

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 5-6



H.H. Pope Tawadros II

Pope of Alexandria &
Patriarch of the See of Saint Mark



H.G. Bishop David

Bishop of the Diocese of New York
and New England

Name _____

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



The Story of Our Salvation

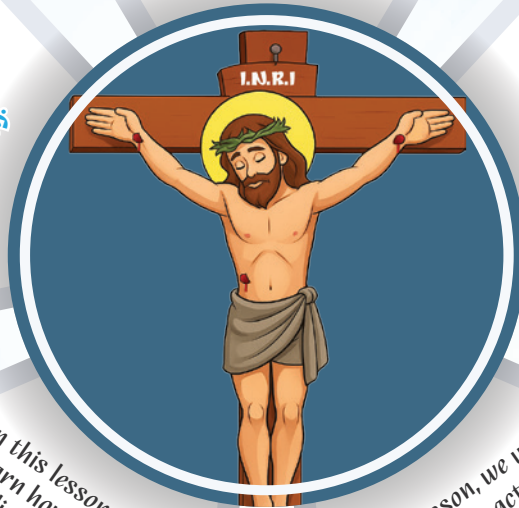
In this lesson, we will learn about one of the symbols of the Cross in the Old Testament. We will learn the first anchor which is, **"The Cross is an Eternal Plan."**

Saint Paul the Apostle

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

Why the Cross

In this lesson, we will learn 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."**



Saint John the Short

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."**

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 Panorama of Holy Week



1. How did God create Adam?
 - A. From water only
 - B. From dust of the earth
 - C. From fire
 - D. From stone
2. God created man in His own _____.
 - A. Power
 - B. Riches
 - C. Image and likeness
 - D. Strength
3. What did God give Adam when He commanded him not to eat from one tree?
 - A. Free will
 - B. Gold
 - C. A crown
 - D. Wings
4. Who listened to the serpent and ate from the tree?
 - A. Noah and his wife
 - B. Abraham and Sarah
 - C. Moses and Miriam
 - D. Adam and Eve



5. Why was a Savior the only solution for mankind?

- A. To teach people farming
- B. To fulfill divine justice by dying on behalf of all mankind
- C. To make a new kingdom on earth
- D. To remove all rules and commandments

6. Death is described as separation from _____.

- A. Family
- B. Friends
- C. God, the Source of Life
- D. Nature

7. Why didn't God create a new human race and let mankind perish?

- A. Because of His mercy and love
- B. Because He forgot
- C. Because angels stopped Him
- D. Because humans were strong

8. Why did mankind need a Savior?

- A. To build cities
- B. To renew corrupted nature and lift death
- C. To grow food
- D. To make laws



9. Which of these is one condition of the Savior?

- A. Must be sinful
- B. Must be unable to die
- C. Must be human without sin
- D. Must be an angel only

10. Why is Christ's blood enough to redeem all humanity?

- A. Because He was rich
- B. Because He was famous
- C. Because He was tall
- D. Because He is unlimited

11. Why is renewal necessary for mankind?

- A. People were tired
- B. Nature had become corrupted by sin
- C. The earth was old
- D. Animals needed help

12. For the life we lost to return to us, what was necessary?

- A. Build a temple
- B. Lift the sentence of death from us
- C. Move to another land
- D. Become kings

13. Who did God send to deliver the Israelites from Egypt?

- A. Moses
- B. David
- C. Solomon
- D. Joseph

14. What had to be put on the doorposts of the houses?

- A. Oil
- B. Water
- C. Blood of the lamb
- D. Bread

15. Which happened to the Lord Jesus on the Cross, just like the Passover lamb symbolized?

- A. His bones were broken
- B. He hid from soldiers
- C. He escaped death
- D. None of His bones were broken





16. List the 5 conditions of the Savior. He must be:



1. Which of the following was one reason the Lord Jesus chose the Cross?
 - A. So His death would be hidden from everyone
 - B. So it would be public and visible
 - C. So He could avoid suffering
 - D. So no one would know who He was
2. Why would dying from sickness not show Christ died for us?
 - A. Because sickness is painless
 - B. Because no one gets sick
 - C. Because then He would die of the sickness, just like others do
 - D. Because sickness is holy



