

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
Grades 7-8**



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

1. According to Romans 6:23, the wage of sin is:

- a. Peace
- b. Death
- c. Suffering
- d. Joy

2. Which of these is not a consequence of Adam and Eve's fall?

- a. The sentence of death
- b. Corruption of their holy nature
- c. Immediate forgiveness
- d. Humanity inheriting original sin and the corruption of nature

3. Why couldn't God create a new Adam?

- a. Because the devil would tempt him as well, and he would fall into sin again
- b. Because God could not create another human
- c. Because Adam was the only human God intended to create
- d. Because it would address the problem of corrupted human nature

4. Match the terms with the correct description:

Terms:

- 1. Adam and Eve's fall
- 2. Redemption
- 3. Incarnation
- 4. Divine Justice

Descriptions:

- a. God becoming human
- b. Death entered humanity
- c. Someone dies instead of humanity to save it
- d. Sin must be punished

5. Why must the Redeemer be human?

- a. He is infinite
- b. The Redeemer does not have to be human
- c. Only humans can create life
- d. The one who sinned was human

6. Select all that apply: In the sign of the Cross, we proclaim the doctrine of

- a. Church Traditions only
- b. Incarnation and Redemption
- c. Holy Trinity and the oneness of God
- d. The laws of Old Testaments



7. God's love for us is shown through his endurance of death on the cross, which verse below depicts this?

a. 1 Peter 2:24

b. Hebrews 12:2

c. 1 Corinthians 1:18

d. Luke 9:23

8. How do we proclaim our allegiance to the crucified Christ in the sign of the Cross?

9. The following bible verse supports the proclamation of our allegiance to the crucified Christ. Fill in the blanks: "but far be it from me to _____ except in the _____ of our _____, through which the _____ has been _____ to me, and I to the _____." (Galatians 6:14)

10. The Cross is described as a sign of

a. Punishment

b. Separation between God and Humanity

c. Reconciliation between God and Humanity

d. History

11. Why was the Cross necessary for the redemption of humanity?

a. Because it was the easiest and most common form of punishment

b. Because it was the only way to fulfill the Old Testaments rituals

c. Because it was how Christ lifted the curse and bore the judgement of death on our behalf

d. Because it replaced all commandments given to Adam

12. Match terms with the correct description:

Terms:

1. Death physically.

2. Death spiritually

3. Death morally

4. Death eternally

Description:

a. Humanity became subject to corruption and decay

b. Corruption entered our nature

c. Everlasting destruction in hell

d. Our fellowship with God was cut off

13. According to St. Athanasius the Apostolic, why did the Lord choose a public death, before witnesses?

- a. To confirm the resurrection to follow
- b. To increase fear among people
- c. To avoid secret accusations
- d. To fulfill Roman law only

14. Which reason for the cross is supported by Isaiah 53:5, "He was wounded for our transgression."

- a. To keep the body whole and undivided
- b. To fulfill the prophecies that confirmed the cross
- c. To die with His arms outstretched
- d. To purify the air of evil spirits and triumph over them

15. Why is the Cross used in the liturgical rites of the Church?

- a. It is mainly a cultural tradition
- b. It contains the greatest Christian doctrines within it
- c. It was introduced by the rules of the Church
- d. It replaces the Sacraments

16. Fill in the blank: The cross is used in all the _____ and prayers of the Church.

17. On which feast does the church remember the dedication of the Church and the Resurrection in Jerusalem, and the consecration of the Cross in its designated place?

- a. 17 Thout
- b. Great Friday
- c. 10 Paremhat
- d. Pentecost

18. Who discovered the glorious Cross in the year 326 AD?

- a. St. Athanasius
 - b. Emperor Constantine
 - c. St. Mark
 - d. Queen St. Helena
- Answer: D



19. In the Doxology of the Feast of the Cross, we declare our faith in the Cross as a sign of _____.

- a. Peace and love
- b. Sorrow and remorse
- c. Redemption and reconciliation with God
- d. Joy and Happiness

20. What is the purpose of different types of trials that God allows us to endure?

- a. It makes God happy
- b. It helps us to reach holy goals
- c. It only hurts us
- d. It removes our free will

21. Fill in the blank: Trials for Repentance allows a person to realize they are _____ from God and in need of _____. They turn to their father in confession, declaring their _____ before God saying: “ I have _____ against _____” (Luke 15:18), like the Prodigal Son.

22. Which biblical figure was purified from self-righteousness?

- a. The Prodigal Son
- b. Abraham
- c. Job
- d. Paul the Apostle

23. Trials for Purification are allowed because

- a. Humans are sinless
- b. God wants people to suffer
- c. There is no one without sin or infallible
- d. Repentance is unnecessary

24. Trials for Commendation are trials God allows so His children may

- a. Grow in their love for Him and surrender to His will
- b. Be purified
- c. Remain protected from pride
- d. Repent

25. In reference to trials for protection, how did God keep the Apostle Paul humble?

- a. He made him sad
- b. He afflicted him with a diseases
- c. He gave him everything he desired
- d. He caused him excruciating pain

26. Fill in the blank: According to 2 Corinthians 12: 7, St. Paul described his trials as a “thorn in the _____.”

- a. Bush of the garden
- b. Foot of an animal
- c. Bouquet of roses
- d. Flesh was given to me

27. If trials are from God and not because of sin, what remains with us?

- a. Internal joy as well as psychological and spiritual peace
- b. Fear and confusion
- c. Anger and hopelessness
- d. Physical comfort only

28. According to Colossians 1:24, Apostle Paul said he

- a. Avoided all suffering
- b. Rejoices in his suffering
- c. Feared suffering
- d. Complained about suffering

29. If trials are from God, what can pain become?

- a. Weakness
- b. Fear
- c. Joy
- d. Confusion

30. Fill in the blank: In the Litany for the Departed, the Church prays saying “there is no death for Your servants, but a(n) _____.”

