

Mahragan El Keraza 2023



.....So that you surely

Rejoice!

Workbook | **Grades 3-4**



"Seven days you shall keep a sacred feast to the LORD your God in the place which the LORD chooses, because the LORD your God will bless you in all your produce and in all the work of your hands, so that you surely rejoice."

Deuteronomy 16:15

Rejoice!

Deuteronomy 16:15



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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Table of Contents



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



Rejoice!

Deuteronomy 16:15



1. Marriage is just for making a family.
a. True b. False

2. During the time before the flood, _____
and his family were the only people who loved God.
a. Abraham b. Isaac
c. Noah d. Jacob

3. God instructed Noah to take a _____
and a _____ of each bird and animal.
a. Dark, Light b. Male, Female
c. Old, Young d. Clean, Unclean

4. After Noah and his family exited the ark,
he built _____ for the Lord.
a. An altar b. A tabernacle
c. A tent d. An ark



5. _____ is also known as the "Son of the Promise"

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

6. God prepared _____ to be Isaac's wife.

- a. Sarah b. Rebecca
- c. Elizabeth d. Mary Magdalene

7. _____ and _____ were the children of Isaac and his wife, Rebecca.

- a. Ham, Sham b. Isaac, Jacob
- c. Jacob, Essau d. Judah, Joseph

8. Our Lord Jesus Christ blessed the _____ by attending with St. Mary and the disciples.

- a. Raising of Lazarus
- b. Wedding at Cana of Galilee
- c. Birth of St. John the Baptist
- d. Home of Abraham and Sarah



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9. Below, please write a verse from the Book of Genesis that tells us how God blesses a man and a woman when they choose to get married.

10. During the wedding ceremony, Abouna ties the wedding rings with _____.

- a. A communion napkin (Lefafa) b. Vines
- c. Red silk ribbon (Zinar) d. Rope

11. Abouna ties the red silk ribbon (zinar) into a _____ as a symbol that this Christian marriage cannot be broken.

- a. Bow b. Knot
- c. 2 knots d. Shorter string



12. The groom is dressed with a royal robe because he is now the _____ of the family.

- a. Leader
- b. Oldest person
- c. Youngest person
- d. Best one

13. The bride is not dressed in a royal robe during the wedding ceremony.

- a. True
- b. False

14. Below, write where each of the wedding readings come from in the Bible.

- a. Pauline Epistle: _____
- b. Psalm: _____
- c. Holy Gospel: _____



15. Below, please write a verse from the Gospel according to St. Matthew which tells us the law of marriage for us given by the church.



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16. Abouna prays _____ prayers asking God to bless the couple and give them grace.

- a. Five b. Ten
- c. Twelve d. Fifteen

17. At the end of each of the matrimony prayers, the congregation responds by saying...

- a. Amen
- b. Lord Have Mercy
- c. According to Your mercy, O Lord
- d. Blessed, are you O Lord



18. When Abouna places the crowns on the bride and groom, they become _____ and _____.

- a. Priest and Deacon b. Holy and Sinless
- c. King and Queen d. Finally married



19. Below, please write what Abouna says while crowning the bride and groom.

20. The most important moment in the Sacrament of Matrimony is _____.

- a. The Crowning
- b. Praying over the rings
- c. Placing the robes on the bride and groom
- d. The Invocation of the Holy Spirit

21. Abouna places a _____ on the hands of the bride and groom.

- a. Red ribbon (zinar)
- b. Veil
- c. Drape
- d. Cloak



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1. The journey of joy which the church has arranged following the Resurrection feast is _____ days long.

- a. Seven b. Ten
- c. Fifty d. Forty



2. The first time when our Lord Jesus Christ appeared to the disciples after the resurrection, _____ was not with them.

- a. Thomas b. Peter
- c. James d. John

3. The first Sunday after the Resurrection is known as Thomas Sunday or the "Sunday of _____."

- a. Jesus b. Faith
- c. Joy d. Baptism



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4. Below, please write a verse from the gospel according to St. John which tells us what our Lord Jesus Christ said to St. Thomas after he believed in the Resurrection.

5. One way that we can abide in Christ is by partaking of His Holy Body and Precious Blood during Communion.

a. True b. False

6. Below, please write a verse which tells us that Our Lord Jesus Christ is the Bread of Life.



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7. The gospel which is read on the third Sunday of the Holy Fifty Days is about the _____.

