

MAHRAGAN EL-KERAZA 2026

Workbook

MORE THAN CONQUERORS

(Romans 8:37)



**“Yet in all these things we are
more than conquerors
through Him who loved us”**

(Romans 8:37)

**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





**Introduction:
The Ecclesiastical
Competition**

**St. Paul's Epistle to
the
Colossians**

**True
Knowledge**

**Why
Death &
The Cross?**

**Blemished
Yet
Blameless**



Introduction

1. The Cross consists of two components. They are...

- a. Defeat and death
- b. Joy and winning
- c. Resurrection and joy
- d. Resurrection and enduring hardship

2. Where do we learn why Christ endured a humiliating death for us?

- a. Romans 6:23
- b. Colossians 1:24
- c. Hebrews 12:2
- d. Romans 8:37

3. Was the Cross a historical accident?

- a. Yes
- b. No, God planned it for Adam
- c. No, God planned it for His Son
- d. No, God planned it for us

4. If God simply forgave the sins, what is the result?

- a. God's justice would not stand
- b. It would be okay to happen.
- c. We would not have any consequences to our sins
- d. We would never hurt one another.

5. When Adam sinned, God had a Divine Dilemma: that He loved humanity but He had also warned them what would happen apart from Him. Where is the solution explained?

- a. "The sting of death is sin, and the strength of sin is the law." (1 Corinthians 15:56)
- b. "Mercy and truth have met together; Righteousness and peace have kissed." (Psalm 85:10)
- c. "for all have sinned and fall short of the glory of God." (Romans 3:23)
- d. "Blessed are the merciful, for they shall obtain mercy." (Matthew 5:7)

6. Our Lord Jesus Christ is our Redeemer. For this to be true, why did He have to be the Creator?

- a. To renew our corrupted nature and recreate it a second time.





- b. Because Adam tried to create himself into a god
- c. Because He had to be powerful
- d. Because the one who sinned (Adam) was not a creator

7. When we make the sign of the Cross over our bodies, why do we sign from the left shoulder to the right shoulder when declaring "Holy Spirit."

- a. We read left to right
- b. Christ is seated at the right hand of God
- c. The Holy Spirit brings us from darkness ("left") to light ("right")
- d. We're mirroring when Abouna blesses the congregation

8. What is the central theme of Hebrews 12:2 and 1 Peter 2:24?

- a. There is joy in suffering
- b. God loves the Jewish people
- c. Our sins caused pain
- d. Christ personally endured for us and died for us.

9. What can we learn from Galatians 3:13?

- a. Curses came from the law
- b. We inherited Adam's curse
- c. Death was our curse, and Christ took it for us
- d. Cursed things hang on trees, and so do we

10. The death we deserve is four-fold, and Christ conquered them all for us. What is the difference between spiritual death and mortal death?

- a. Spiritual death is banishment into a fallen realm. Mortal death is the corruption of our nature.
- b. Spiritual death is a separation from God. Mortal death is being subject to a corrupt realm.
- c. Spiritual death is a corruption of our nature. Mortal death is eternal destruction.
- d. Spiritual death is a separation from God. Mortal death is when our physical bodies no longer have a heartbeat.

11. St. Athanasius gives us insight into the Cross. What does he say about the spiritual meaning of Christ hanging above the earth?

- a. That Christ might draw us up to Himself
- b. To represent that He came from heaven
- c. Roman crucifixions were always done this way



d. So everyone would see that He really died

12. This year marks the 1700th anniversary of what?

- a. The Council of Nicea
- b. The dedication of the Church of the Resurrection in Jerusalem
- c. The discovery of the Cross by Queen Helen
- d. The departure of St. Athanasius

13 Sometimes God allows us to go through trials to keep us from falling into future sins. Match this type of trial with the corresponding example.

- | | |
|--|---------------------------------|
| a. Trial of Protection: St. Paul | b. Trial of Protection: Abraham |
| c. Trial of Purification: the Prodigal Son | d. Trial of Repentance: Job |

14. What do the Cross and Acts 5:41 have in common?

- | | |
|------------------------------------|------------------------------|
| a. They refer to the same people | b. Joy from tribulation |
| c. Suffering due to sin is helpful | d. We will always have peace |

15. Where do we hear of death being a step toward a realm with the saints?

- | | |
|--------------------------------|-------------------------------|
| a. The Litany of the Traveler | b. The Litany of the Sick |
| c. The Litany of the Oblations | d. The Litany of the Departed |





The Epistle to Colossians

Chapter 1

16. Where is Colosse today?

- a. Israel
- b. Turkey
- c. Rome
- d. Greece

17. What is the purpose of this epistle?

- a. To confront false teachings in the church established by St. Paul
- b. To confront false teachings in the church when St. Paul was consulted by Epaphras
- c. To define the components of the Church
- d. To challenge the Church to grow

18. Ephesians and Colossians are complementary. Why?

- a. They each discuss the Church from different angles
- b. They both reveal St. Paul's suffering in prison
- c. They each applaud their respective cities for their faith
- d. They both discuss Christ as the Head, and we are members of His Body

19. What is the purpose of the opening two verses?

- a. To introduce a new topic
- b. To describe in detail the spiritual significance of grace
- c. To establish the source of these teachings and bless the people
- d. To establish St. Paul as the originator of these ideas

20. Hebrews 12:2 says "for the joy set before Him, He endured the Cross." How does this idea appear in Colossians 1:3-5?

- a. His Love for us is why He endured
- b. Hope is what allows us to remain faithful through pain
- c. Faith in Christ Jesus is the most important thing
- d. We are thankful for Christ's sacrifice

21. What did Colosse hear about before from Epaphras?

- a. Resurrection and faith
- b. Love and charity
- c. Glory and thanksgiving
- d. Forgiveness and glory



22. Which of the Colossians' viewpoints did St. Paul try to redirect?

- a. Salvation is only for the Jews
- b. Jesus is not the Messiah
- c. Love is the only important thing needed for a Christian life
- d. The Trinity is a polytheistic concept

