

MAHRAGAN EL-KERAZA

2026

Workbook



MORE THAN CONQUERORS



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

(Romans 8:37)

**Workbook
Grades 1-2**



H.H. Pope Tawadros II

Pope of Alexandria &
Patriarch of the See of Saint Mark



H.G. Bishop David

Bishop of the Diocese of New York
and New England

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



The Rod of Moses

In this story we will learn about one of the symbols of the Cross in the Old Testament. And we will learn the first anchor which is, **"The Cross is an Eternal Plan."**

The Story of Our Salvation

In this lesson, we will learn God's plan to redeem us by His death on the Cross. This will teach us the second anchor which is **"Through the Cross, all Humanity was Saved."**

The Cross In Liturgical Prayer

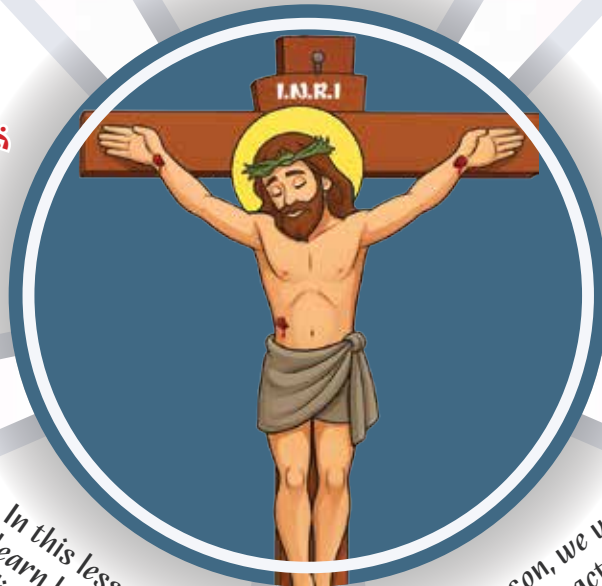
In this lesson, we will learn that we actually use the Cross in all the church's services. This will teach us the third anchor which is, **"The Cross in the Church."**

Saint Theognosta

In this lesson, we will learn how the Cross was a living experience in the lives of our saints. From this story, we will learn about the fourth anchor which is, **"My Spiritual Fathers Lived by the Cross."**

Saint Paul the Peacemaker

In this lesson, we will learn how believing in the Lord Jesus makes us more like Him and in doing so, we become His image for everyone. And we will learn the fifth anchor which is, **"The Cross Leads me to Eternity."**





- 1- The rod of Moses was a symbol of _____
- A- the Cross
B- sign
C- sea
D- Moses
- 2- The people of Israel were slaves in Egypt for about _____ years.
- A- 300
B- 430
C- 200
D- 100
- 3- God listened to the people of Israel praying to save them from the Pharaoh.
- A- True
B- False
- 4- At the beginning of the people of Israel journey to the Promised Land, God protected His people by sending them _____ by the morning and _____ by night time.
- A- Bus - water
B- Pillar of cloud - pillar of fire
C- angels - sun
D- servants - moon

"Do not be afraid. Stand still and see the _____ of the





Lord." (Exodus 14:13)

A- redemption

B- salvation

C- purity

D- help

7- "So that the one did not come near the other all that night."

(_____ :_)

A- (Exodus 14:20)

B- (John 10:11)

C- (Mathew 5:6)

8- The people of Israel used to live in _____ before they come to Egypt.

A- Libya

B- Canaan

C- Israel

D- USA



9- God sent the ten plagues on the Egyptians and the people of Isreal.

A- True

B- False

10- The rod of Moses reminds us of the Cross of the Lord Jesus because _____

A-

B-





1- Because of Adam and Eve's sin, they were _____, them and their children _____, and their nature was _____

A- kicked out of the Garden - sentenced to death - corrupted

B- playing in the garden - ate dinner - fixed

C- cooking in the garden - played - corrupted

2- God created us after His _____ and _____

A- heart - love

B- image and likeness

C- faith - love

3- "You have _____ me, O Lord God of truth." (Psalm 31:5)

A- redeemed

B- saved

C- punished

4- The savior must be a man - able to die but without sin, _____, _____ and defeat death.



A- creator - unlimited
C- powerful - limited

B- sinner - limited

5- Very early Sunday morning, Christ rose from the dead while the tomb was _____.

A- Open

B- Shut

C- broken

6- After His resurrection, _____ came down from heaven and moved the stone from the entrance of the tomb so that all people know that Lord Jesus rose from the dead, defeated death and redeemed us.

A- St. George

B- Archangel Michael

C- St. Mary

7- For us to show that God accepted us we must Believe in the Lord Jesus and get _____ and receive the sacrament of _____ in the name of the Holy Trinity

