

Mahragan El Keraza 2023



.....So that you surely

Rejoice!

**English
Edition**

Grades 5-6



“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

.....So that you surely

Rejoice!

Table of Contents



Rejoice!

Deuteronomy 16:15

The Key of Joy

Hello friends,

Let me introduce myself. My name is Thomas and this is my sister Kristin. We worked on making a phone app which shows people the true meaning of joy together. With the help of our beloved Sunday school teacher, Mark, and his friend Macarius, we started to implement the idea.

I decided to write down the stages of its implementation as a reminder of what we needed to do to accomplish our goal. Please join us on this new adventure, and you'll learn the most beautiful stories in our festival! Our theme this year is: Be nothing but joyful. The stories are:

“So that you surely REJOICE”

1. The Holy Spirit

In this lesson we will get to know who the Holy Spirit is. And how can we be filled with Him? Thus we will learn the true meaning of joy.

*My Joy Comes
from the Lord*

2. A Journey through the Midnight Praises

We will learn the Praises (Tasbeha) including the Midnight Praises and the importance of praising. Praise is a sacrifice of love and joy that we present to God.

*My Joy is in His House;
Spirit and Life*



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3-The Epistle of Saint Paul to the Philippians

We will learn how St. Paul lived a life of true joy.

My Joy is When I Live by His Commandments.

4-The Sacrament of Repentance and Confession.

We will find out that our fellowship with the Lord is through life that is full of continuous repentance and confession. The sacrament of repentance and confession is the reason for our joy.

My Joy Lasts as Long as I live with Him

5-Tobias and the Archangel Raphael

You will get to see that any help we give to others can be a cause of joy for us and for them.

My Joy is a Behavior fit for His Heaven



Rejoice!

Deuteronomy 16:15



Thomas: Summer vacation started, and with it starts all kinds of fun activities. Some people do research, some do reports, but in fact, I am noticing two strange things;

- The first is the strong connection between children and their cell phones, with all the games and applications. Children seem to spend a very long time on their phones.

- The second thing I have noticed this summer is that most people seem unhappy!

With my sister, Kristin, and our Sunday school teacher, Uncle Mark, we began our adventure to try to solve these two problems.



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Uncle Mark: You are right, Thomas. Many people are noticing these problems too!

Kristin: How about if we try to solve one problem at a time.

Thomas: I was hoping we could solve them both at the same time.

Uncle Mark: What do you have in mind, Thomas?

Thomas: Maybe we can develop a Joyful App to help cheer people up.

Kristin: Great idea! A Joyful Application on the cell phone!

Uncle Mark: What content do you want to deliver on this app?

Thomas: That's where I'll need your help, Mark! I know you have a lot of knowledge about software, and you can also teach us about true joy.

Uncle Mark: I'm very happy you are thinking about how to make others happy. I want you to understand that in order for someone to be joyful, they must be filled with the Holy Spirit.

Kristin: How can we be filled with the Holy Spirit?

Uncle Mark: Let's do the sign of the cross and start our discussion. I will explain to you who the Holy Spirit is and how we can be filled with Him.



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Deuteronomy 16:15

The Holy Spirit

Uncle Mark: "In the name of the Father, the Son, and the Holy Spirit, One God."

The Father is God, the Son is God and the Holy Spirit is God, not three Gods but one God and that's our belief about the Holy Trinity.



The Lord revealed to us that He is one God in three persons (Hypostasis) through the Bible, in both the Old Testament and the New Testament.

8

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Memory Verse

*"The Lord our God, the Lord is one."
(Deuteronomy 6:4)*

Memory Verse

*"For there are three that bear witness in heaven: the Father,
the Word, and the Holy Spirit; and these three are one."
(1John 5:7)*

There are some analogies through which the dogma of the Holy Trinity can be explained. Not that any analogy can compare to the Holy Trinity, but it does help us understand the dogma (Belief).

The Sun

The Sun is composed of a round disk, light and heat.

- The Sun itself – it is in space, and the planets revolve around it.
- Sunlight – it illuminates the world for us.
- The heat of the sun - it is the warmth we feel from the sun.

Through this analogy we can understand that the Blessed and **Holy Trinity is our One God.**



Rejoice!