23. Which verse demonstrates what has come of Epaphras' teaching?

- a. "You are the light of the world. A city that is set on a hill cannot be hidden." (Matt 5:14)
- b. "there is joy in the presence of the angels of God over one sinner who repents." (Luke 15:10)
- c. "Every branch that bears fruit He prunes, that it may bear more fruit." (John 15:2)
- d. "First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye." (Matthew 7:5)

24. Why does St. Paul commend Colosse?

- a. They loved everybody, slave and free, equally
- b. They spread new churches across the country
- c. They really understood the Resurrection
- d. They heard the teachings of Christ, experienced them, and became new

25. What can we learn from the labor of Epaphras?

- a. Even if you just clean up something off the floor, but you do it for the glory of God, He will remember it
- b. We should study the Gospel so that we can tell others
- c. It's ok if people don't recognize our efforts
- d. Wisdom is needed to speak with unbelievers

26. In the Hebrew language, there is one combined word for the concept of hearing and the concept of obeying: "shema." In Deuteronomy 6:4-5, the Shema instructions are to "Hear... and love." What are St. Paul's analogous instructions?

- a. Listening and praying
- b. Wisdom and understanding
- c. Loving and serving
- d. Praising and worshiping





27. Some people say "I understand Christian morals theoretically." What would St. Paul think about this?

- a. That's all you need to do
- b. That's not enough
- c. You need to understand deeper
- d. That's a good start, now let's put it into action

28. What does the Greek word Praxis mean?

- a. Praise
- b. Gospel
- c. Action
- d. Prayer

29. What does the Greek word Gnosis mean?

- a. Gospel
- b. Generosity
- c. Action
- d. Knowledge

30. What do the Gnostics believe?

- a. God is understood through a hidden knowledge, not through Scripture, tradition, or doctrine
- b. Non-Jews must follow the Torah Law to be considered Christian
- c. Jesus is the Messiah who was incarnate, crucified, resurrected, and ascended to heaven
- d. The Gnostics are atheist

31. Which verse explains how the Holy Spirit teaches us in the knowledge of God every day?

- a. John 14:26
- b. Matthew 6:19
- c. Luke 19:38
- d. Mark 12:43

32. Who intercedes for us when we don't know what to pray about (Romans 8)?

- a. St. Mary
- b. Abouna
- c. The Holy Spirit
- d. No one

33. How are we strengthened according to His glorious power?

- a. By allowing God to do everything
- b. By working synergistically with God
- c. By doing everything according to what we think is best
- d. By planning out every detail of our lives



34. Which example is a “daily life” situation that demonstrates our choice to walk with God or not?

- a. Another student offered you the answers to an upcoming final exam and you chose not to take it, as it is cheating.
- b. You were asked to introduce the Bishop at a council meeting
- c. You represent all the Christian organizations on your school board
- d. Your senator uses your name to tilt the ballot results

35. Who said “God, who created us without us, cannot save us without us.”

- a. St. Paul
- b. St. Peter
- c. St. Antony
- d. St. Augustine

36. What is the point of the quote in the previous question?

- a. God needed us to die on the Cross too
- b. God wants us to participate in working out our salvation (Philippians 2:12)
- c. God shouldn't have created us because we would mess up
- d. God created us in order to save us

37. St. John Chrysostom says “God not only has given the honor but also made us strong enough to receive it.” What words of St. Paul is he referencing?

- a. “Delivered us from the power of darkness” (1:13)
- b. “We have redemption through His blood” (1:14)
- c. “Strengthened with all might, according to His glorious power” (1:11)
- d. “Qualified us to be partakers of the inheritance” (1:12)

38. Which story is a type of deliverance from darkness, toward a new kingdom?

- a. The Israelite exodus from Egypt
- b. Adam and Eve banished from Eden
- c. The prodigal son leaving for a new land
- d. The Holy Family's flight to Egypt
- e. Christ defeated the devil, but people still go to Hades





39. What does the Son of His Love mean?

- a. The only one He loves
- b. The one He loves most
- c. His Beloved Son
- d. His only Son

40. The Colossians were under many false beliefs, including that salvation is possible through the Father alone, without Jesus Christ. John 14:6 addresses this. Which verse(s) in chapter 1 of Colossians does St. Paul use to help correct their understanding?

- a. Verses 9–10
- b. Verses 12–13
- c. Verse 15
- d. Verse 17

41. Sometimes people take verses out of context to say that Christ is not God. For example, “My Father is greater than I” (John 14:28). What would St. Paul say to those people?

- a. God, who we cannot see, we now can see through the person of Christ
- b. The Father and the Son are two different gods
- c. Christ is less than the Father, but still God
- d. God taking flesh was scandalous

42. Which verse addresses the concern from the previous question?

- a. Ephesians 6:18
- b. 1 Timothy 3:16
- c. Mark 11:23
- d. Revelation 3:21

43. Christ used his physical touch to heal many on earth. Why is this possible?

- a. God the Father can touch humans physically
- b. A human man can heal by a touch
- c. The Incarnate Word has both flesh to touch and power to heal
- d. It was a miracle

44. “So God created mankind in His own image” (Genesis 1:27). But Colossians tells us Christ is the image of God. How can this be?

- a. When Christ took a body, He molded it to look like Adam so He would share the same look as man
- b. Christ was never created. He is the original image, and we are His copies
- c. We are gods like Christ is God
- d. Christ’s image and our image (of God) are the same



45. "Blood" has many biblical references. What does St. Paul equate it to?