- a. End of existence
- b. Eternal punishment
- c. A loss without hope
- d. A departure

31. Christ abolished death and considered it merely a transition from:

- a. Earthly thing to heavenly things
- b. Joy to sorrow
- c. Peace to suffering
- d. Heaven to earth

32. What awaits believers in the heavenly Jerusalem?

- a. Temporary happiness and earthly rewards
- b. Judgement without comfort
- c. Permanent joy forever in the company of the saints and with God in his heavenly kingdom
- d. Separation from others



The Perfect Sacrifice

1. Select all that apply: According to the passage, the cross was

- a. Not merely an emergency idea
- b. An unexpected event during the incarnation
- c. A plan in God's mind from the beginning
- d. Created by Apostles after Christ's resurrection
- e. Only a Roman method of punishment

2. The Old Testament contained many _____ of the cross and redemption

- a. Wars and judgements
- b. Signs and symbols
- c. Laws about kings
- d. Stories unrelated to Christ

3. Which sacrifices first introduced the concept of sacrifice and its symbolism to Christ?

- a. Abraham and Isaac
- b. Noah's sacrifice
- c. Passover sacrifices
- d. Cain and Abel

4. The Book of Leviticus is the _____ book of the Torah?

- a. First
- b. Second
- c. Third
- d. Fourth

5. God chose Levi to

- a. Rule Israel politically
- b. Practice the priestly laws
- c. Lead military battles
- d. Write the prophets

6. Select all that apply: Which of the following statements are true according to the teaching about the Book of Leviticus?

- a. The Book of Leviticus directs our gaze to the person of the Lord Christ
- b. Every sacrifice, offering or ritual in this book symbolizes the person of the Lord Christ and His atoning sacrifice
- c. Leviticus mainly focuses on historical wars of Israel
- d. The book points to Christ's one, everlasting sacrifice for redemption
- e. The rituals in Leviticus have no spiritual meaning



7. The idea of sacrifice revolves around

- a. A pure animal that dies on behalf of a sinful person
- b. A human who earns forgiveness through good works
- c. A prophet who replaces all commandments
- d. A ritual that removes the need for repentance

8. When the sinner comes with the animal sacrifice, he acknowledges

- a. That he has done nothing wrong
- b. That he is cut off and aware of his sin
- c. That he does not need redeeming
- d. That he is pure and without impurities

9. Which bible verse states that “without shedding of blood there is no remission.” a.

- a. 1 Peter 2:24
- b. Romans 6:23
- c. Hebrews 9:22
- d. Acts 5:41

10. List below the purpose of offering sacrifices as mentioned in the reading

- a. _____
- b. _____
- c. _____

11. Match the terms with the correct description:

Terms:

- 1. Burnt offering
- 2. Grain offering
- 3. Peace offering
- 4. Sin offering
- 5. Trespass offering

Descriptions:

- a. Incarnation of the Son
- b. He bore our sins
- c. Sacrifice of Thanksgiving forgiveness
- d. Every sin directed against God Himself
- e. Obedience of the Son

12. Sin has two results, pick the correct result along with its corresponding offering

- a. It grieves God’s heart, proven grain offering
- b. It destroys the human being, proven by burnt offering
- c. It grieves God’s heart, proven by burnt offering
- d. It destroys the human being, proven by peace offering

13. Describe the five steps in the ritual of offering the sacrifice

1. _____
2. _____
3. _____
4. _____
5. _____

14. What does the repeated shedding of blood every day indicate

- | | |
|--|--|
| a. Insufficiency | b. Complete fulfilment of redemption |
| c. That sin no longer exists in humanity | d. That sacrifices should replace prayer |

15. Hebrews 9:12 describes that the sacrifice of Christ was the only sacrifice sufficient for redemption, fill in the blanks of the verse below “Not with the blood of _____ and _____, but with _____ own _____ He entered the most _____ place once for all, having obtained eternal _____.” (Hebrews 9:12)

16. True or False: There is no entrance to the Father’s bosom and no eternal rest except through the blood of our Lord Jesus Christ.

17. Why is the Burnt Offering Considered the first of the sacrifices?

- a. Because it is the easiest to offer
- b. Because it is offered to seek acceptance and satisfaction of God
- c. Because it replaces all other sacrifices
- d. Because it is only for priest

18. What does the phrase “sweet aroma” symbolize in the Burnt Offering?

- | | |
|---|---------------------------------|
| a. Human praise to God | b. The smell of burning animals |
| c. God’s acceptance of Christ’s sacrifice | d. The prayer of angels only |

19. Why does the offeror bring his offering to the door of the Tabernacle of meeting, standing outside?



20. Why is the Burnt Offering being offered from males of animals only?

- a. Because male animals were more common
- b. Because female animals were considered uncleaned
- c. Because all sacrifices required only male animals
- d. Because it symbolizes Christ as the Head of the Church

21. Why must the sacrifice be without blemish?

- a. Because animals are rare
- b. Because the Lord Christ is without sin
- c. Because priests preferred this
- d. Because blemished animals are too strong

22. Many symbols become apparent in the reading of the Burnt Offering, Match the terms with the correct description:

Terms:

- 1. Fire
- 2. Water
- 3. Circular motion

Descriptions:

- a. Eternity
- b. Burns sin
- c. Purification

23. The Grain Offering refers to

- a. The earthly kingdom
- b. The complete humanity of the Lord Christ on earth
- c. The priesthood only
- d. The resurrection only

24. The Grain Offering represents the Lord Christ's

- a. Victories
- b. Life and suffering in the body
- c. Ascension into heaven only
- d. Judgement of sinners

3. Fill in the blank: The Grain Offering indicates _____ to _____ for _____, because the Lord Christ gave us _____ and _____ that we may _____ by them _____.