A- baptized - Chrismation

B- communion - Confession

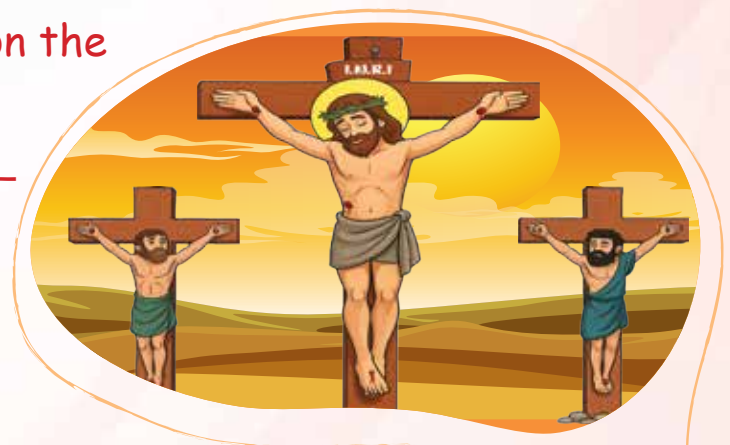
C - eat - Baptism

8- The Lord Jesus Christ was hung on the Cross which was placed on a very high mountain called _____

A- Zion

B- Sinani

C- Golgotha



9- The Crucifixion is the best image to show God's love to us because God _____

A- reconciled the heavenly and the earthly - had His arms opened - bore sufferings

B- rose from the dead - loved us - suffered for us

10- God is the only one that can lift the punishment from us and bring us back to our original image.

A- True

B- False



1- The Cross is our secret of power, love and _____.

A- sing

B- pride

C- pray

2- "... You have redeemed me, O Lord God of truth."

(_____ :_)

A- Mathew 5:6

B- John 10:11

C- Psalm 31:5





3- We have a cross on the top of the church's Tower because

A- it lights up

B- the Cross shows everyone that the Church is following the Lord Jesus who was crucified on the Cross.

C- it is made of wood.

4- The Lord Jesus Christ founded all _____ Sacraments of the Church.

A- 8

B- 5

C- 7

5- _____ uses the Cross while praying the seven sacraments.

A- Abouna

B- Tasoni

C- Uncles



6- in the Sacrament of _____ Abouna signs the water with the sign of the Cross to sanctify the water.

A- Christmation

B- Baptism

C- Confession

7- In the Sacrament of Chrismation Abouna anoints the baptized with the Holy _____ (_____) times in every part of his body.

A- fish oil - 36

B- Chrismation Oil - 36

C- Vegetable oil - 35



- 8- The _____ is when someone gets sick, Abouna comes to him and prays over him the prayer of the Unction of the Sick.
- A- The Sacrament of Holy Matrimony
 - B- The Sacrament of Priesthood
 - C- The Sacrament of the Unction of the Sick
- 9- In this Sacrament, God gives the priest a special authority to perform all the other six sacraments.
- A- The Sacrament of Holy Matrimony
 - B- The Sacrament of Priesthood
 - C- The Sacrament of the Unction of the Sick
- 10- In this sacrament, Abouna prays for the bride and bridegroom and places the cross on them to bless them and calls upon the Holy Spirit to make them one body.
- A- The Sacrament of Holy Matrimony
 - B- The Sacrament of Priesthood
 - C- The Sacrament of the Unction of the Sick





1- We commemorate Saint Theognosta on _____

- A- Tout first
- C- Hathor 2

B- Tout 17

2- Theognosta was a nun in a convent near _____

- A- Egypt
- C- Alexandria

B- Rome



3- The soldiers _____ Theognosta and took her to be a servant for the _____.

- A- fed - City
- C- kidnapped - Queen of Raha

B- hit - king

4- "...So I will _____ you, and you shall be a blessing. Do not _____" (Zechariah 8:13)

- A- save - fear
- C- leave - meet

B- help - eat



- 5- Theognosta was in the palace she was crying and sad.
A- True
B-False
- 6- The king tried to reward Theognosta, so he gave her _____.
A- gold
B- money
C- house by herself
- 7- In Saint Theognosta story, she performed (____) miracles. She prayed to God so the queen's son and the queen to be healed
A- 2
B- 3
C- 4
- 8- God guided the king back home when _____.
A- The king saw a bright large Cross in the sky.
B- The king saw a dove
C- When the king asked his servants.
- 9- When the king asked Saint Theognosta to tell her more about our Lord Jesus Christ, she was so happy to tell them everything she knew about the Lord Jesus. She suggested to send to the king of Rome to send _____.
A- more food
B- soldiers
C- priest
- 10- Saint Theognosta departed to Heaven on the 17th day of the Coptic month of Tout which is the same day as the Feast of _____.
A- the Cross
B- St. Mary
C- Easter





- 1- St. Paul had two names; _____
A- Saul and Paul. B- Mathew and Saul
C- John and Saul
- 2- St. Paul was born in _____
A- Egypt B- USA
C- Tarsus
- 3- Saint Paul wrote _____ epistles (letters) in the New Testament.
A- 11 B- 15
C- 14
- 4- The name Onesimus means _____
A- beautiful B- beneficial
C- holy



5- In Rome, God managed to have _____ meet Saint Paul.

A- Onesimus

B- Philemon

C- Mathew

6- Onesimus stole _____'s money and ran away to Rome.

A- St. Paul

B- Philemon

C- John

7- Saint Paul was not sure that Philemon would listen to him and accept Onesimus as he had asked him.

A- True

B- False

8- Onesimus became the Bishop of _____

A- Alexandira

B- New York

C- Berea

9- Onesimus was martyred on the 21st day of _____....

A- Amshir

B- July

C- Tout

10- "Depart from evil and do good; Seek peace and pursue it."

(_____ :;)

A- John 6:56

B- Psalms 34:14

C- Mathew 5:6





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**THROUGH
HIM**

**WHO
LOVED US**



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