- a. The life of a person
- b. The evidence of a sacrifice
- c. The representation of human flesh
- d. The forgiveness of sins

46. How do Gnostics use the word "emanate"?

- a. The Son depicts the glory of the Father
- b. The Son is the same essence as the Father
- c. The Son is not the same essence as the Father
- d. The Son is seen and the Father is not seen

47. What does the Greek word "ikon" mean?

- a. Image
- b. Twin
- c. Reflection
- d. Opposite

48. Why does St. Paul use the word "firstborn" to describe Christ?

- a. Because the Son is begotten of the Father, not created.
- b. Because Christ was the first born (and only) child of St. Mary
- c. Because Christ was created from before Adam
- d. Born and created mean the same thing in this context

49. How can we recognize Christ as the image of God?

- a. When we see Christ, we understand what the Father looks like physically
- b. When we see the Law, we see Christ, who fulfilled it as the image of the Father
- c. No one has seen the Father, so we can't recognize His image
- d. When we see Christ, we get a rudimentary glimpse of what the Father is like

50. Exodus 40 tells the detailed description of God's instructions to Moses about how to set up the tabernacle: "Moses finished the work. Then the cloud covered the tabernacle of meeting, and the glory of the Lord filled the tabernacle." Where in Colossians do we see this theme of God dwelling with His people?

- a. "Being fruitful in every good work"
- b. "Giving thanks to the Father"





- c. "He has delivered us from the power of darkness"
- d. "All things were created through Him and for Him."

51. Which chapter echoes the ideas in Colossians 1:16?

- a. Matthew 2
- b. John 1
- c. John 6
- d. Mark 16

52. "All things were created through Him." What can humans claim as our own doing?

- a. Nothing, God created everything
- b. Good deeds
- c. Sin
- d. Tithing

53. If a potter molds a vase from clay, the vase serves the purposes of the potter. Similarly, if God created us...

- a. He gave us free will to please ourselves
- b. We are not our own masters, but His servants
- c. He gave us free will so we would give free will to others
- d. We are our own masters

54. Lazarus was raised from the dead, but eventually died. Christ raised himself from the dead, and continued living. This is why Saint Paul says...

- a. "first born from the dead"
- b. "in Him all things consist"
- c. "He is the image of the invisible God"
- d. "In Him all the fullness should dwell"

55. Christ created and rules over principalities and powers. Where else do we hear of such ranks?

- a. James 1:5
- b. Romans 12:1
- c. Ephesians 6:12
- d. Philippians 3:7

56. Fill in the blank from St. John Chrysostom: "Then having spoken of His dignity, [Paul] also proceeds to speak of His love for humanity. 'He is,' he says, 'the head of _____.' He did not say 'of the fullness' of the universe, (although this too is signified) out of a wish to show His great friendliness to us, in that He who is thus above, and above all, connected Himself with those below."

- a. the world
- b. those who have fallen asleep
- c. Creation
- d. the body, the church



57. What does preeminence mean here?

- a. Christ was the first bishop
- b. Christ was the first person to rise from the dead
- c. As the Creator, everything that exists belongs to Christ
- d. As the Head, Christ is our example of how to live

58. We don't worship anyone except for Christ. Where do we read an example of what not to do?

- a. Revelation 22:8-9
- b. Deuteronomy 6:5
- c. Hebrews 1:6
- d. Isaiah 25:1

59. If you inherit a broken car, it doesn't get fixed by driving around and ignoring it. How do we understand this spiritually?

- a. Adam was our head, and we can live by being different than him
- b. Christ is our head, and we can live apart from Him
- c. We cannot live by Adam's dead body. We need adoption into Christ's renewed body
- d. Christ is the Head of the Church

60. We were members of a dead body, with Adam as the head. What changed?

- a. John 6:49
- b. Romans 8:15
- c. Joshua 5:6
- d. Matthew 23:30

61. Why can't Jesus just raise everyone like Lazarus? (Hint: Lazarus still died)

- a. He can, and will
- b. Matthew 10:8
- c. That wouldn't fix the problem of our inherited corrupted nature
- d. Hebrews 11:35

62. What is the solution to the problem in the previous question?

- a. Christ had to renew our nature (God had to become man)
- b. Adam had to die because he disobeyed God in the garden
- c. We have to die to reconcile for our sin
- d. We have to renew our nature (become god-like)





63. St. Athanasius said "God became man so that man might become like god". What is the significance of this quote?

- a. It teaches us joy and kindness
- b. It explains the sacrament of baptism
- c. It shows how and why Christ came
- d. It retells the Exodus story

64. Who did it please that in Christ dwelt all the fullness?

- a. The Colossians
- b. The Christians
- c. The Holy Spirit
- d. The Father

65. The Holy Spirit is dwelling in us, but we don't have what Christ has. According to Colossians 1:19, Christ is...

- a. the Trinity
- b. the fullness of God
- c. a prophet
- d. a king

66. John 1:16 says "And of His fullness we have all received." What does the word "of" signify here?

- a. We are fully God and fully human
- b. We have divine nature
- c. Every good thing we have comes of Christ
- d. We are full of goodness like Christ

67. Colossians 1:20 says "by Him" twice. Who is Him?

- a. The Father
- b. The Son
- c. The Holy Spirit
- d. The Trinity

68. The term "reconcile" implies what status change between two people?

- a. Strangers -> united
- b. Strangers -> strangers
- c. United -> united
- d. United -> strangers

69. How do we become sacramentally reconciled in the body of His flesh?

- a. Charity
- b. Forgiveness
- c. Praising
- d. The Eucharist

70 St. Paul instructs us to "continue in the faith." Where does he say to get this inspiration?

- a. The words of sermons
- b. The faith of others
- c. The love of the church
- d. The hope of the gospel



Chapter 2

71. Colossians 1:9 and 2:2 both encourage the practical use of knowledge. What is this called?

- a. Patience b. Gentleness c. Understanding d. Truth

72. What is our source of persistence to remain united with someone, even when they've wronged us?

- a. Joy b. Peace c. Hope d. Love

73. Where does this fruit from the previous question come from?

- a. Scripture reading b. The Holy Spirit c. It's naturally within us d. Practice

74. Gnostics believe knowledge of God is obtained through hidden, mysterious means. St. Paul wishes to clarify the understanding of the Colossians by giving a name to that mystery. He argues that knowing God can only be accomplished.