4. True or False: The Grain Offering does not accompany the animal sacrifices.

5. Below is how to offer the Grain Offering, Match the terms with the correct description:

Terms:

1. Fine flour and mixed with oil
2. Incense
3. Cooked with fire
4. Cooked in a casserole
5. Salt Lord Christ life pleasing

Descriptions:

- a. Prayer and the priestly work
- b. The Virgin Mary
- c. Union between the Son and Holy Spirit
- d. The pain of Christ in His life
- e. The relationship with God

6. Why does the priest eat from the Grain Offering?

7. The Grain Offering is offered without yeast and honey; what do each symbolize, respectively?

- | | |
|------------------------------|---------------------------|
| a. Sin and worldly pleasures | b. Pride and sacrifice |
| c. Purity and eternal life | d. Weakness and suffering |

8. Match the terms with the corresponding Bible verse:

Terms:

1. Flour
2. Oil
3. Incense
4. Salt

Bible Verses:

- a. Isaiah 61:1
- b. John 12:24
- c. Matthew 5:13
- d. Leviticus 1:17

9. Why is the Grain Offering connected to the Cross and redemption?

- a. It symbolizes Christ's incarnation and His life leading to the Cross
- b. It replaced the need for redemption
- c. It represents only Christ's resurrection
- d. It was offered outside of Jerusalem



10. What is the main purpose of the Peace Offering?

- a. To punish sin
- b. To replace the burn offering
- c. To thank God for His gifts
- d. To symbolize judgment only

11. What makes the Peace Offering unique among sacrifices?

- a. It is completely burned
- b. It is the only sacrifice the priest, offeror, and friends don't eat from
- c. It is offered only by priests.
- d. It is the only sacrifice the priest, offeror, and friends eat from together

12. Why is the fat covering the entrails, kidneys, and liver offered on the altar?

- a. It is the best part of the sacrifice
- b. It symbolizes weakness
- c. It is the least valuable part of the sacrifice
- d. It is offered to reduce the size of the sacrifice

13. The blood and fat are not eaten, according to the command in Genesis 9:4, fill in the blanks of this verse below: Only you shall not _____ with its _____, that is, its _____. (Genesis 9:4)

14. Select all that apply: Assuming all are without blemish, which may be offered as a Peace Offering?

- a. Goat
- b. Birds
- c. Sheep
- d. Cattle

15. Why may the Peace Offering include both males and females?

- a. It symbolizes the partnership between God and His Church (the Bride of Christ)
- b. Sex does not matter in sacrifices
- c. Female sacrifices were preferred
- d. Both male and females are only offered if birds are unavailable

16. The Eucharistic mystery is primarily the sacrament of

- a. Judgement
- b. Thanksgiving
- c. Prophecy
- d. Fasting

17. The Eucharistic mystery can be described as

- a. A replacement for the Cross
- b. An extension of the sacrifice of the Cross
- c. A symbol of earthly peace only
- d. A remembrance without sacrifice

18. Fill in the blank: The Peace Offering is reflected in the prayer of reconciliation, and symbolizes _____ between _____ and _____, between the _____ and _____.

19. Why does the Peace Offering come after the burnt and grain offering?

- a. Because the Peace Offering is the least important sacrifice
- b. Because grain and burnt offerings were easier to prepare
- c. Because it comes after reconciling between God and humanity by the Cross
- d. Because only priests were allowed to offer peace offerings

20. The Lord's portion is the fat which is

- a. The source of energy in the animal's body
- b. The weakest part of the animal
- c. A symbol of earthly riches
- d. The part removed because it had no value

21. What does offering the fat to the Lord symbolize for believers?

- a. That only priests are required to serve God fully
- b. That physical strength is more important than spiritual life
- c. That sacrifices are only external rituals
- d. That we should dedicate all our energy, senses, and being to God

22. How does the Peace Offering reveal the work of the Cross?

- a. The fat from the Peace Offering is burned on the Burnt Offering, symbolizing Christ offering Himself to give us peace
- b. The Peace Offering replaced the need for the Cross entirely
- c. The Peace Offering symbolized only earthly peace among people
- d. The burning of the fat represented punishment without redemption



23. Why does the Law include both the sin offering and the trespass offering?

- a. Because sin has only one form
- b. Because sin has two aspects: transgression against others and transgression against God
- c. Because offerings were repeated for no reason
- d. Because the trespass offering replaces all other sacrifices

24. Why must the priest eat from both sacrifices?

24. Our Lord Jesus Christ requires that we eat from His holy Body for the forgiveness of our sins and to obtain eternal life, this is explained below in what Bible verse? He who eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. (_____ : _____)

25. The Sin Offering is mainly offered for

- a. Thanksgiving only
- b. Atonement for sin
- c. Celebrating feasts
- d. Building the tabernacle

26. List the remaining reasons for the Sin Offering

- 1. _____
- 2. Whoever swears and then retracts his oath
- 3. If someone conceals testimony
- 4. _____

27. Below are symbols of the Sin Offering, Match the terms with the correct description:

Terms:

- 1. The veil
- 2. The sprinkled blood on the veil (seven times)
- 3. Incense
- 4. Blood poured at the base of the altar
- 5. Burning the fat
- 6. Burning the remainder of the sacrifice

Descriptions:

- a. God hates sin
- b. Christ's body torn on the Cross
- c. Consecration of the senses
- d. Atonement and forgiveness of sin
- e. Prayer of our Lord Jesus Christ
- f. Link between the Cross and Christ's atoning intercession

28. Fill in the blanks:

1. The head points to the _____
2. The legs to the _____
3. The entrails to the _____
4. It is burned outside the camp as the Lord Christ was _____

29. What does the Trespass Offering point to

- a. The creation of the world
- b. The priest's authority only
- c. The work of Christ in the forgiveness of our sins directed against God
- d. The building of the tabernacle

30. According to the reading, repentance and confession are

- a. Always sufficient
- b. Not enough without restoring what was wronged
- c. Not necessary
- d. Only required for priests

31. What does the skin of the sacrifice symbolize?

- a. Rejection of sacrifice
- b. Wealth and prosperity
- c. Acceptance of the sacrifice and God clothing Adam
- d. Judgement of sinners only

32. The Sin Offering being burned far from the Holy of Holies symbolizes

- a. Christ's rejection of humanity
- b. The crucifixion of the Lord Christ outside Jerusalem
- c. Priestly authority
- d. Temple declaration

33. In the Divine Liturgy, the Trespass Offering is symbolized by

- a. Uniting with the Body and Blood of Christ for forgiveness of sins
- b. Burning animals outside the camp
- c. Offering incense only
- d. Reading the Old testament only



34. When does the priest eat from the Sin and Trespass offering?

- a. Always
- b. Only if he personally sins
- c. When offering it for another person
- d. Only during feasts

35. When the high priest himself sins

- a. He eats from the offering
- b. The sacrifice is shared with the people
- c. The offering is canceled
- d. The sacrifice is burned completely

36. Fill in the blank: Sin _____ the life of man _____ it, and makes him _____ by _____ and by _____.

The Golden Words

1. "He made Himself, of no reputation taking the form of the bondservant, and coming in his the likeness of men" (_____ : _____)

2. Match the terms with the correct description:

Terms:

1. Priest
2. King
3. Shepherd
4. Teacher
5. Victor

Descriptions:

- a. Declared victory and defeat of Satan
- b. Interceding for His crucifiers
- c. Bringing the right-hand thief to His kingdom
- d. Proving that He is the Messiah
- e. Caring for His Church

3. Fill in the blanks: _____, forgive them, for _____ what they do. (_____ : _____)

4. Select all that apply: with whom did Jesus Christ speak with on the Cross?

- a. Humans
- b. Saints – St. Mary and St. John the beloved
- c. God the Father
- d. Evil ones who repented – The right-hand thief
- e. His crucifiers
- f. God the Father

5. What does the word atonement mean?

- a. Purifying
- b. Interceding
- c. Covering with blood
- d. Pain

6. What did the Jews think when they were killing Our Lord Christ?

- a. They were killing him according to the Law
- b. That He was the giver of the Law
- c. That he was not just an ordinary man
- d. That He is the Son of God

7. What was Christ's mission?

- a. To reconcile the guilty man with the righteous God
- b. To establish an earthly political kingdom
- c. To immediately remove all suffering
- d. To judge humanity without offering salvation



8. What bible verse is this: For the Son of Man came to seek and to save the lost

- a. 1 Corinthians 2:8
- b. Matthew 20: 28
- c. Luke 19:10
- d. Luke 6:27

9. Fill in the blanks: Christ prayed for His _____ while He was hanging on the _____, and in the _____ of His _____, He asked _____ for them and made _____ for them.

10. Who does Christ's prayer extend to?

- a. Himself only
- b. Everyone on earth
- c. Everyone who desires to repent
- d. Saints only

11. Christ was wounded for our sins; therefore

- a. He intercedes before the Father for the forgiveness of everyone who repents
- b. He thought repentance was unnecessary
- c. Divine justice was ignored because Christ was injured
- d. Sinners can save themselves without God

12. What did Christ mean when He said, "Father, forgive them"?

- a. That only His crucifiers could be forgiven
- b. That repentance is not necessary
- c. That sin has no consequences
- d. That He had paid the price of their sins

13. Fill in the blanks: Of Christ's last seven words of Jesus Christ, the first three words were for _____ and the last four words were a _____.

14. What example did Christ leave for us to follow when He forgave His crucifiers?

- a. Forgive those who have wronged us – forgive and it will be forgiven you
- b. Judge those who have wronged you
- c. Hold grudges against the people who have wronged you
- d. Forgive those who have wronged us but continue to hold it against them

15. There are many examples to whom the phrase “They do not know what they do” applies, Match the people with their descriptions:

Person:

1. St. Longinus, the soldier
2. St. Aranius of Ansenah
3. Saul of Tarsus

Descriptions:

- a. Shed the blood of Christians, but the Lord Christ drew him to Himself, so he believed so he believed and was martyred
- b. Pierced the side of the Lord Christ with a spear, then believed in the Lord Christ and became a saint.
- c. Persecuted Christians, until the Lord appeared to him and he became the great apostle.