Deuteronomy 16:15

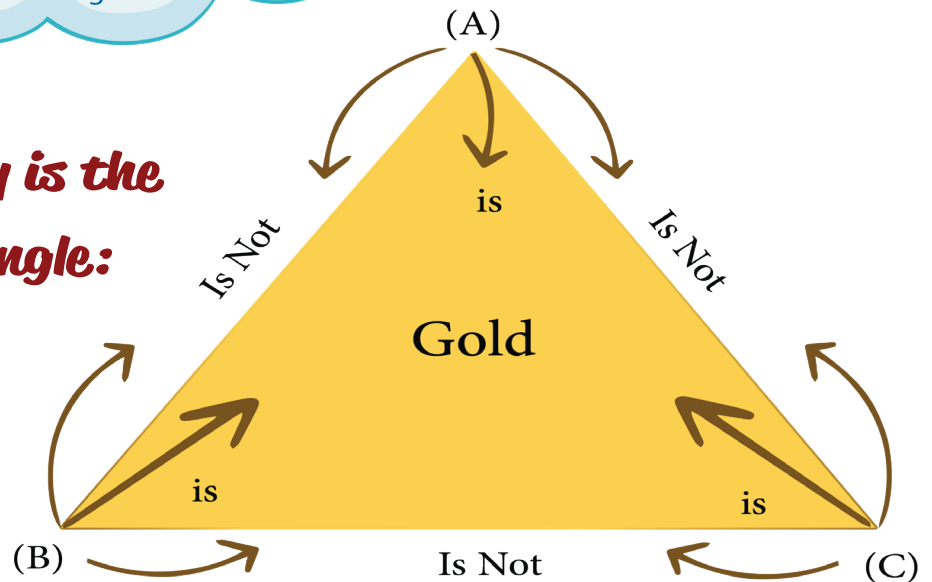
The Sun desk is different from the heat and from the light, but it's all one sun. Through this, we understand that the Father is different from the Son and the Holy Spirit, but they are all One God.

Hence, we understand that the Father never existed without the Son or the Holy Spirit. That is, the three Persons (Hypostasis) existed together from eternity and forever.

It never happened that the sun existed without heat or light. There is no separation between the sun, its brightness and its heat.

This shows that it never happened that the Father existed without the Son or the Holy Spirit. The three Hypostasis existed since before the ages.

Another Analogy is the Equilateral Triangle:



10

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Uncle Mark:

How many vertices does the triangle have?

Kristin:

3 (A), (B), (C)

Uncle Mark:

This means it is one triangle with 3 vertices.

In a similar way, **the Father, Son, and Holy Spirit** are 3 persons (Hypostasis) in **One God**. Is any angle bigger than the others?

Thomas: No, it is an equilateral triangle. So all the angles and the sides are equal. $A=B=C$.

Uncle Mark: Are there any angles separated from the triangle?

Kristin: Of course not, all the angles are connected to each other.

Uncle Mark: Hence, we understand that the Father = the Son= the Holy Spirit, there is no greater or lesser Hypostasis. They are all equal and have the same Divine Nature, one essence. None of the angles is separated from the rest. This tells us that the Hypostases are connected to each other; from eternity and forever. It never happened that the Father was in existence without the Son or the Holy Spirit.

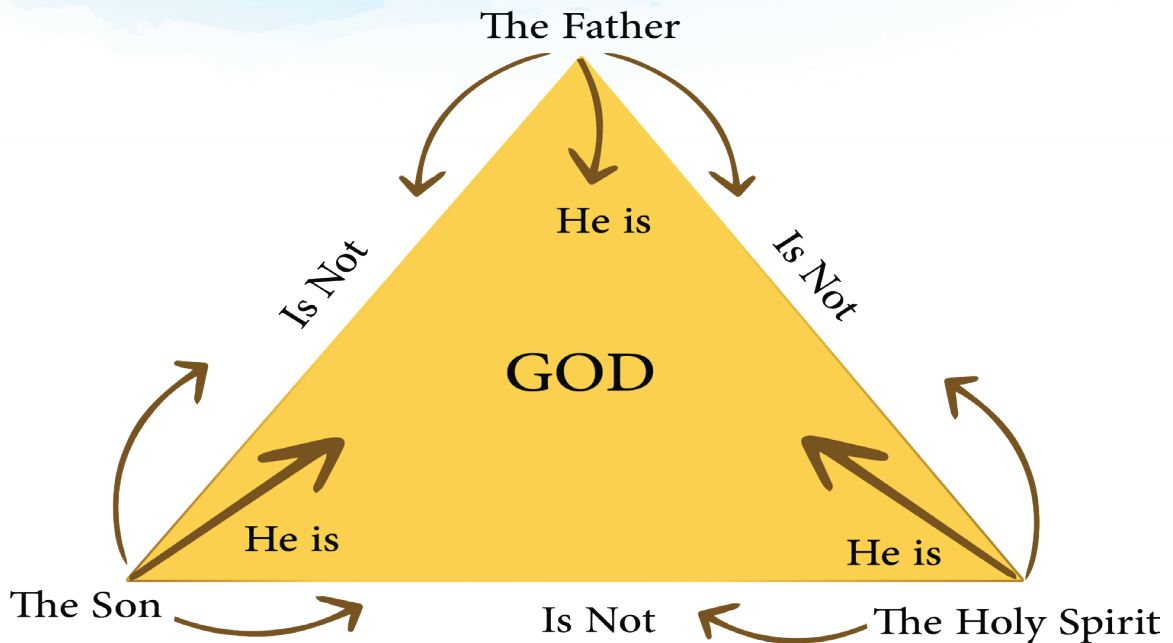
Uncle Mark:

I have an important question, can we say that vertex A is the same as vertex B and vertex C?



Rejoice!

Deuteronomy 16:15



Thomas: Definitely not, vertex (A) is not vertex (B) or vertex (C), but why do you ask this question?

Uncle Mark: Let me explain, although the Father, the Son, and the Holy Spirit are equal in essence, the Father is not the Son, and not the Holy Spirit. Each Person has characteristics that distinguish Him from the other Hypostasis; meaning that they are different in terms of hypostatic properties. So, the Father is the origin or source, the Son is begotten of the Father, and the Holy Spirit proceeds from the Father.

As we say in the Creed: "We believe in one Lord Jesus Christ, the Only-Begotten Son of God, begotten of the Father before all ages; Light of

12

.....So that you surely

Rejoice!

Light, true God of true God, begotten not created, of one essence with the Father, by whom all things were made; Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit... Yes, we believe in the Holy Spirit, the Lord, the Life-Giver, Who proceeds from the Father”

Kristin: Ok Uncle Mark, I think I understand now.

- The Father is God in terms of the essence of the Divine nature. He is the Origin and the Source of the hypostatic nature.

- The Son is God in terms of the essence of the Divine nature. He is the begotten of the Father in terms of the hypostatic nature.

- The Holy Spirit is God in terms of the essence of the divine nature. He proceeds from the Father in terms of the hypostatic nature

Uncle Mark: Excellent! Ok, so far we have covered the first question; Who is the Holy Spirit?

Kristin and **Thomas:** He is God.

Uncle Mark: Bravo! and our Bible proves to us that the Holy Spirit is God. We will find many verses making it clear to us that the Holy Spirit is God through His actions and traits.



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Deuteronomy 16:15

Attributes of the Holy Spirit:

- **The Holy Spirit is Creator:** “The Spirit of God has made me.” (Job 33:4) Of course this is one example but there are many more that prove that the Holy Spirit is God.



- **The Holy Spirit is Omniscient** – all knowing
“For there is not a word on my tongue, But behold, O Lord, You know it altogether.” (Psalm 139:4)

- **The Holy Spirit is Omnipresent** – present everywhere
“Where can I go from Your Spirit? Or where can I flee from Your presence?” (Psalm 139:7)

- **The Holy Spirit is Omnipotent** – all powerful
“He lays the beams of His upper chambers in the waters, Who makes the clouds His chariot,” (Psalm 104:3)

“Not by might nor by power, but by My Spirit,” Says the Lord of hosts.” (Zechariah 4:6)

Thomas: Now we know that The Holy Spirit is God. He is one of the Three Hypostasis. How can I be filled with the Holy Spirit so I can be joyful?

Uncle Mark: Let me tell you.



.....So that you surely

Rejoice!



Each one of us believes in our Lord Jesus and that He is God incarnate and that we were baptized in the name of the Holy Trinity. We praise Him in the name of the Holy Trinity and become children of God when we received the Holy Spirit through the sacrament of Baptism.



Once we are baptized, the Holy Spirit of God abides within us through the sacrament of Chrismation when Abouna anoints us with the Myron oil 36 times. This means that we are a temple for the dwelling of the Holy Spirit. We are sanctified and dedicated to our Lord, which means that we belong to Him. We must live in purity and virtue throughout our lives.



Rejoice!