- a. By pure academic study b. Through repetitive rituals
c. Through His Son d. By human intellect

75. Which of the following is NOT an example of modern day persuasive words?

- a. Love is love b. Know your faith c. Be tolerant d. Live your truth

76. St. Paul writes "walk in Him". He did not write "walk with Him". What does the word "in" signify here?

- a. That we can be almost similar to Christ, while still holding onto our lives
b. That He is already in us, so we don't have to be in Him
c. "In" and "with" function the same here
d. That we must be united in Christ through our steadfastness

77. In the Thanksgiving Prayer, we say "we thank You for everything, concerning everything, and in everything," meaning "we thank you for all the good, all the bad, and everything in between." How does St. Paul describe this attitude?

- a. Extreme b. Unconditional c. Abounding d. Fullness





78. When we sin, we can bring hardship upon ourselves, and we only are to blame. However when God allows us to experience trials...

- a. We can't grow because we are still to blame
- b. We can't grow because we can't be stronger than God
- c. We can grow by overcoming the trials via our strength
- d. We can grow by deepening our faith in these hard times

79. Please reference 1 Corinthians 1:18–25 and Colossians 2:8–10 for the following question. To the world, a dead Man hung on a cross is not a powerful King. But St. Paul argues...

- a. The traditions of men are foolish, not leading to life
- b. Stumbling blocks of comprehension can't be overcome
- c. Academic knowledge is enough to live with Christ
- d. The philosophers of this age have wisdom that is eternal

80. What do Judaizers believe?

- a. God can be understood through intense biblical study
- b. All the traditions of men by Jewish fathers, even if contradicting the Law of God must be strictly followed in order to live in communion with God
- c. Jesus is one of the many gods including Apollo and Hermes
- d. Jesus is the Messiah who established His new covenant by His crucifixion and resurrection

81. There are many Torah Laws regarding ritualistic cleansing as atonement for sins. While animal sacrifices are not maintained by Christians, the spirit of these laws remains today in the form of...

- a. Wearing a clean white robe after baptism
- b. Praying for forgiveness
- c. The sacrament of repentance and confession
- d. 41 Kyrie eleyson's



82. When addressing Judaizer principles, St. Paul often reiterates to the Colossians that God cannot be known apart from Jesus Christ. Why?

- a. The Judaizers taught unconditional tolerance of all beliefs
- b. the Torah laws prior to the incarnation were not salvific
- c. The Judaizers added Christ to their pantheon of gods
- d. The Colossians lived in utmost extravagance, equating earthly pleasure to divine blessing

83. Why did God have Abraham and his descendants circumcise themselves as a sign of their covenant?

- a. Co-suffering with Christ is how we live with Him
- b. Circumcision, or priming, of the heart through baptism is how we make room for God in our daily lives
- c. God planned to abolish this law after the resurrection
- d. Physical death of the body (or a body part) is the wage of sin

84. We're told to put off the body of the sins of the flesh. What will take its place?

- a. John 14:13
- b. Philippians 3:20
- c. Revelation 7:17
- d. Ephesians 6:13

85. In the song Oh Beloved is the phrase "Every time you sin a new, It's one more nail in My hand." How is this described in Colossians?

- a. Atonement
- b. Forgiveness
- c. Handwriting
- d. Justice

86. In Colossians 2:13-14, we find 3 actions the Lord Christ performed that express how He paid the debt written in the "handwriting" and nullified its effect—what are they?

- a. Forgave trespasses, wiped out handwriting, taken/nailed to the cross
- b. Circumcised the flesh, wiped out handwriting, taken/nailed to the cross
- c. Wiped out handwriting, taken/nailed to the cross, restored us to the right
- d. Forgave trespasses, triumphed over powers, wiped out handwriting

87. In verse 2:16, who are the people who are judging?

- a. The Colossians
- b. The Christians
- c. The Gnostics
- d. The Judaizers





88. God, out of His abundant love and grace, allows us sinners to worship Him. How does St. Paul describe this privilege?

- a. Honor
- b. Reward
- c. Right
- d. Rite

89. The Ten Commandments God gave Moses strictly forbade the worship of idols. Now after the Resurrection of Christ, God still wants us to worship Him and Him alone. Similarly, St. Paul warns the Colossians against those who...

- a. Do not hold fast to the Head
- b. Are nourished and knit together
- c. Ask intercession of the saints
- d. Grow with the increase from God

90. The conclusion of chapter 2 advises against strict rules about what is ok and not ok to eat. How is this relevant to the fasts of the Orthodox Church?

- a. We fast because some foods are not right at certain times of the year
- b. We should not fast because St. Paul said food rules have no value
- c. We fast, not because food is morally bad, but as a spiritual exercise of saying no to sin
- d. We should fast because celebrating a feast will feel much better

91. What does "do not touch" refer to from the Torah Laws?

- a. Touching dead bodies or unclean animals made a person unclean
- b. Touching clean people like priests made a person clean
- c. Touching the temple walls made a person clean
- d. Touching a bloody animal sacrifice made a person clean forever

92. In verse 2:23, St. Paul boldly claims that saying no to certain foods everyday of the year actually has an opposite effect:

- a. It does NOT guarantee our salvation
- b. It does NOT help impulsiveness
- c. It does NOT help us know Christ
- d. It does NOT make us joyful

Chapter 3

93. Chapter 3 starts "If then you were raised with Christ", as if to say...

- a. If you were raised from the dead, then you don't have to address sin anymore
- b. If you seek things above, you cannot have anything on earth
- c. If you really believe Christ opened the path for us, then act like it and receive it
- d. If Christ raised from the dead, continue your life as it was before



94. Which is stronger language: “seek” or “set your mind”?

- a. Set your mind b. Seek c. They’re equal d. They’re both weak language

95. All of these verses from the Gospel according to St. Matthew demonstrate “your life is hidden with Christ in God” EXCEPT...