16. Christ offers salvation to the whole world, who can enjoy this salvation?

1. _____
2. _____
3. _____

17. What did the Lord Jesus Christ confirm to the right thief when He said, “Today you will be with Me in Paradise”?

- a. That suffering has no purpose
- b. That He is the Judge, has authority to grant eternal life, and is ready now to save
- c. That only the disciples could enter paradise
- d. That salvation comes through good works alone

18. Why is the right thief called the “repentant thief” by the church?

- a. Because he escaped crucifixion
- b. Because he repented and believed in the Lord Jesus
- c. Because he was one of the disciples
- d. Because he offered sacrifices in the temple

19. Who was the first to address the Lord Jesus while He was on the Cross?

- a. St. John the Beloved
- b. St. Mary
- c. The right-hand thief
- d. St. Longinus



20. Which phrase is a source of meditation repeated by the whole church?

- a. Lord, increase our faith
- b. Blessed are the meek
- c. Peace be with you
- d. Remember me, O Lord, when You come into Your kingdom

21. The right-hand thief confessed Christ as King when he said

- a. Remember me, O Lord
- b. You are the Son of God
- c. Save Yourself and us
- d. Why have You forsaken me?

22. The right-hand thief confessed Christ's kingdom when he said

- a. If You are the Christ
- b. Depart from me
- c. When You come into Your kingdom
- d. Give me a sign

23. When the Lord Jesus said, "My God, My God, why have You forsaken Me?" He was quoting the opening of which Psalm?

- a. Psalm 23
- b. Psalm 22
- c. Psalm 51
- d. Psalm 91

24. What does Christ's cry on the Cross not mean?

- a. That the pains of the Crucifixion were real
- b. That He was bearing the sins of mankind
- c. That His divinity departed from His humanity
- d. That He fulfilled Psalm 22

25. Why did God the Father turn His face away from the Lord Jesus Christ?

- a. Because Christ had sinned
- b. Because He carried the sins of humanity in His body
- c. Because the Father rejected redemption
- d. Because Satan had power over Him

26. In what ways did Our Lord Jesus Christ represent mankind

- 1. _____
- 2. _____
- 3. _____

27. Jesus crying out with a loud voice at His last breath indicates

- a. Humanity only
- b. Weakness
- c. Power of His divinity
- d. That He feared death

28. When Jesus said, “I thirst,” from the spiritual aspect He was thirsting for

- a. Physical water only
- b. Relief from the Cross
- c. The salvation of mankind
- d. Food and rest

29. Why did the people give Christ vinegar instead of water?

- a. To fulfill the prophecy concerning Him
- b. To help Him regain strength
- c. Because water was not available
- d. Because the soldiers pitied Him

30. Fill in the blanks of the prophecy in Psalm 69:21: And for _____ they gave me _____ to _____.

31. Psalm 22:15 says, “My strength is dried up like a potsherd,” physically, this indicates

- a. Christ tried to explain his pain to the soldiers
- b. Christ felt broken and wanted to be taken down from the Cross
- c. Christ was begging for water
- d. Christ endured until no strength remained in His body

32. List and explain the two fluids which were depleted from Christ’s body

- 1. _____
- 2. _____

33. What did the Lord Jesus Christ declare by saying, “It is finished” ?

- a. His suffering had just begun
- b. The triumph of salvation
- c. The disciples had failed Him
- d. Prophecies would no longer matter

34. Through Christ’s death on the Cross, divine justice took place and He granted

- a. Earthly riches to all people
- b. Political freedom
- c. Eternal life to everyone who believes in Him
- d. Freedom from physical suffering only



35. Which of the following was accomplished through Christ's work on the Cross?

- a. The prophecies were fulfilled
- b. His priestly work was completed
- c. Every righteousness was accomplished
- d. All of the above

36. All love was perfected through Christ's

- a. Love
- b. Pride
- c. Pain
- d. Joy

37. What work remained for Christ after He delivered His spirit on the Cross?

- a. More prophecies needed to be fulfilled
- b. He should descend into Hades and save those who were waiting in hope
- c. Call down angels to destroy the earth
- d. Establish an earthly kingdom in Jerusalem

38. What did Christ complete through His work on the Cross?

- a. The creation of angels
- b. The reconciliation between heaven and earth
- c. The destruction of all nations
- d. The end of free will

39. According to Psalm 96:10, what should be proclaimed among the nations?

- a. The Lord reigns
- b. The world will end soon
- c. The law has been abolished
- d. Jerusalem will never fail

40. The phrase "It is finished" is described as a shout of

- a. Fear and sorrow
- b. Weakness and defeat
- c. Joy and Victory
- d. Peace and comfort

41. Who is "the ruler of this world" in John 13:30?

- a. God
- b. Satan
- c. The disciples
- d. The angels

42. Fill in the blanks: ___ came ___ from the ___ and have come into the ___; again, I ___ the ___ and ___ the ___ (John __:___)

43. Our Lord crying out with a loud voice not only His divine power, but also

- a. The will of the Father and Son being one will
- b. His immense pain
- c. How terrified He was
- d. His need to be let down from the Cross

44. True or False: He places His spirit into the hand of the Father and not into the hand of another (the enemy).

45. Why can none among men say Christ died against His will?

- a. He delivered the spirit with His authority
- b. He surrendered His spirit voluntarily
- c. A only
- d. Both A and B

46. Fill in the blanks: I have the power to _____, and I have power to _____ (_____ 10:18)

47. What did Christ do after He delivered His spirit on the Cross?

48. What verse is this: Now this, 'He ascended'—what does it mean but that He also first descended into the lower parts of the earth? He who descended is also the One who ascended far above all heaven...

