

MAHRAGAN EL-KERAZA

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Workbook

MORE THAN CONQUERORS



"Yet in all these things we are
more than conquerors
through Him who loved us"

(Romans 8:37)

Workbook
Grades 3-4



H.H. Pope Tawadros II

Pope of Alexandria &
Patriarch of the See of Saint Mark



H.G. Bishop David

Bishop of the Diocese of New York
and New England

Name _____

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





The Bronze Serpent

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."**

Saint John the Beloved

In this lesson, we will learn about a saint that lived close to the Lord Jesus all his life and became light to the world. And we will learn the fifth anchor which is, **"The Cross Leads me to Eternity."**

Why the Cross

In this lesson, we will learn about the reasons why the Lord Jesus chose to die by being crucified on the Cross. We will learn the second anchor which is **"Through the Cross, all Humanity was Saved."**



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 Anthony the Father of the Monks

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."**

The procession of the Feast of the Cross





1. What did God give Adam and Eve that was special compared to any other creature?
- A. Food to eat
 - B. A companion
 - C. Freedom of choice
 - D. The ability to know the future

2. Fill in the blank:
"Therefore, just as through _____ man sin entered the world, and death through sin, and thus death spread to _____ men, because _____ sinned-" (Romans 5:12)

3. What is the punishment of sin?
- A. A timeout
 - B. Suspension
 - C. No dessert
 - D. Death

4. What are 3 consequences of sin?

A. _____

B. _____

C. _____





5. Adam and Eve sinning and becoming separated from God is like a lamp that is unplugged and cannot _____.

- A. Shine
- B. Sit on a lampstand
- C. Be sold at a store
- D. Use a battery

6. Sin is like eating spoiled food because_____.

7. What are the 2 aspects of our salvation that God had to fix through our Lord Jesus Christ?

- A. _____

- B. _____

8. Through which Tree did Adam and Eve fall?

- A. The Tree of Life
- B. The Tree of the Knowledge of Good and Evil
- C. The Tree of the Cross
- D. The Tree of the Rainforest



9. Through which Tree led to our salvation?

- A. The Tree of Life
- B. The Tree of the Knowledge of Good and Evil
- C. The Tree of the Cross
- D. The Tree of the Rainforest

10. What chapter in the Bible is the Story of the Bronze Serpent?

- A. Genesis 24
- B. Numbers 21
- C. Exodus 12
- D. Leviticus 13

11. What did the children of Israel do despite God providing them Manna from heaven and water from the Rock?

- A. They thanked God
- B. They offered sacrifices
- C. They conquered their enemies
- D. They complained

12. What does complaining mean?

- A. That a person has strong faith
- B. That a person doesn't trust God's care and love
- C. That a person deserves more
- D. That a person knows how much God gave him or her

13. What did God allow to come to His people?

- A. Fiery serpents
- B. Locusts
- C. Hail and thunder
- D. The Angel of Death





14. What happened when the people were bitten by the fiery serpents?
- A. They would become really sick
 - B. They would lose their arm
 - C. They would die
 - D. Nothing would happen to anyone bit by the serpents.
15. What did God command Moses to make to save the people after they had repented and confessed their sins?
- A. The fiery serpent out of bronze, placed on a pole
 - B. The Golden Calf
 - C. The Ark of Covent
 - D. The Tabernacle Meeting
16. What did the people have to do to be saved if they were bitten by a fiery serpent?
- A. Remove the poison immediately
 - B. Look at the bronze serpent
 - C. Touch the bronze serpent
 - D. Worship the bronze serpent
17. Why is the bronze serpent a symbol of the Cross?
- A. Both were tall
 - B. Both were in the wilderness
 - C. Both were a source of salvation
 - D. Both were torture devices during the Roman Empire



18. What are 3 similarities between our Lord Jesus Christ on the Cross and the Bronze Serpent?

- A. _____

- B. _____

- C. _____

19. As the people of Israel were not able to cure themselves from the bite of the fiery serpents, so human beings could not save themselves from _____.

- A. Sin
C. School
- B. Food
D. Angels

20. Fill in the blank:

"And as Moses _____ up the serpent in the wilderness, even so must the _____ of Man be lifted up," (John 3:____)





21. What are the 3 reasons that the Lord Jesus chose the Cross?

- A. _____

- B. _____

- C. _____

22. Why was it important that our Lord Jesus die in public?

- A. So everyone knew it was truly Jesus who died and not someone else
- B. So our Lord can reveal His resurrection in public
- C. So the disciples could be all around our Lord Jesus
- D. So that the Church could preach publicly

23. Fill in the blanks:

There is no Resurrection with the _____, and no Cross without the _____.



24. What is one reason why the Lord Jesus Christ kept the marks of the nails and wound on His side after He rose from the dead?