- a. “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.” (Matthew 6:5)
b. “But all their works they do to be seen by men. They make their phylacteries broad and enlarge the borders of their garments.” (Matthew 23:5)
c. “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.” (Matthew 6:6)
d. “If your hand or foot causes you to sin, cut it off and cast it from you.” (Matthew 18:8)

96. One practical step for controlling anger is...

- a. Avoid daily activities (school, studying) that make you angry
b. Pray for patience right before you enter rooms/situations/groups where you’ve become upset in the past
c. Only think happy thoughts all the time
d. Tell everyone who makes you angry to stay away

97. In verse 3:5, the word “members” refers to the parts of ourselves that act in certain ways. James 3:8–10 says “But no man can tame the tongue. It is an unruly evil, full of deadly poison. With it we bless our God and Father, and with it we curse men, who have been made in the similitude of God. Out of the same mouth proceed blessing and cursing.” From where do we receive help to put to death our members?

- a. By giving thanks b. The Holy Spirit c. By serving d. Circumcision





98. When Jesus instructed us to turn the other cheek, He wanted us to reflect a mirror onto the person who wronged us: that we might live in peace with them, and that they might realize the error of their ways. How do we do this practically?

- a. When someone bothers you, respond with gentleness
- b. When someone cheats you, cheat them back
- c. When someone steals from you, tell everybody
- d. When someone falsely accuses you, do not help them in the future

99. What is the significance of the phrase "But now"?

- a. There's nothing we can do about that past
- b. I'll plan to be better next month
- c. We have a chance to repent and be better right now
- d. Right now we have anger, wrath, etc...

100. What is the Devil's signature move?

- a. Make us too guilty to sin, then afterwards too proud to reflect
- b. Lie so that we sin, then afterwards make us feel too guilty to repent
- c. Lie so that we sin, then afterwards make us reflect and repent
- d. Make us too guilty to sin, then afterwards shows us a different temptation

101. We're instructed to "put on the new self." This is step two. What is step one?

- a. Romans 7:19
- b. Colossians 2:11
- c. Philippians 4:8
- d. Galatians 4:31

102. St. John Chrysostom says "If you have only this man [referring to our nature inherited from Adam], you will obtain the same things with the others that have him." But what is the hope St. Paul provides?

- a. The wrath of God is coming upon the sons of disobedience
- b. There is neither slave nor free
- c. Put to death idolatry
- d. Christ is all, and is in all

103. Verse 3:11 shows...

- a. Greeks and Jews can't be saved
- b. Christ is only in the slaves, not the free men
- c. In Christ, our old nature is past, and we are a new creation
- d. Circumcision satisfies the new covenant law



104. Humility is a gift from God which requires the grace of God as well as our struggle to grow in the virtue. How does St. Paul phrase this?

- a. Take off b. Try more c. Turn aside d. Put on

105. Some people confuse meekness and weakness. What is meekness?

- a. Giving everything to another person b. Bearing attack without returning it
c. Trusting God will protect you d. Being quiet about the faith

106. What must we do before we can forgive someone?

- a. Repent and confess b. Explain to them what they did wrong
c. Endure their wrongdoing patiently d. Kindly ask them to stop

107. St. Paul uses one word as the chief instruction to summarize all of these teachings. What is it?

- a. Love b. Bear c. Endure d. Hope

108. What is the secret to peace?

- a. Thanksgiving b. Kindness c. Meekness d. Mercy

109. How can we love our enemies?

- a. We must find common interest b. We must not acknowledge their wrongs
c. We must give them peace d. We must love God first

110. What's an easy way to let the word of Christ dwell in us?

- a. Finishing one book each day b. Psalms, hymns, spiritual songs
c. One thousand Jesus Prayers each day d. Don't watch TV

111. Saint Isaac the Syrian said: "There is no gift without increase, except the one for which no thanks is given." How can we increase when our gift is trials?

- a. We can only grow when we're given good things
b. We gain virtues like patience, thanksgiving, and depending on God
c. We personally increase our suffering in order to participate alongside Christ's suffering
d. We look for a way out of trials so we can return to harmony with God





112. What is the point of verses 3:18–19 if I'm not married?

- a. Obedience and love are virtues that everyone can grow in
- b. I can notice when my father is not loving my mother
- c. I should obey those in my life, even when they lead me away from God
- d. Nothing, I can skip this part

113. We don't see slavery in our everyday lives. What is the point of verse 22 for us?

- a. We can demand obedience of those below us
- b. We can gain virtue if we obey insincerely
- c. Obedience to those in positions above us teaches us humility and patience
- d. Performative prayer gets God's attention

114. Let's say my brother is far from Christ. If he sees me living in the fear of God, even when it's hard, we pray that...

- a. He be won over to Christ
- b. He will make my life harder
- c. He won't change
- d. He will blaspheme against God

115. When you study, your books are an altar, and you are the priest. Why?

- a. Verse 19
- b. Verse 22
- c. Verse 23–24
- d. Verse 25

116. Match the words to complete the verse:

- a. Wives... submit to your own husbands... for this is well pleasing to the Lord
- b. Fathers... do not provoke your children... lest they become discouraged
- c. Children... love your parents... in sincerity of heart, fearing God
- d. Bondservants... submit to your own masters... and do not be bitter toward them

Chapter 4

117. Colossians 4:1 echoes what verse from the Lord's Prayer?

- a. Thy Kingdom come, Thy Will be done
- b. On earth as it is in Heaven
- c. Give us this day our daily bread
- d. Forgive us our trespasses, and we forgive those who trespass against us



118. When is the best time to pray?

- a. During a hardship
- b. After a hardship is over
- c. When you're about to enter a new hardship
- d. All of the above

119. Like a lifeguard at the beach is always watching for danger, so too are we called to be spiritually _____

- a. Calm
- b. Peaceful
- c. Vigilant
- d. Thankful

120 Why did St. Paul want God to open a door?

- a. He was in prison and wanted to leave
- b. He wanted God to open the hearts of others, so they would receive Christ
- c. He was referencing John 10:9, where Christ says "I am the door"
- d. He wanted to perform miracles so others would believe in Christ

121. What should we do if a friend at school is resistant to hearing about Christ?

- a. Force them to listen
- b. Stop talking to them
- c. Give them this book
- d. Pray that God would open their heart to receive His Word

122. Asking others to pray for us is called _____

- a. Worship
- b. Intercession
- c. Thanksgiving
- d. Service

123. Many people don't follow Christ because they've been hurt by someone who is Christian. What is our responsibility to address this?