Deuteronomy 16:15



With the Spirit of our Lord dwelling within us, He helps us get closer to our Lord and supports us in all our strife. He supports us in partaking of the Holy Mysteries, repentance, confession, prayer, fasting, almsgiving, and reading the Bible which are the means of grace. The Holy Spirit helps us with many things in order to have a true relationship with God.

Uncle Mark: There is another important point I'd like you to know.

16

.....So that you surely

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The more we continue to practice the means of grace, the more our spiritual life will grow, and be filled with the Holy Spirit. If we do this, we will fulfill the commandment of our Lord to us and the fruits of the Holy Spirit will begin to appear in us.

"Be filled with the Spirit" (Ephesians 5:18)

If we neglect to strive and avoid practicing the means of grace, then the Holy Spirit will be hard to hear within us. This means, that we have not followed the commandment of our Lord, in which He said:

"Do not quench the Spirit." (1 Thessalonians 5:19)
We should take care not to become like the five foolish virgins.

Rejoice!

Deuteronomy 16:15

Do you remember the parable that our Lord Jesus told us about the wise and foolish virgins?

Kristin: The five wise virgins were ready and they took oil in their vessels with their lamps, meaning their lamps were filled with oil and they also stored oil in the vessels.



Uncle Mark: Good! This means being filled with the Holy Spirit. The oil symbolizes the work of the Holy Spirit in us.

Thomas: But the five foolish virgins were unprepared, because they took their lamps but they did not bring extra oil with them. They were not ready with extra oil, and therefore their lamps were about to be extinguished.

Uncle Mark: Exactly! The intended meaning is that they did not strive, and therefore they extinguished the works of the Holy Spirit of God within them.

I have an example to help you understand this. It's like when you have a cell phone, as long as you are connected to the electricity source, it will be charged. But when we disconnect it from the power source, and use it, the power will decrease. Then we will have to reconnect it to the charging source, so that it can be recharged.

18

.....So that you surely

Rejoice!

If we compare the cell phone's connection to the electricity source to our permanent connection with Our Lord, then we can understand that we need to be constantly connected to God who is the source of our life.

Therefore, every human being, in order to be like the wise virgins, needs to be in constant contact with the Lord via

a permanent link. This link is practicing the means of grace.

That is how the fruits of the Holy Spirit can shine within us.

Thomas: Now I understood how to be filled with the Holy Spirit and be joyful.



Kristin: You said that when we are full of the Holy Spirit, His fruits shine in us. I wonder, what are the fruits of the Holy Spirit in us?

Uncle Mark: When the Spirit of our Lord dwells in us, and we submit to His work within us, the fruits of the Holy Spirit appear. They grow because of our fellowship with the Spirit of our Lord. God gave each one of us the freedom to willingly choose to respond and submit to His voice. Our teacher Paul the Apostle explained to us the fruits of the Spirit in his letter to the Galatians;

Rejoice!

Deuteronomy 16:15

Memory Verse

“But the fruit of the Spirit is love, joy, peace, long suffering, kindness, goodness, faithfulness, gentleness, self-control.”
(Galatians 5:22-23)

Each fruit of the Holy Spirit is linked to other fruits because our spiritual life is all linked together. One of the fruits of the Holy Spirit is joy. When we are filled with the Holy Spirit, we will always be happy because true joy comes from the Holy Spirit. With God, we will have many reasons to be joyful and happy:

- We are joyful because of His sacrifice for us, the redemption, and His salvation.
- We are joyful because God receives the sinners who repent with open arms, and we are happy with His victory because He defeated Satan.
- We are joyful through the services God allows us to partake in.
- We are joyful because of God’s words and promises in the Bible.
- We are joyful with Heaven and eternity at the end of our life on earth. Nothing can take away His joy from us.

Saint Mar Isaac Al-Syrian told us a beautiful saying: “When the soul is filled with the fruits of the Spirit, it completely gets rid of depression and distress and puts on peace and joy in God.”

20

.....So that you surely

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Kristin: I will strive and try not to grieve the Spirit of God by sin or by disobeying His voice within me, so that I may be filled with the Holy Spirit and rejoice in the Lord. This way, I will always remain happy.

Thomas: Now, our job is to introduce all our friends to everything we learned through our new Joyful App.

The first tab in the application will introduce the information. Uncle Mark, can we write all the information under the first tab? Then we will create an activity based on the information the users have read. I have an idea for the activity.