- a. Man born blind b. Wedding at Cana of Galilee
- c. St. Thomas believing d. Samaritan woman

8. The water which comes from our Lord Jesus Christ is the water of _____.

- a. Life b. Virtue
- c. Love d. Faith

9. All of the gospels read during the Holy Fifty Days can be found in the Gospel according to _____.

- a. St. Matthew b. St. Mark
- c. St. Luke d. St. John

10. Below, please explain how the Samaritan woman and all of the believers will never thirst when we accept the water of Life given to us by our Lord Jesus Christ.

a. _____



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11. On the fourth Sunday of the Holy Fifty Days, we are reminded that _____.

- a. Christ is the Way of our Life
- b. Christ is the Light of our Life
- c. Christ is the Water of our Life
- d. Christ is the Bread of our Life

12. A life in sin is a life of darkness.

- a. True
- b. False



13. The Resurrection means a life of continuous _____ for us.

- a. Joy
- b. Struggle
- c. Pain
- d. Suffering



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14. Since we are the children of God, we are the children of _____.

- a. Our parents
- b. The priest that baptized us
- c. Light
- d. The saints

15. Our ultimate goal during the Holy Fifty Days is to reach _____.

- a. The Age of 95
- b. The Apostles Fast
- c. The Pentecost Feast
- d. The Eternal Life

16. The _____ Sunday of the Holy Fifty Days comes before the Ascension feast.

- a. First
- b. Second
- c. Fifth
- d. Seventh

17. Our Lord Jesus Christ ascended into Heaven _____ days following His Resurrection.

- a. Ten
- b. Twenty
- c. Thirty
- d. Forty

18. On the sixth Sunday of the Holy Fifty Days, we remember that Christ is the _____ of the World.



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- a. Conqueror
- c. Lover

- b. Savior
- d. Director

19. Below,
please explain
how our Lord
Jesus Christ
conquered Satan.



20. The Seventh Sunday of the Holy Fifty
Days is the _____ feast.

- a. Ascension
- c. Apostles

- b. Pentecost
- d. Annunciation



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21. When our Lord Jesus Christ ascended to Heaven, He promised the disciples that He would send them _____ to comfort them.

- a. Gifts
- b. Powers to work miracles
- c. The Holy Spirit
- d. God the Father

22. Below, please write a verse from the Book of Acts which tells us about the promise our Lord Jesus Christ told the disciples before He ascended to Heaven.

23. The feast of Pentecost is a joyful day because it is the _____ of the church.

- a. Longest Liturgy
- b. Birth
- c. Best feast
- d. Most important sacrament



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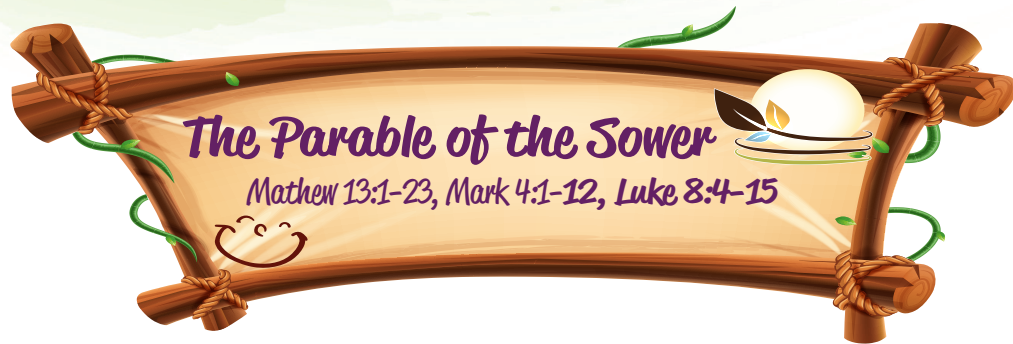
24. In the Table Below, please fill in the information about each Sunday of the Holy Fifty Days. The first week has been filled in for you as an example.