3. Why would dying of old age not fulfill redemption?

- A. Because old age is glorious
- B. Because aging is sinful
- C. Because old people cannot die
- D. Because He would die like most people do

4. Why did Christ need to die in a special way?

- A. To show He was slain for us
- B. To become famous
- C. To travel far
- D. To avoid people

5. Why was the Cross chosen as a public death?

- A. So no one could see it
- B. So it was high and visible to all
- C. So it was hidden
- D. So it happened at night only

6. What does the sign of the Cross represent in the lesson?

- A. Weakness
- B. A secret message
- C. A punishment only
- D. A simple yet powerful sign

7. What happened to Christ's bones during the Crucifixion?

- A. All were broken
- B. One arm was broken
- C. None of His bones were broken
- D. His bones vanished





8. Why were Christ's wounds important after the Resurrection?

- A. To prove He was the same One Who died
- B. To hide His identity
- C. To punish the disciples
- D. To confuse the people

9. We can contemplate that the Cross is like a _____ connecting Heaven and Earth

- A. Highway
- B. Car
- C. Bridge
- D. Shooting star

10. Christ is called the _____ of the Church.

- A. Servant
- B. Head
- C. Builder
- D. Guest

11. Through Baptism, we are _____ and rise with Christ.

- A. Manifested
- B. Made Whole
- C. Swimming
- D. Buried

12. The Cross was originally a sign of _____ and _____.

- A. Riches and Wealth
- B. Shame and Curse
- C. Joy and Happiness
- D. Wisdom and Knowledge

13. The Cross became a sign of power, victory, triumph, and

- A. Defeat
- B. Glory
- C. Anger
- D. Death



14. When speaking about the Nature of Jesus Christ, we believe He is fully Divine and fully _____.

- A. Angelic
- B. Human
- C. Invisible
- D. Spirit only

15. At Christ's death, what separated?

- A. His divinity from humanity
- B. Heaven from earth
- C. The human spirit from the human body
- D. His bones from His body

16. Christ was both fully Divine and fully human - combined without mingling, confusion, or alteration. Please describe what happened to Christ's divinity and humanity at the time of His death on the Cross.



1. Why is Holy Week called the "Holy Passion Week"?
 - A. Because it is only about sadness
 - B. Because the Lord completed redemption through His sufferings
 - C. Because people traveled during it
 - D. Because it lasts many months

2. What does the word "Pascha" mean?
 - A. Kingdom
 - B. Resurrection
 - C. Crossing or Passover
 - D. Temple

3. Through His Blood on the Cross, the Lord Jesus took from _____.
 - A. Egypt to Jerusalem
 - B. Darkness to light
 - C. Death to life
 - D. Sickness to health

4. During Holy Week, the church is mainly covered in what color?
 - A. Black
 - B. Gold
 - C. White
 - D. Green

5. Why are Pascha prayers prayed outside the altar?
- A. Because the altar is broken
 - B. Because only deacons may enter
 - C. Because there is no room inside
 - D. Because Christ suffered outside Jerusalem
6. Which hymn replaces the Psalms during Pascha prayers?
- A. Agios - Holy
 - B. Golgotha
 - C. Thok te ti Gom - Thine is the Power
 - D. O Monogenees - O Only Begotten Son
7. How many daytime hours are prayed during Holy Week?
- A. Four
 - B. Five
 - C. Six
 - D. Seven
8. Which additional hour is added to the Holy Pascha service on Great Friday?
- A. Second Hour
 - B. Seventh Hour
 - C. Tenth Hour
 - D. Twelfth Hour
9. On Palm Sunday, what did the people spread before the Lord Jesus?
- A. Stones and branches
 - B. Palm branches and garments
 - C. Bread and flowers
 - D. Lamps and ropes