Kristin: The activity is so fun! I have updated the first tab in the game with it, it's all ready to go. The only thing we need to do now is give it a good title. Let's think together, what should we call it? This tab in the Joy App is about how to be filled with the Holy Spirit so that we can be happy.

Thomas: We know that true joy comes from our Lord. Can we name the first tab "My joy comes from God?"

Kristin: That's so perfect! But we need to add more content. It needs more than one activity to help the users learn that true joy comes from God.

Uncle Mark: That's a nice idea, but it will take a lot of time to collect more



Rejoice!

Deuteronomy 16:15

information.

Thomas: We will try to ask our friends for help with searching appropriate information to include in the tab.

Kristin: We can also ask our servants in the church to help us. I will send them an email immediately.



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During the interesting conversation about the new application, Uncle Mark's smart watch rang with a beautiful hymn.

Thomas: Nice ringer on your phone, Uncle Mark. I can't seem to

remember; when do we sing this hymn in church?

Uncle Mark: We recite it in the Tasbeha during midnight praises. Because I love this hymn, I made it the ringtone of my cell phone. It reminds me that it's time for the Tasbeha prayers. By the way, since we are talking about joy, one of the most beautiful and truly joyful times is the time of the Tasbeha. The Bible told us: "Is anyone cheerful? Let him sing psalms." (James 5:13).

What do you guys think about making another tab in the application about the Psalmody or Tasbeha Praises?

Thomas: I think that's a great idea. What do you think, Kristin? Why are you so quiet?



Rejoice!

Deuteronomy 16:15

Kristin: To be totally honest, I don't know how to memorize the melodies and the praises, and I don't attend the Tasbeha praises.

Uncle Mark: In order to memorize the melodies and hymns of the Tasbeha, Kristin, first ask for the help of our Lord and say to Him: "Oh, God's Holy Spirit, help me."

By repeating this prayer, memorizing the melodies, and participating in Tasbeha, God's Spirit will help you enjoy it. You will be able to praise the beautiful hymns and praises of our church; especially if you know the importance of praise. I will tell you about the praises and its importance.

Uncle Mark: Praise is the highest type of prayer. In it we pray to our Lord through melodies and psalms, and we glorify Him for His great attributes. We thank Him for His many gifts like the verse:



.....So that you surely

Rejoice!

Praising is the permanent work of the angels in Heaven. It is the language spoken by the inhabitants of Heaven. It is the language of love, joy, and a sense of the presence of God. This language does not mean letters and words. Angels do not have a language like human languages. But they have a heavenly language that you will know and learn in heaven. In heaven, our only work will be to praise our Lord, so it is important that we train ourselves in praising here on earth so that we can prepare for our life in heaven. Also, we praise to share with our heavenly companions in their attributes. Praise imprints in us the qualities of angels.



Praising is to be recited with a musical tone, and we in our Coptic Orthodox Church, instead of using musical instruments, use our voice. To clarify, using our voice to praise God is a sacrifice of love and joy in which we present ourselves, our voices, and our minds to Him, like in the verse:

Memory Verse

“Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.” (Hebrews 13:15)

25

Rejoice!

Deuteronomy 16:15

Kristin: I have another question; can I praise any time? And when I do, what should I say?

Uncle Mark: Praising is with melodies and psalms, Kristin. It can be at any time. When we start our day, we can glorify our Lord, and before going to sleep, we can glorify God. Our Coptic Orthodox Church has arranged for us many beautiful rites through which we can glorify God with joy, such as: Vesper praises, Midnight praises, Morning praises and others.

Let me tell you how to praise by introducing you to one of the most beautiful praises in our church. Midnight Praises are a beautiful journey that resembles our journey here on earth.

Thomas: For me, Tasbeha is a very joyful time. I try to attend once a week.

Uncle Mark: Good job, Thomas. You are a good deacon. You too, Kristin, if you learn the order of the prayers during the praises, you will love it. Let's begin our journey through Midnight praises.



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Rejoice!

The Structure of The Midnight Prayers



We will find the midnight Praises in a book called The Psalmody. Psalmody comes from a Greek word, "Psalmos" meaning psalm.



We have an annual Psalmody and a Kiahk Psalmody which we use during the month of Kiahk.

The Psalmody starts with a joyful hymn which says, "Arise o you children of light that we may praise the Lord of hosts." The church reminds us to rise and join in praising the Lord joyfully.