Sunday #	We Celebrate...	Important Lesson	Gospel Passage
1	Thomas Sunday	The Sunday of Faith	John 20:19-31
2			
3			
4			
5			
6			
7			



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1. Our Lord Jesus Christ used the parable of the sower to instruct people to regularly listen to and follow _____.
 - a. God's Word
 - b. Hymns
 - c. Spiritual Songs
 - d. The law of the country
2. The Parable of the Sower is found in the Gospel according to Saint _____.
 - a. Matthew
 - b. Mark
 - c. Luke
 - d. John
3. Jesus was sitting in a _____ when He told the people the Parable of the Sower.
 - a. Tent
 - b. Boat
 - c. Chair
 - d. Field

4. The job of the Sower is to _____.

- a. Sell merchandise b. Make tunics
- c. Organize the market d. Plant seeds

5. In this parable, the Sower represents

- _____.
- a. Our Lord Jesus Christ
 - b. Saint Peter
 - c. God the Father
 - d. The Holy Spirit



6. In this parable, the seeds represent

- _____.
- a. The Old Testament b. God's gifts
 - c. Miracles d. God's Word

7. The seeds that fell on the wayside were stolen by _____.

- a. The merchants b. The birds
- c. The sheep d. The wind

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8. If we refuse to do God's will, the _____ will easily steal God's Word from our hearts.

a. Devil

b. Holy Spirit

c. Pope

d. People in the world

9. The seeds that fell on the stony ground were NOT able to grow at all.

a. True

b. False

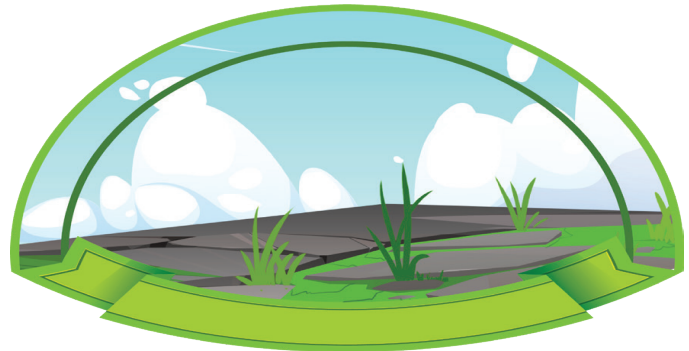
10. The problem with the stony ground is that it has no _____.

a. Fertilizer

b. Depth

c. Sunlight

d. Water



11. Below, please explain the problem with the stony ground and what this represents in our own lives.



12. When we are reading God's Word, we should do our very best to understand and act according to _____.

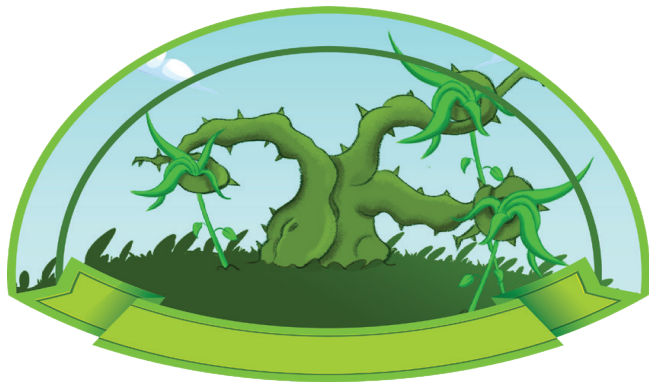
- a. Every Word
- b. Some commandments
- c. Most commandments
- d. Whatever fits our lifestyle

13. The main problem with the thorny soil is _____.

- a. There is not enough sunlight
- b. There is no soil or depth
- c. The thorns will choke the plant
- d. The birds will steal the seeds

14. The seeds planted in the thorny soil will not produce _____.

- a. Flowers
- b. Fruits
- c. Leaves
- d. Any plant



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15. The thorny soil represents those who _____
God's teachings when faced with a problem.

- a. Remember
- b. Neglect
- c. Reject
- d. Forget

16. The good ground is...

- a. Fit for farming
- b. Will allow the seeds to grow into beautiful plants
- c. Will produce fruit
- d. All of the above are true

17. When I begin to read the Bible, I should
make the sign of the Cross and pray saying:

- a. Lord Have Mercy
- b. Speak, O Lord for your servant is listening
- c. Let it be according to your mercy o Lord
- d. Amen



18. Below, please explain each of the steps I must take when reading the Word of God

a. Begin with Prayer: _____

b. Read the Holy Bible in Order: _____

c. Read with Understanding: _____

d. Discover Hidden Treasures: _____

e. Memorize the Word of God: _____

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f. Pray: _____

19. Below, please write a verse from the Book of Jeremiah showing us how the Word of God can make us joyful.



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1. After leaving Egypt, God brought the people of Israel to _____.
 - a. Judea
 - b. Canaan
 - c. The Promised Land
 - d. Mesopotamia

2. In the Old Testament, a Judge was chosen by _____.
 - a. The prophet at the time
 - b. The people
 - c. An altar lot
 - d. God

3. Jabin was the king of _____.
 - a. Egypt
 - b. Canaan
 - c. Jericho
 - d. Israel

4. Sisera was the commander of the army and his name means _____.
 - a. Joyless
 - b. Evil One
 - c. God is Just
 - d. Strong



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5. The Israelites were under the slavery of Jabin for _____ years.