- a. To demonstrate Christ in all our actions, so that others might be introduced to Him through us
- b. Teach people all the commandments of God
- c. Try to figure out what went wrong with this person and rectify it ourselves
- d. Those who have left the faith probably won't come back





124. Regarding verse 4:5, St. John Chrysostom says “On account of the Preaching alone have thou war, he says, let this war have none other origin. For though they were to become our foes for other causes besides, yet neither shall we have a reward, and they will become worse, and will seem to have just complaints against us.” When we “walk in wisdom,” we are to discern the SOURCE of spiritual debates. If discussions arise because people have different understandings, then that can be beneficial for both parties. But...

- a. If debates arise because people are hostile to each other, there is no spiritual edification
- b. If debates arise because people are hostile to each other, that can be beneficial for both parties
- c. If you speak with grace, the other person won't understand the point you're trying to make
- d. If discussions devolve from theology to fighting matches, then everyone learns

125. As we go about our daily lives, we see and talk to people all the time. These moments are precious gifts from God. What should we do with them?

- a. Let your speech be seasoned with malice
- b. Walk carefree
- c. Redeem the time
- d. Run from responsibility

126. If God has placed us in a position of responsibility, how should we exercise this when someone under us has done wrong?

- a. Correct them firmly
- b. Forgive them with love
- c. Correct them with love
- d. None of the above

127. If God has NOT placed us in a position of responsibility, how should we exercise this when someone has done wrong?

- a. Correct them firmly
- b. Forgive them with love
- c. Correct them with love
- d. None of the above

128. Speaking to Philemon (slave master), St. Paul reshapes the contemporary household through love by defending his runaway slave Onesimus: “receive him forever, no longer as a slave but more than a slave—a beloved brother.” What can we learn from this?

- a. We can forgive people a few times, but after something really bad, they're out of chances
- b. We have to make sure our stuff is always in proper order so that we may serve God correctly
- c. We should free everybody of all their responsibilities
- d. We can be peacemakers between ourselves and God,



tween ourselves and others, and even within our own hearts when we forgive those who have wronged us

129. St. Paul lists his friends in the ministry. Why?

- a. Our spiritual journeys have both personal and communal components (both are necessary)
- b. It is crucial we know exactly who was there with him
- c. The Colossians were looking for credentials, to verify where the information was coming from
- d. Listing more people helps to raise awareness

130. Why does St. Paul write “remember my chains”?

- a. He wanted pity from the Colossians for his suffering in prison
- b. Co-suffering for the sake of Christ is how we grow in our relationship with Him
- c. He is calling himself the bondservant, as a reminder to obey the prison master
- d. He wanted them to bail him out of prison

Why Death & The Cross?

131. John 3:14 and 12:32 both show...

- a. The Cross had to be bronze to match Moses' serpent in the desert
- b. Christ was lifted up, but we are not drawn to Him by this action
- c. The Cross was not a last minute scheme to save humanity, but God's intent from the beginning
- d. God always had a plan to save humanity, but the Cross itself was not specific to that plan

132. Crucifixion was a _____ practice

- a. Jewish
- b. Roman
- c. Greek
- d. Egyptian





133. Matthew 27 says “Then Judas, His betrayer, seeing that He had been condemned, was remorseful and brought back the thirty pieces of silver to the chief priests and elders, saying, ‘I have sinned by betraying innocent blood.’ ... But the chief priests took the silver pieces and said, ‘It is not lawful to put them into the treasury, because they are the price of blood.’” What does this show?

- a. The high priests did not want the public responsibility of killing Jesus
- b. The priests told Judas to give the money to Pilate so Rome would take the blame
- c. The priests told Judas to give the money to the poor because there were many poor Jews at the time
- d. The priests had so much money because of their position that they didn’t need any from Judas

134. What is the significance of both the Jews and Romans being involved in the death of Christ?

- a. Only Jews and Romans can now be saved
- b. Technically it was Rome who completed the execution, so Romans cannot be saved in the end
- c. It was a minor planning detail unrelated to the story of salvation
- d. Christ died because of the Jews and Gentiles, meaning His salvation is open to the whole world

135. “For the wages of sin is death” comes from

- a. Prayer of Reconciliation
- b. Romans 6:23
- c. Colossians 3:4
- d. Basilian Liturgy

136. “You did not leave us until the end” comes from

- a. Prayer of Reconciliation
- b. Romans 6:23
- c. Colossians 3:4
- d. Basilian Liturgy

137. In the conclusion of each Agpeya hour, we say “who [God] does not wish the death of the sinner but rather that he returns and lives.” Which verse is this echoing?

- a. Ezekiel 33:11
- b. Exodus 23:7
- c. Acts 17:28
- d. 1 Peter 1:15–16



138. What does the word "Holy" mean?

- a. To be a prophet, telling the people about Christ
- b. To be merciful, accepting people as they are
- c. To be set apart, not mingled with anything wrong
- d. To be as perfect as a human can be

139. From the previous question, let us understand how blessed we are: Even though God is just, holy, and hates evil, He also...