25. The Cross of the Lord is a simple clear symbol that we can _____.

- A. Draw, hold, and make the sign of
- B. Use for addition in math class
- C. Build houses in the shape of
- D. Balance on one finger



26. The Cross points to four directions because _____.

- A. Four is a holy number
- B. Of the four directions of the world, as salvation is for the whole world
- C. Our Lord rose from the dead after four days
- D. There are four disciples that are the closest to the Lord Jesus

27. The Body of our Lord represents _____.

- A. The whole world
- B. The holy prophets
- C. The Church
- D. The people of Israel





28. Sin is _____.

- A. Good
- B. Fun
- C. Holy
- D. Shameful

29. Fill in the blank:

God loves the _____ but He hates the _____

30. What does the "Seed of woman" mean?

- A. The plant that grows
- B. The Lord Jesus Christ
- C. Satan
- D. Cain and Abel

31. Who is the serpent?

- A. Satan
- B. Adam
- C. Cain and Abel
- D. The Amalekites

32. Why did the Lord choose the crucifixion?

- A. Because it was the easiest
- B. Because it was the most painful and shameful punishment at the time
- C. Because it was an honor to die on a cross at the time
- D. Because it was simple

33. Fill in the blank:

"_____ is everyone who hangs on a tree,"
(Galatians 3:13)

34. The Cross changes from a sign of shame into a sign of _____.

- A. Pain
- B. Entertainment
- C. Victory
- D. Easiness





35. The Church is _____.

- A. A building
- B. A place to socialize
- C. A place to go on weekends
- D. The House of God

36. What are the "rites" of the Church?

37. The Church processions make everyone happy because _____.

- A. They are fun to watch
- B. Everyone participates
- C. They are good exercise
- D. They are only for some people





38. What are the 2 dates of the Feast of the Cross?

- A. _____
B. _____

39. How many stops occur during the procession of the Feast of the Cross and Palm Sunday?

- A. 5
B. 8
C. 12
D. 16

40. Fill in the blank:

At each stop, the priest and deacons read a _____
and a _____.

41. The Sanctuary (the altar area) in the Church is a symbol of

- _____
A. Earth
B. The Temple
C. The Garden of Eden
D. Heaven

42. Through the Cross, Resurrection, and Ascension, what was opened for us?

- A. The doors of the library
B. The doors of the Garden of Eden
C. The doors of Heaven
D. The doors of Hades

43. "Hosanna" means _____.

- A. Save us
B. Hurry up
C. Join us
D. Leave us



44. After the Sanctuary, the 2nd stop is at the icon of _____.
- A. St. John the Baptist B. St. Mary
C. St. Mark D. Archangel Gabriel
45. Fill in the blank:
Archangel _____ is the one who announced to Saint Mary that she would give birth to the Lord Jesus, who became Man to redeem us on the holy word of the _____.
46. Archangel Michael is called the "Angel of the Resurrection" because _____.
- A. He rose from the dead
B. He rolled the stone away from the door of the tomb
C. He predicted the Lord's Resurrection
D. He overcame Satan
47. Through our struggle, the Lord sends us _____.
- A. Birds B. Dogs
C. Rain D. Angels to help us
48. St. Mark was one of the _____.
- A. 12 Apostles B. 70 Disciples
C. 12 minor prophets D. First Egyptian Christians
49. The 12 Apostles endured many hardships and pain in order to spread the faith and preach the _____.
- A. Cross B. Themselves
C. Knowledge D. To certain people only





50. The martyrs are examples because they loved God and _____.

- A. Denied their faith
- B. Held firmly to their faith
- C. Conquered their enemies
- D. Converted everyone to believe in Christ

51. How did St. Anthony carry the Cross?

52. At the Northern Door, we read a psalm that _____.

- A. Talks about going to Heaven
- B. Talks about baptism
- C. Talks about the Narrow Gate
- D. Talks about joy in entering God's house

53. What event of our Lord does the Immersion Font remind us of?



54. In Baptism we are immersed in water 3 times _____.

- A. To make sure the immersed is really clean
- B. In the Name of the Trinity
- C. Because Jesus rose on the 3rd day
- D. Because 3 is a lucky number

55. Fill in the blank:

We are _____ with Christ in Baptism and _____ again as children of God

56. What gospel do we read at the Southern Door?

- A. The Lord feeding the 5000
- B. The Lord walking on water
- C. The Lord giving His Body and Blood
- D. The Lord entering Jerusalem

57. What is the Last Icon we stop at during the procession?

- A. St. Anthony
- B. St. George
- C. The Northern Door
- D. St. John the Baptist

58. In order to enter the procession of the Cross, we must _____ as St. John the Baptist did?

- A. Wear camel clothes
- B. Eat locusts
- C. Live in the wilderness
- D. Bear witness to Christ in Truth





59. Number the correct order of the Stations of the Procession of the Feast of the Cross?

- _____ St. George
- _____ Before the Sanctuary
- _____ The Northern Door (The Door of Trials)
- _____ Archangel Michael
- _____ St. Mark
- _____ Archangel Gabriel
- _____ St. Mary
- _____ St. Anthony
- _____ The Apostles
- _____ St. John the Baptist
- _____ The Southern Door
- _____ The Western Door (Before the Baptistery)