- a. Ten
- b. Fifteen
- c. Twenty
- d. Thirty

6. The Israelites had no peace and joy under the slavery of Jabin so they _____

- a. Repented and cried out to God
- b. Got upset with God and refused to worship Him
- c. Built a golden calf
- d. Stopped offering sacrifices

7. God sent _____ the judge to help save the people of Israel from Jabin.

- a. Samson
- b. Deborah
- c. Obadiah
- d. Gideon



8. The name "Deborah" means _____.

- a. Beautiful
- b. Faithful woman
- c. Bee
- d. Lamb

9. Deborah used to sit underneath a _____ tree.

- a. Sycamore
- b. Maple
- c. Pine
- d. Palm

10. Deborah asked _____ the son of _____ for help.

- a. Samson, Manoah
- b. Barak, Abinoam
- c. Samuel, Hannah
- d. Gideon, Anna

11. Barak was from the tribe of _____.

- a. Judah
- b. Benjamin
- c. Manasseh
- d. Naphtali

12. Under Deborah's instructions, Barak took _____ men to Mount _____.

- a. 300, Carmel
- b. 10,000, Tabor
- c. 1500, of Olives
- d. 20, Tabor



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13. The men that Barak took with him were from the tribes of _____.

- a. Judah and Benjamin b. Zebulun and Manasseh
- c. Benjamin and Manasseh d. Naphtali and Zebulun

14. Barak agreed with Deborah's plan but he wanted _____ to come with him.

- a. Samson
- b. Joshua
- c. Deborah
- d. Susanna



15. God brought the victory against Sisera by the hand of a woman named Deborah.

- a. True b. False

16. Barak's army had _____ steel chariots.

- a. 100 b. 900
- c. 700 d. 200

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17. Below, explain what happened once Barak and his army arrived to fight against Sisera's army.

18. When Sisera fled the scene of the war, he found the tent of _____.

a. Deborah
c. Jael

b. Abraham
d. Naphtali



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19. God gave the Israelites victory by having Jael kill Sisera.

a. True

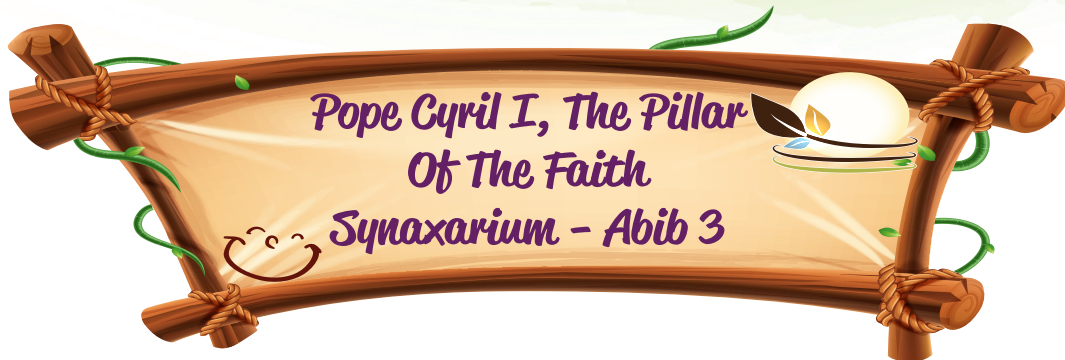
b. False

20. Below, please write a verse from the Book of Psalms which tells us to rejoice in God's name.



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1. The story of Pope Cyril I can be found in the Synaxarium reading on _____.

- a. Abib 5
- b. Tout 1
- c. Abib 3
- d. Baramhat 15

2. Pope Cyril I's uncle was Pope _____.

- a. Athanasius
- b. Theophilus
- c. Tawadros
- d. Alexandros



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3. Pope Theophilus was the _____
pope of Alexandria.