- a. 1 Corinthians 15:57
- b. Ephesians 4:9-10
- c. John 1:51
- d. Psalm 87:2

49. What is the main message of 1 Corinthians 15:57?

- a. We achieve victory through our own strength
- b. Death is more powerful than life
- c. Victory is given to us through Our Lord Jesus Christ
- d. The world cannot be overcome



Liturgical Rites for the Feast of the Cross

1. Why does the Church honor the Cross?

- a. It is a historical symbol
- b. It represents wealth and victory
- c. It means the reconciliation between heaven and earth
- d. It replaces all other sacraments

2. Match the terms with the correct descriptions:

Terms:

- 1. Sound text
- 2. Sound understanding
- 3. Sound expression

Descriptions:

- a. Liturgies
- b. Holy Scripture
- c. Writing of the Fathers

3. The Church presents the deep meaning of the Cross through the Rites of the _____ of the Cross, celebrated three times in a year.

- a. Joy
- b. Peace
- c. Procession
- d. Burying

4. Where does the Procession of the Cross begin?

- a. At the church entrance
- b. Around the altar
- c. Outside the church
- d. In the choir area

5. **Fill in the blank:** Portions from the Psalms and the Gospel are read, after each Gospel reading, the Gospel response is chanted, and then the Response of the _____ is chanted.

6. **Fill in the blanks:** Through _____: and His _____: He _____ once again: to the _____.

7. **How many stations does the procession involve, and how many groups are each station divided into, respectively?**

- a. 1:4
- b. 7:3
- c. 12:3
- d. 3:12

8. What does each station present?

- a. How the martyrs bore witness to the cross
- b. The concept of the Cross
- c. B only
- d. Both A and B

9. What is the word repeated in the twelve Gospels approximately twelve times?

- a. Your kingdom
- b. God's forgiveness
- c. Glory to God
- d. Save us

10. Who are the servants of salvation?

- a. God the Father
- b. The Virgin Mary
- c. The chiefs of the angels
- d. All of the above

11. Who announced the service of the Incarnation?

12. Who announced the Resurrection of the Lord?

13. What does John 1:51 say will be seen?

- a. The end of the world
- b. The fall of Jerusalem
- c. Heaven opened
- d. The coming of angels only

14. What does the Church teach the Cross is at the door of the sanctuary?

15. Which Gospel is read before the Holy Virgin Mary?

- a. Luke 1: 38-56
- b. Luke 1: 26-38
- c. Matthew 13:44-52
- d. John 1:51

16. What does the Virgin Mary symbolize in this station?



17. Fill in the blanks: The _____ of the _____ round about them that _____, and _____ them. _____ and _____ that the _____ is _____. _____ is the man who _____ in _____. Hallelujah. (_____ :__-__)

18. What event is described in Luke 1:26-38?

- a. The Resurrection
- b. The Transfiguration
- c. The Ascension
- d. The Annunciation

19. Fill in the blanks: “Bless the Lord, ye His angels, who excel in strength, who do His word. Bless the Lord, all ye His hosts, His ministers that do His will. Hallelujah” (Psalm ____:__-__)

20. In Matthew 13:44-52, what is the Kingdom of Heaven compared to?

- a. A burning fire
- b. A treasure hidden in a field
- c. A city on a hill
- d. A mighty river

21. According to the reading, bearing the cross to obtain the precious pearl requires a person to _____

22. The Icons of Salvation are they who were washed in the blood of the Lamb, and who

- a. Prayed daily
- b. Were perfect
- c. Loved not even their lives unto death
- d. Lived in the world

23. Who do we see in the second group?

- 1. _____
- 2. _____
- 3. _____
- 4. _____

24. Why does the Church always place them before our eyes?

- a. That we may imitate their faith
- b. That we can only read about their lives
- c. That we may become perfect
- d. That we lose faith

25. Fill in the Blank: The Lord gave the word; great was the company of those who _____ it. (Psalm __:__)

26. How many others did the Lord appoint and send to preach the Gospel?

- a. 12 b. 70 c. 10 d. 3

27. What does the Cross symbolize in the Gospel passage about the disciples?

- a. The Cross of wealth b. The Cross of kingship
c. The Cross of service and ministry d. The Cross of silence

28. Fill in the Blank: _____, saying: The kingdom of heaven is at _____.
(Matthew 10:7)

29. What authority did Christ give His twelve disciples?

- a. Authority over kingdoms b. Authority to judge
c. Authority to build temples d. Authority over unclean spirits

30. Fill in the Blank: Light has dawned for the righteous, and gladness for the upright in _____. Rejoice in the Lord, O _____, and give thanks at the remembrance of His _____. Alleluia.” (Psalm 96:11)

31. What does the Cross symbolize in the passage about the martyrs?

- a. Earthly victory b. Offering of life and endurance of persecutions
c. Riches and honor d. Escaping suffering

32. Fill in the Blank: If anyone desires to come after Me, let him deny himself, take up his _____, and follow Me. (Matthew 16:24)

33. What is St. Anthony an example of in this situation?

- a. Political leadership b. Self-denial and following Christ
c. Military victory d. Wealth and success



34. Where does the procession stop?

- a. The doors of the holy church
- b. The altar
- c. Before the last icon
- d. Before the door of the sanctuary

35. Fill in the blank for the Psalm read before the North-facing door: How ____ are Your _____, O Lord of hosts! My soul _____ yes even _____, for the _____ of the Lord. Alleluia. (Psalm 84:1)

36. What does the narrow gate mentioned in Luke 13:22-30 represent?

37. Fill in the blank for the Gospel read before the Laqan Basin: This is My beloved Son in whom I am well _____. (_____ 3:____)