10. Why is the General Funeral Prayer prayed on Palm Sunday?

- A. Because funeral prayers are not held during Holy Week
- B. Because no liturgies are prayed afterward
- C. Because everyone fasts afterward
- D. Because the church closes afterward

11. What happened to the fig tree on Monday and Tuesday of Holy Week?

- A. It grew larger
- B. It produced fruit
- C. It was cursed and withered
- D. It was planted again

12. On Covenant Thursday, which sacrament did the Lord Jesus establish?

- A. Baptism
- B. Holy Eucharist
- C. Matrimony
- D. Unction of the Sick

13. During the Sixth Hour of Good Friday, what happened over all the land?

- A. Rain
- B. Earthquake only
- C. Darkness
- D. Snow

14. What is celebrated on Resurrection Sunday?

- A. The crossing of the Red Sea
- B. The crowning of David
- C. The building of the Temple
- D. The completion of salvation through the Cross and Resurrection



14. During Holy Week, the hymns are chanted in the _____
tune.

- A. Farayhi or joyful B. Annual
C. Shanini or Palm Sunday D. Hazayni or sorrowful

16. The Liturgy of Covenant Thursday has many differences from the typical Liturgy so that it matches the rite of Holy Week. Please list the 3 mentioned examples:

- A. _____

- B. _____

- C. _____





(Synaxarium – 20th of Babah)

1. What does the name "Youhanna" (John) mean?
A. God is strong
B. God is gracious
C. God is judge
D. God is king
2. How old was Abba John the Short when he went to the wilderness of Scetis?
A. 18 years old
B. 21 years old
C. 25 years old
D. 30 years old
3. What does the Coptic word "Scetis" mean?
A. Desert of peace
B. Mountain of prayer
C. Balance of hearts
D. Place of angels
4. Who became Abba John's spiritual teacher?
A. Abba Anthony
B. Pope Theophilus
C. St. Pachomius
D. Abba Bimwa

5. Who appeared to Abba Bimwa and told him to accept John?

- A. A king
- B. A prophet
- C. An angel
- D. A soldier

6. What is the eskim worn by monks?

- A. A crown
- B. A leather belt decorated with crosses
- C. A wooden staff
- D. A white robe only

7. Why are monks and martyrs called "Cross Bearers"?

- A. Because the Cross is part of every aspect of their lives
- B. Because they carry wooden crosses everywhere
- C. Because they build churches
- D. Because they traveled often

8. Why was Abba John called "the angel"?

- A. He could fly
- B. He was very humble and obedient
- C. He lived alone
- D. He wore white clothing

9. What dangerous animal did Abba John obey his teacher to catch?

- A. Lion
- B. Snake
- C. Wolf
- D. Hyena





10. How long did Abba John water the dry tree branch before it bore fruit?
- A. One month
B. One year
C. Three years
D. Seven years
11. What did Abba Bimwa call the fruit from the tree?
- A. Fruit of wisdom
B. Fruit of obedience
C. Fruit of prayer
D. Fruit of fasting
12. For how many years did Abba John serve Abba Bimwa during his sickness?
- A. 3 years
B. 7 years
C. 10 years
D. 12 years
13. What happened when Saint Paesa truly repented?
- A. She became rich
B. Angels carried her soul to heaven
C. She returned home immediately
D. She became a queen
14. How did Abba John know what happened to Saint Paesa?
- A. He never found out what happened to her
B. He saw a vision
C. He prayed and asked God to reveal to him her fate
D. An angel told him the next week
15. The Church commemorates Abba John the Short on the 20th of the month of _____.
16. Pope Theophilus was the _____ (number) Patriarch.