- a. Desires the evil to die
- b. Loves sinners
- c. Only helps the righteous
- d. Hates sinners

140. Psalm 85:10 solves

- a. The Schisms in the Church
- b. The Jew vs Gentile Discussions
- c. The Council Debates
- d. The Divine Dilemma

141. Our savior must be...

- a. Unlimited
- b. Human
- c. Unlimited and human
- d. Unlimited or human, but not both

142. "He took what is ours and gave us what is His" from the Friday Theotokias of the Midnight Praises reflects which verse?

- a. 2 Corinthians 5:21
- b. Hebrews 4:15
- c. Hosea 13:14
- d. Acts 2:24

143 "Trampled death by death" indicates that, in order to save us, Christ must...

- a. Die, unwillingly
- b. Die, forcefully
- c. Be stronger than death to defeat it
- d. Be weaker than death in order to fill the death

144. Isaiah 43:1 shows that the Savior must also be

- a. Stronger than death
- b. The Creator
- c. The Substitute
- d. Holy





145. All of the following are attributes of a fitting Savior, EXCEPT...

- a. Infinite b. Holy c. Limited d. Creator

146. Someone had to die for the sins we commit. But God loves us and does not desire our death. The incarnation was the perfect solution to our dilemma. Why?

- a. God can die
b. A sinful human can save other sinful humans
c. The Incarnate Son of God has both flesh to substitute for flesh and immortality to cover eternity
d. It was a miracle

147. Here, in the person of the Lord Jesus Christ, all the qualifications of the Savior are complete. He alone is _____, able to do all things; ___ and without evil; stronger than _____; and the _____ who became a human to die on behalf of all people. (Fill in the blanks in order)

- a. Infinite; Holy; death; Creator b. Limited; Holy; Satan; Creator
c. Infinite; good; Satan; sinner d. Powerful; perfect; God; man

148. As an alternative, the savior could have been...

- a. An angel b. A prophet c. Virgin Mary d. No one else

149. When David beat Goliath, the Israelites “won” even though they didn’t fight Goliath. Also as a sign of Christ’s victory...

- a. We have to fight the giants of our time
b. We don’t have to die on a Cross, but stay close to Him through belief and spiritual practices
c. We sling a single stone like David, which is the Word of God
d. We can carry our cross without belief

150. Why was it crucial that the sick people LOOKED at the Bronze Serpent to receive healing?

- a. Looking is how the healing was transferred to the people
b. People who didn’t look were also healed
c. Looking represents belief and synergistic cooperation with God
d. That’s what God commanded, but it’s not crucial to understand



151. In regards to the previous question, what is the result of looking?

- a. By looking at the snake, the snake loses its power; by looking at death, death loses its power.
- b. Death is less scary, but still real
- c. Moses became the savior of those in the wilderness
- d. Looking has no consequence because it is merely a symbol

152. Why was God adamant that no bones be broken in the sacrificial lamb?

- a. It had to be done so the ritual would be performed correctly
- b. Blood represents sin, which Christ had none of
- c. Blood from breaking bones represents life, so Christ gave His blood for us
- d. Because we (the Church) are His Body, and these imperfections (broken bones) represent division, which He didn't want

153. Similarly, why wasn't Christ beheaded?

- a. If Christ is the head, and we are His Body, beheading would represent a separation between God and man, which is not His desire
- b. Christ was a Roman citizen, so beheading was not appropriate
- c. Christ was Jewish, so beheading was appropriate
- d. Beheading does not involve breaking any bones

154. Christ chose the Cross for many reasons. Which reason represents life via death?

- a. "I am the Way, the Truth, and the Life" (John 14:6)
- b. The Roman execution system never included stoning
- c. While Christ was dead, He remained standing (on the Cross)
- d. The Jewish priests were not allowed to put anyone to death

155. Christ came for all, including those who believe without proof and those who wish for further explanation. He came for all. Who is the best example of the latter?

- a. St. Mary
- b. St. Athanasius
- c. St. Peter
- d. St. Thomas

156. The Cross healed

- a. Our bodies
- b. Our souls
- c. Our bodies and souls
- d. Our victory





167. Identify the path to reassurance

- a. Acknowledge there is a God, believe in His ability, trust He is for us
- b. Choose a god, praise his ability, ask for reassurance
- c. Create a god, believe in his ability, trust he will help
- d. Acknowledge there is God, acknowledge His ability, question if He is for us

168. Therefore the path to peace must include...

- a. Our quietness
- b. The Christotokos
- c. The gods
- d. The Prince of Peace

169. What can we learn from the European Ermine? (See Matthew 16:26)

- a. The devil will not try to trap us using our principles
- b. Protecting our lives is the most important thing
- c. To choose purity over our very lives
- d. We shouldn't clean ourselves in order to remain safe

170. Purity is defined as...

- a. Deprivation or suppression of the eyes, ears, mouth, hands, thoughts
- b. Refraining from physical sins like action, watching, hearing, or imagination
- c. Saying no to everything out of uninformed principle
- d. Guarding the sense of the heart to be united with our pure God

171. Before the Last Supper, "Jesus answered him [St. Peter], 'If I do not wash you, you have no part with Me.' Simon Peter said to Him, 'Lord, not my feet only, but also my hands and my head!' Jesus said to him, 'He who is bathed needs only to wash his feet, but is completely clean; and you are clean, but not all of you.'" Christ informed the disciples that they will become impure, but...

- a. He spoke of repentance/confession as the path back to union with Him
- b. Once you've fallen, you cannot become pure again
- c. Every sin throughout our lives requires re-baptism
- d. The washing metaphors were simply literal

172. The earth is already the domain of the devil ("The prince of this world", John 14:30). The least we can do is...

- a. Let him inside us because he already influences the world
- b. Guard our minds so they don't become his playground too
- c. Exorcise him out of every single mind



d. Surrender to sin because rising again is futile

173. "The pure person is not just one who has reached perfection in purity, but also one who longs to reach it." What does this imply?