38. What does Baptism mean according to this station?

- a. Love
- b. Peace
- c. Death with Christ
- d. Not needing salvation

39. Fill in the blank of the Psalm read before the Eastern door: Open to me the gates of _____; I will go through them, and I will _____ the Lord. This is the ____ of the Lord; the righteous shall enter through it. Alleluia. (Psalm 118:19-20)

40. Why is the Cross described as the procession and throne of the King?

41. Fill in the blank for the Psalm read before the Icon of John the Baptist: But I am like a green _____ tree in the _____ of _____; I trust in the _____ of God _____ and ever. (Psalm 52:8)

42. What do we receive through the Cross of the Son of God?

- a. Earthly riches and power
- b. Freedom from all suffering in life
- c. Authority to rule over others
- d. We are drawn to His fatherly love

Symbols & Blessings of the Cross

1. When was the idea of the Cross in the mind of God?

- a. After the Resurrection
- b. After the fall of Adam
- c. From the very beginning, before the fall of Adam
- d. During the time of Moses

2. Which verse contains God's first promise of redemption after the fall of Adam? a.

- John 3:16
- b. Genesis 3:15
- c. Psalm 23:1
- d. Matthew 5:9

3. Fill in the blank: Thus the woman's _____ shall _____ the _____ head (_____ :_____)

4. How did God first prepare mankind for the idea of redemption after the fall?

- a. By sending prophets immediately
- b. By giving Adam and Eve the Ten Commandments
- c. By promising a Savior who would conquer Satan
- d. By building the Temple in Jerusalem

5. Match the prophet with the prophecy about the redemption and crucifixion of the Lord Jesus Christ

Prophet:

- 1. Zechariah
- 2. David
- 3. Isaiah
- 4. Amos

Prophecy:

- a. Betrayal, death, and the resurrection
- b. The darkness on earth during the crucifixion
- c. The sufferings of the Lord Christ
- d. Thirty pieces of silver and the piercing in His side

6. Which of the following does not symbolize the redeeming Lord Jesus Christ in the Old Testament?

- a. Abraham
- b. Isaac
- c. Goliath
- d. Jacob



7. Why were sacrifices offered daily in the Old Testament?

- a. They removed sin forever
- b. They were only a shadow and reminder of the need for the true Redeemer
- c. Animals were the perfect mediators between God and man
- d. No one believed in redemption

8. Fill in the blank: Job said, “There is no _____ between us, who may lay his hand upon us both.” (Job 9:33)

9. According to Hebrews 10:10, whose sacrifice was offered “once for all” ?

- a. Moses
- b. Aaron
- c. Jesus Christ
- d. Abraham

10. For Christians, the sign of the Cross is a symbol of

- a. Judgement only
- b. Wealth and power
- c. The Old Testament only
- d. Salvation, redemption, and hope

11. Fill in the blank: The Cross declares that after death there is _____.

- a. Death only
- b. Life
- c. Pain
- d. Happiness only

12. What does the sign of the Cross contain faith in?

- a. The One Triune God: Father, Son, and Holy Spirit
- b. Many gods
- c. Angels and prophets only
- d. Nature and creation only

13. What did Cain carry after killing Abel?

- a. A crown and a blessing
- b. A curse and the mark of his sin
- c. A sword and shield
- d. A scroll and staff

14. Fill in the blank: The Fathers saw Cain’s mark as a symbol of the _____ a. Pain

- b. Sin
- c. Joy
- d. Cross

15. In Genesis 22, what did Isaac carry that became a symbol of the Cross?

- a. A lamb
- b. Stones
- c. Wood for the burnt offering
- d. Bread

16. Who are Joseph's two sons?

- a. Manasseh and Ephraim
- b. Cain and Abel
- c. Jacob and Esau
- d. Moses and Aaron

17. Fill in the blanks: Israel _____ his hands in the form of the _____ when he blessed them (Genesis 48:14)

18. In Genesis 28:12, what did Jacob see in his dream?

- a. A river
- b. A ladder reaching to heaven
- c. A burning bush
- d. A throne

19. What does the rod being turned into a serpent before Pharaoh symbolize?

20. What did Aaron's rod do to the rods of the magicians?

- a. Broke them
- b. Burned them
- c. Swallowed them
- d. Hid them

21. Fill in the blank: Aaron's rod blossomed and produced _____, it became a symbol of _____ granted by the _____.

22. Why was Aaron's rod kept in the Ark of the Covenant?

- a. A memorial
- b. A sign of the continual work of the sacrifice of the Cross
- c. The true witness of salvation
- d. All of the above

23. Where was the blood of the Passover lamb sprinkled?

- a. On the rood
- b. On the altar only
- c. On the two doorposts and the lintel
- d. On the ground

24. The Passover lamb placed on two wooden spits in the form of a cross, and roasted on bitter herbs, what does this represent?



25. In which bible verse do we learn about the Rod of Moses?

- a. Exodus 14:16 b. Isaiah 40:8 c. Proverbs 3:5 d. Number 6:24-26

26. Fill in the blank: The rod of Moses was a symbol of the Cross and the _____ of the people of Israel from Pharaoh.

27. What did Moses cast into the bitter water?

- a. Salt b. Oil c. A tree d. Sand

28. Fill in the blank: In Exodus 15:25, we learn about the tree which made the bitter water _____.



Cities & Relationships

1. What was the main difference between the two kings?

- a. One was rich and the other was poor
- b. One built no walls and the other built very high walls
- c. One was a warrior and the other a farmer
- d. One lived in a city and the other in a village

2. **Fill in the blank:** Boundaries are rules and principles which a person sets which determine what is _____ and what is _____ in relationships between people.