60. On what day we commemorate St. Anthony?

- A. 1st of Tout
- B. 22nd of Toba
- C. 29th of Baramhat
- D. 10th of Amshir

61. What year was St. Anthony Born?

- A. 351 AD
- B. 325 AD
- C. 251 AD
- D. 221 AD

62. What was the first message from God to St. Anthony?

- A. The Gospel being read
- B. The death of his parents
- C. The woman by the river
- D. The elders in the wilderness

63. What gospel did St. Anthony hear when he attended the Liturgy?

- A. The Parable of the 10 virgins
- B. The story of the rich young man's encounter with the Lord Jesus
- C. The feeding the 5000 men
- D. The transfiguration of the Lord Jesus





64. Fill in the blank:

"If you want to be _____, go, sell what you have and give to the poor, and you will have _____ in heaven; and come follow Me," (Matthew 19:21)

65. What did St. Anthony do after he heard this message?

- A. Sold all his land
- B. Gave most of the money to the poor
- C. Put his sister in a house of virgins to live
- D. All of the above

66. Some say St. Anthony was like a bee when he lived near a group of ascetics. Why is that?

67. What was a different way that God sent a message to St. Anthony?

- A. Through an elder at the village
- B. Through a woman who was bathing in the river
- C. Through another passage from the gospel
- D. Through an angel



68. What were 4 weapons St. Anthony used to overcome Satan?

- A. _____
- B. _____
- C. _____
- D. _____

69. Describe how God helped St. Anthony overcome boredom.

70. "Bears of the Cross" refer to _____.

- A. Monks
- B. Martyrs
- C. Confessors
- D. Monks and Martyrs

71. How many times did St. Anthony go to Alexandria to defend the faith?

- A. 1
- B. 2
- C. 3
- D. 4

72. The first time, St. Anthony encouraged the believers to stay strong against _____.

- A. Pride
- B. Division
- C. Persecution
- D. Heresy (wrong teaching)





73. The second time, St. Anthony encouraged the believers to stay strong against _____.

- A. Pride
- B. Division
- C. Persecution
- D. Heresy (wrong teaching)

74. What did Arius teach and why was it wrong?

75. St. Anthony supported which pope?

- A. Pope Alexander
- B. Pope Cyril
- C. Pope Shenouda
- D. Pope Athanasius

76. How old was St. Anthony when he departed?

- A. 90
- B. 100
- C. 105
- D. 110

77. We call St. Anthony the "Father of _____."

- A. Faith
- B. The Church
- C. Monks
- D. Martyrdom





78. What was St. John's fathers name?

- A. Zacharias
- B. Zebedee
- C. Jonah
- D. Didymus

79. What was St. John's job prior to becoming a disciple?

- A. Firefighter
- B. Scribe
- C. Tax Collector
- D. Fisherman

80. What was St. John's brother's name?

- A. Peter
- B. Simon
- C. James
- D. Bartholemew

81. Before being a disciple of the Lord Jesus, St. John was a disciple of....

- A. Moses
- B. St. John the Baptist
- C. The Pharisees
- D. King Herod

82. Who were among the first of the 12 disciples to follow the Lord Jesus?

- A. John and Matthew
- B. John and James
- C. Peter and Bartholomew
- D. Nathaniel and Judas





83. What are 3 miracles witnessed only by Saints John, James and Peter?

- A. _____
- B. _____
- C. _____

84. What are 3 reasons/events that show St. John was one of the closest disciples of the Lord Jesus?

- A. _____
- B. _____
- C. _____

85. In the Book of Acts, St. John preached in all the following places EXCEPT _____.

- A. The temple called Beautiful
- B. Rome before the emperor
- C. The city of Samaria
- D. Before the Sanhedrin

86. Which Emperor ordered St. John to be exiled to an island?

- A. Diocletian
- B. Nero
- C. Domitian
- D. Augustus



87. What island was St. John exiled to?

- A. Crete
- B. Bahamas
- C. Jamaica
- D. Patmos

88. What is the story of St. John with the young man who strayed for the faith and how St. John went after him to save him?

89. What commandment did St. John speak about the most?

- A. Love
- B. Honor your parents
- C. Humility
- D. Forgiveness

90. St. John is also called _____.

- A. The disciple of love
- B. John the Beloved
- C. All the above
- D. None of the above

91. How many books did St. John write?

- A. 3
- B. 5
- C. 7
- D. 9

92. St. John wrote how many epistles?

- A. 1
- B. 3
- C. 5
- D. 7





93. St. John also wrote his Gospel and _____.

- A. Lamentations
- B. Exodus
- C. Nehemiah
- D. Revelations

94. St. John was the only disciple who was not _____.

- A. Martyred
- B. Baptized
- C. Ordained
- D. Loved

95. What are 3 titles of St. John?

- A. The _____
- B. The _____
- C. The _____

96. Fill in the blank:

"I am the _____ of the world.
He who follows Me shall not walk
in darkness, but have the
light of _____," (John 8:12)







**WE ARE
MORE THAN
CONQUERORS**

**THROUGH
HIM**

**WHO
LOVED US**



ROMANS 8:37

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