C) Developing new teaching methods and creating new entertainment tools
- D) Performing tasks more quickly, requiring less human effort

6) An invention can serve both _____ and _____ purposes, depending on whether it is used for _____ or _____.

7) What are THREE points that highlight the significant of inventions and scientific discoveries?

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



8) List SEVEN DISadvantages of AI:

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

9) 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

10) What is the danger of using AI for dogmatic or religious topics?

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



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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, this Mahragan book was created by the blessed servants
of the Coptic Orthodox Diocese of New York and New England.



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