The Philosopher of Christianity

1. In what city was Saint Paul born?
A. Jerusalem
B. Rome
C. Tarsus
D. Damascus
2. What does the name "Paul" mean?
A. Strong
B. Small
C. King
D. Wise
3. St. Paul was taught by the prominent teacher, _____?
A. Gamaliel
B. Peter
C. Barnabas
D. Ananias
4. Before his conversion, what did Saint Paul do to Christians?
A. Protected them
B. Ignored them
C. Persecuted them
D. Baptized them



5. What happened while Saul was traveling to Damascus?
- A. He became sick
 - B. The Lord Jesus appeared to him
 - C. He found treasure
 - D. He met Gamaliel
6. What words did the Lord say to Saul on the road to Damascus?
- A. "Follow Me to Galilee."
 - B. "Why are you afraid?"
 - C. "Saul, Saul, why are you persecuting Me?"
 - D. "Peace be with you."
7. For how many days was Saul unable to see?
- A. One day
 - B. Two days
 - C. Three days
 - D. Seven days
8. Who prayed for Saul so that he regained his sight?
- A. Ananias
 - B. Peter
 - C. Philemon
 - D. Luke
9. Where did Saint Paul spend three years in solitude after believing?
- A. The Arabian desert
 - B. Rome
 - C. Jerusalem
 - D. Egypt

10. Why is Saint Paul called "the Apostle to the Gentiles"?

- A. He ruled over the Gentiles
- B. He was the first to preach Christ to the Gentiles
- C. He lived only with Gentiles
- D. He wrote only to Gentiles

11. Which of these is one of Saint Paul's Prison Epistles?

- A. Romans
- B. 1st Timothy
- C. Philippians
- D. Titus

12. Who was Onesimus?

- A. A Roman soldier
- B. A runaway slave
- C. A priest in Jerusalem
- D. A governor

13. What did Onesimus do before meeting Saint Paul?

- A. Became a bishop
- B. Built a church
- C. Preached in Rome
- D. Stole from Philemon and ran away

14. What did Saint Paul ask Philemon to do?

- A. Punish Onesimus harshly
- B. Sell Onesimus
- C. Forgive Onesimus and receive him as a brother
- D. Send Onesimus away



15. What did Onesimus later become?

A. A king

B. A merchant

C. A soldier

D. A bishop

16. Saint Paul wrote _____ epistles in the New Testament.

17. How did St. Paul receive his sight again?

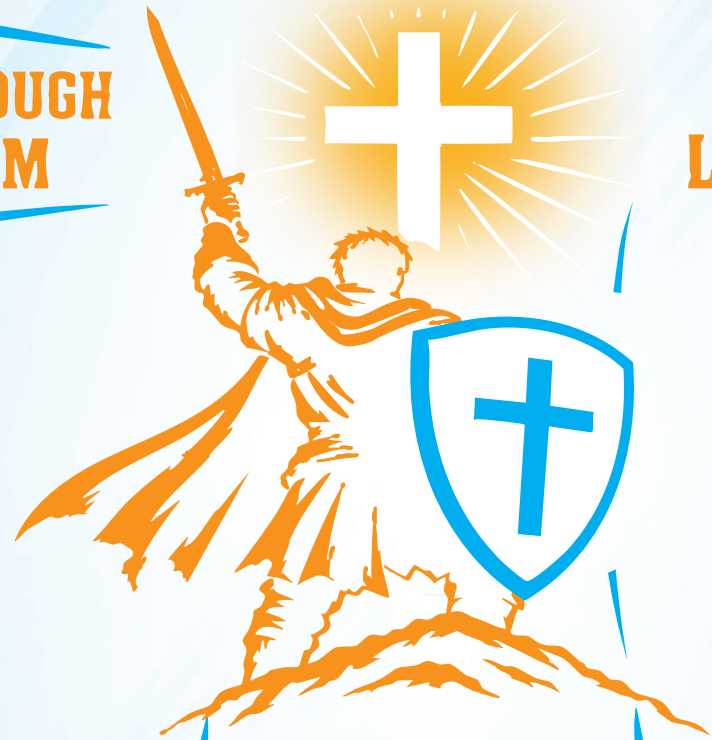




**WE ARE
MORE THAN
CONQUERORS**

**THROUGH
HIM**

**WHO
LOVED US**



ROMANS 8:37

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