3. **True or False:** Others can set your life boundaries for you.

4. What is not a purpose of boundaries?

- a. Protection from harm
- b. Protection from eternity
- c. Encouraging confusion and disorder
- d. Protection from corrupt thoughts

5. Match each type of boundary with the correct Bible verse

Boundaries:

- 1. Fasting
- 2. Family
- 3. Touch
- 4. Violence
- 5. Commandments
- 6. Law

Bible Verse:

- Luke 8:45, John 20:17
- Genesis 2:16-17
- Mark 12:17
- Exodus 20:12-17
- Acts 5:29
- John 18:23, Matthew 26:52

6. What principle does St. Paul emphasize in Galatians 1:10?

- a. Pleasing people is more important than God
- b. Obeying God is more important than pleasing men
- c. Avoiding all responsibility
- d. Following traditions only



7. According to 2 Corinthians 6:14, what does St. Paul warn against?

- a. Helping unbelievers
- b. Living in the world
- c. Being unequally yoked with unbelievers
- d. Teaching others

8. What is the most appropriate way to handle privacy when meeting someone for the first time?

- a. Tell them everything immediately
- b. Stay silent and trust no one
- c. Build trust gradually overtime
- d. Avoid meeting new people

9. Which option shows appropriate responsibility boundaries in a family?

- a. Doing everything even without understanding
- b. Not helping at all
- c. Ignoring all responsibilities
- d. Having specific duties at certain times

10. True or False: In relationships we must consider the customs and traditions which are tare to us by the church, our family, and our community.

11. When I am distressed or upset, what are appropriate boundaries I can expect someone to respect?

12. Fill in the blank: Love is a good and wise choice, based upon _____ between two persons.

13. What are the appropriate boundaries of time?

- a. Wasting time among friends
- b. I arrange my time according to my priorities
- c. My time is mine only
- d. I do not have a structured schedule

14. The body is

- a. A gift
- b. Useless
- c. Not important
- d. All of the above



15. Set boundaries and Say: No with

- a. Violence, clarity, and without politeness
- b. Politeness, clarity, and without violence
- c. Anger, malice, and without kindness
- d. None of the above

16. True or False: This is an example of an appropriate boundary: I must be like the people, or they will accuse me of being different.

17. Fill in the blank: Let thy speech be always with grace... (_____ :_____)

18. What does 1 Corinthians 10:23 teach about Christian freedom?

- a. Everything is always helpful
- b. Nothing is lawful for Christians
- c. Not all things are lawful, helpful or edifying
- d. Christians should avoid all activities

19. Fill in the blank: All things are lawful for me, but I will not be _____ . (1 Corinthians 6:12)

20. What is one result of walking on a road without traffic signals?

- a. Perfect organization and safety
- b. A greater change of accidents
- c. Faster travel for everyone
- d. No changes at all

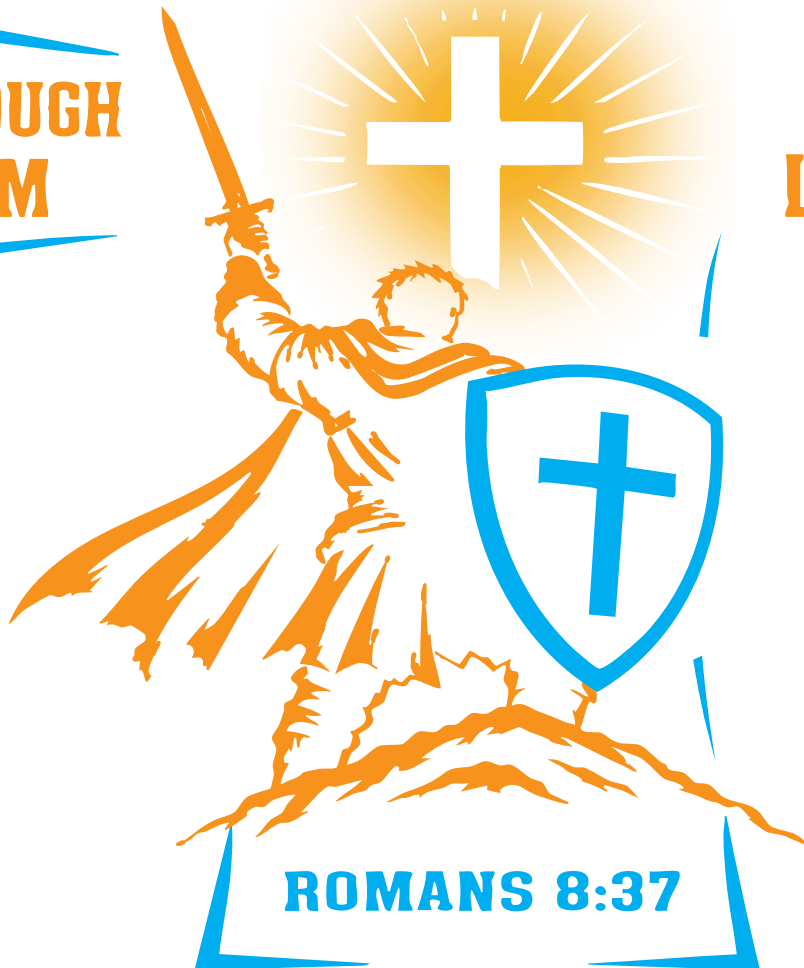
21. Fill in the blank: Walking on a road without traffic signals leads to absence of _____ .

22. Why is it necessary that we set boundaries for ourselves and for others?

**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