- a. 15th
- b. 20th
- c. 7th
- d. 23rd

4. Pope Cyril I studied at the _____.

- a. Theological School of Alexandria
- b. Theological School of Greece
- c. Monastery of St. Bishoy
- d. Papal school for Theology in Jerusalem

5. At the Monastery of _____, Pope Cyril
became a disciple of Abba _____.

- a. El Baramous, St. Moses the Strong
- b. St. Anthony, Serapion
- c. St. Bishoy, Sarapamon
- d. St. Macarius the Great, Serapion

6. Pope Cyril I stayed in the monastery for ____ years.

- a. Five
- b. Ten
- c. Fifteen
- d. Twenty



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7. After the departure of Pope Theophilus, Pope _____ was chosen to be the 24th Pope of Alexandria.

- a. Peter II
- b. Cyril I
- c. Mattheos II
- d. Tawadros I



8. Pope Cyril I defended the faith against the heresy of _____.

- a. Arius
- b. Macedonius
- c. Martin Luther
- d. Nestorius

9. Below, please explain the heresy of Nestorius in your own words.



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10. Nestorius refused to call St. Mary the _____.

- a. Mother of God
- b. Virgin
- c. Theotokos
- d. A and C are both correct

11. Nestorius first spread his heresy in the city of _____.

- a. Istanbul
- b. Constantinople
- c. Jerusalem
- d. Antioch

12. The people of Constantinople accepted the heresy of Nestorius and followed the wrong teaching.

- a. True
- b. False



13. Pope Cyril I took an opportunity on the feast of _____ to defend the faith against Nestorius' wrong teachings.

- a. Nativity
- b. Resurrection
- c. The Apostles
- d. St. Mary

14. Below, please write two verses from the New Testament that confirm for us the Divinity of Our Lord Jesus Christ.

a. _____

b. _____

15. The Divinity of our Lord Jesus Christ was united with His Humanity like _____ with _____.

- a. Milk, eggs
- b. Oxygen, atmospheric air
- c. Iron, Fire
- d. Sunlight, oxygen



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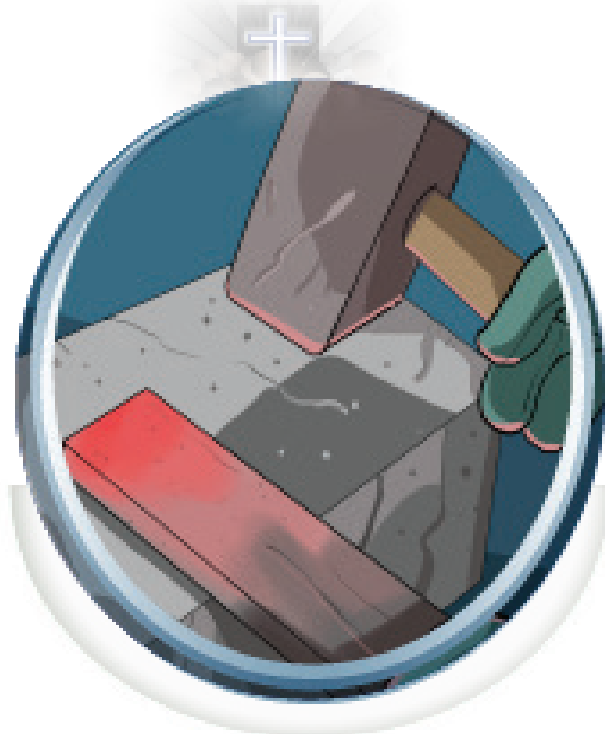
Deuteronomy 16:15

16. Complete the Statement: Our Lord Jesus Christ's Divinity never parted from his humanity, not for a single moment nor a

- _____.
- a. Twinkling of an eye b. Split second
 - c. Millisecond d. Minute

17. Our Lord Jesus Christ has _____ the properties of God and _____ the properties of man.

- a. Some of, all b. All, some of
- c. All, none of d. All, All



Rejoice!

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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Deuteronomy 16:15

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This Workbook is a production of the Diocese of New York and New England under the Auspices of His Grace Bishop David Bishop of the Diocese of New York and New England and the current Papal Exarch of the Archdiocese of North America for H.H. Pope Tawadros II. May God use this ministry for the Glory of His Holy Name.





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