- a. Once you're content with your status, you don't need to try anymore**
- b. Perfection is attainable**
- c. Purity is a lifelong pursuit, and we can all progress further**
- d. Humility is not a component of purity**

174. Which verse represents the element of escaping?

- a. Jeremiah 4:14**
- b. Psalm 63:5**
- c. Psalm 57:2**
- d. 2 Timothy 2:22**

175. There are different types of prostrations. When reviewing our sins, what is the mechanism of a metanoia?

- a. Bowing to the sin saying "I can defeat you without Christ"**
- b. It's a prayer rule that cannot be understood fundamentally**
- c. We aim to bury the sin as we go down, and rise with Christ as we stand back up**
- d. The physical act has no spiritual influence**

176. What is a good servant, but a bad master?

- a. Obedience**
- b. Love**
- c. Money**
- d. God**

177. What should be our position on contentment and wealth?

- a. The more I have, the more I can donate**
- b. Don't let your happiness depend on something you may lose**
- c. All wealth is bad and I shouldn't try to make money**
- d. Money is both the way to the goal and the goal itself**





178. The last time you fasted, did you perish? No! By the grace of God, you survived! St. Paul says in Philippians 4:11–13 that contentment can be reached...

- a. Only when things are going well
- b. Only when things are going poorly
- c. Only when surrounded by others going through a similar experience
- d. In any circumstance, through Christ

179. Why are St. Paul's many travels and sufferings described as a "school"?

- a. He studied the Torah and upheld it intensely before Christ appeared to him
- b. He started many schools for his disciples to learn about the Gospel
- c. These circumstances taught him to be content through anything
- d. After Christ appeared to him, he immediately understood how to be content all the time

180. What is the easiest way to start practicing active contentment right now?

- a. Say "thank God" as often as you can
- b. List every bad thing God has ever given you
- c. Meditate on all the good things to come
- d. List every single struggle God has allowed for your benefit

181. Which verse(s) teach us to be content throughout trials?

- a. 1 John 2:3–4
- b. James 1:2–4
- c. Proverbs 29:20
- d. Romans 12:9

True Knowledge

182. Eve fell (as do we) because she did not fully grasp the commandment against the tree. Why?

- a. She didn't memorize it
- b. She followed it precisely, without adding to it
- c. She saw it as a superficial rule, not internalizing its significance
- d. The serpent could not easily trap her



183. Knowledge is...

- a. Acquired more and more until, and no harm can result
- b. Acceptable from any source, as learning is always a good thing
- c. The means to an intellectual vacuum
- d. A gift from God that can be cultivated through our beneficent pursuit

184. Does this devil give us knowledge?

- a. No, he is only bad
- b. No, because God is the source of knowledge
- c. Yes, either lies or malicious truths
- d. Yes, he gives freely like God does

185. The unrelenting pursuit of non-spiritual academic knowledge (i.e. bringing home space rocks) ultimately feeds...

- a. Our longing for understanding of God
- b. Our pride because we discovered it
- c. Our desire for peace
- d. Our hope of the age to come

186. If you know your mother's favorite flower, but don't gift it to her, then this knowledge is useless. Similarly...

- a. God's will for our lives is not a literary pursuit but a lived experience
- b. We should read the Bible as a theoretical path to utopia
- c. Jesus' life was an example for only the holiest people to follow
- d. It's ok to offer to God something other than what He wants

187. How can we know how God wants us to live? Select all that apply.

- a. Read the Bible
- b. Internalize our Sunday School lessons
- c. Observe the Christ-like behavior of others
- d. Prayer and repentance





188. One component of our spiritual journeys is knowing how to invest our energy. See 1 Corinthians 3:6–8 and Matthew 6:33, then choose the correct statement:

- a. When we prioritize our earthly responsibilities over God, He does not love us
- b. When we invest our time in heavenly matters, God multiplies all our time
- c. Our goal is to leave our prayers until right before bedtime when we are most tired
- d. Heavenly and earthly matters cannot coexist

189. We live in a confused world, so in order to walk righteously within our time/era, we must...

- a. Be a light to the world by agreeing with everyone
- b. Say “no” to all evil with a vicious tone
- c. Interact wisely, remaining solid on principles
- d. Re-align with changing perspectives

190. If I pour _____ into a cup, then _____ will come out when I empty it.

- a. Water; poison
- b. Poison; water
- c. Poison; poison
- d. Water; nothing

191. What's the point of the previous question?

- a. Our minds are not weak, i.e. we can't be influenced by the world
- b. Whatever we allow to penetrate our minds will eventually become our way of thinking (whether good or bad)
- c. It is the responsibility of our parents/priests/servants to protect all of our thoughts
- d. To demonstrate a miracle

192. Even if you repent, confess, and are absolved of the sin of gossip, the earthly consequences still persist because...

- a. The transmission of harmful knowledge was passed to others
- b. Peace can never be fully attained
- c. You're sin was not forgiven
- d. There's no more consequences after receiving absolution



193. What's a good verse to consider when contemplating the benefit of suspicious knowledge?

- a. "And I will give you shepherds according to My heart, who will feed you with knowledge and understanding." (Jeremiah 3:15)
- b. "I thank my God always concerning you for the grace of God which was given to you by Christ Jesus, that you were enriched in everything by Him in all utterance and all knowledge" (1 Corinthians 1:4-5)
- c. "Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord." (2 Peter 1:2)
- d. "All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify" (1 Corinthians 10:23)

194. Why is your father of confession a safe person to discuss with?

- a. He's had personal experience with all your troubles/questions
- b. His words put you on a path toward priesthood
- c. He places your salvation at the forefront of his guidance
- d. His instructions are intended to make your life more difficult





**WE ARE
MORE THAN
CONQUERORS**

**THROUGH
HIM**

**WHO
LOVED US**



ROMANS 8:37

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 Workbook was created by the blessed servants of the Coptic Orthodox Diocese of New York and New England. All rights are reserved. Reproduction is by permission from the diocese.



COPTIC ORTHODOX PATRIARCHATE
DIOCESE OF NEW YORK & NEW ENGLAND

www.MahraganNYNE.org