Then Moses and the children of Israel sang this song to the Lord and spoke saying, "I will sing to the Lord for He has triumphed gloriously."

Exodus 15:1-21

Rejoice!

Deuteronomy 16:15

Then we start our journey with the First “Hoos” or Ode. The word “Hoos” means “praise”.

The First Hoos has the praises of the great salvation. It consists of the praises of Moses which we can find in the book of Exodus chapter 15. It describes the story of Moses when he and the Israelites crossed the Red Sea and were saved from the hands of the Egyptians. When we remember the praises of Moses and the Israelites, it brings joy to all the congregation.



It also symbolizes the holy Baptism. Through Baptism we become children of God and we put on the new nature. That’s why the church put this Hoos first because we begin our lives with Jesus through Baptism. Following the First Hoos, the “Lobsh” is sung. The Lobsh is an explanation or a praise about the previous hoos, and it is a poetic piece to be sung in a long hymn and a beautiful melody. It starts by, “With the split: the waters of the sea split: and the very deep: became a walkway.”

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Thomas: After the First Hoos, the church joyfully begins giving thanks for God's great works in our lives by praying:



**THE
SECOND
HOOS**

O give thanks to the Lord for He is good, Alleluia His mercy endures forever.

Psalm 135

This is the Second Hoos, and it is the praise of thanksgiving. We offer thanks to the Lord for his great creation and His care for us. We give thanks for the salvation that He fulfilled through the cross and we thank Him for his love towards us. Following the Second Hoos we sing the Lobsh for the second Hoos. Here, we are again reminded of God's graciousness as the church invites her children to give thanks to the Lord with David the psalmist and prophet.



Rejoice!

Deuteronomy 16:15

THE
THIRD
HOOS

"Blessed are You O Lord: God of our fathers and exceedingly to be praised and exalted above all forever."

Daniel 3

Uncle Mark: The third Hoos is the praise of the three saintly youths, which we find in the Book of **Daniel, Chapter 3** of the deuterocanonical books of the Bible. In this hymn, we remember the three young saints, when they were in the furnace of fire. It is as though the church tells us: "In our journey with Christ, we will face problems sometimes and we might enter trials, but He will be with us. He will make fire like cold dew, as happened with the three youth. We trust that God will be always with us, to support us, comfort us, and He will make us always happy. Through the Third Hoos, the church teaches us to rejoice in tribulations.

Following the Third Hoos is the "Watos Psali" for the three saintly youth.

This hymn is called Aripsalin and it has a charming tune. "Sing to the Lord who was crucified, buried and resurrected for us..." In it, we glorify God, with His creation, for how He saved the three youth. Just as He saved them from the fiery furnace, God saved us when He got rid of Satan and



30

.....So that you surely

Rejoice!

his servitude through Jesus' crucifixion and resurrection. He opened the door of paradise for us, and that's why we rejoice and sing.

Following the Psali, is another praise for the three saintly youths, sung in a long and meditative tune. In Coptic it says "Tenoweh ensok khen pen heet tirtf," meaning, "We follow You with all our hearts." Do you know how many tunes this hymn can be sung in?

Thomas: Tenoweh ensok has many tunes depending on the occasion. Annual tune, joyful tune... It has two tunes for Great Lent, a Kiahk tune, and even a special tune for Palm Sunday.



Intercede on our behalf, O the Lady of us all the Mother of God, Mary the Mother of our Savior, that He may forgive us our sins

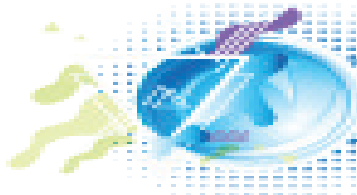
The next hymn is the commemoration of the saints. In the third Hoos, we enjoyed the presence of Christ among us, and then we pray the commemoration of Saints, where we ask for the intercession of all the saints who preceded us to Heaven; beginning with the Virgin Mother, the archangels, prophets of the Old Testament and the saints of the New Testament, the disciples and apostles, and the rest of the saints who lived in faith all their lives.



Rejoice!

Deuteronomy 16:15

We ask our Lord, through the intercessions and requests of the saints, to forgive us our sins. We trust that God hears our requests through their prayers. This confirms the bond between us and Heaven, the love and care for each other, and our Joy to be members of One Body in Christ.



the Doxologies

Uncle Mark: After the commemoration of the saints, come the Doxologies from the Greek word doxa, which means “glory”. The Doxologies are the hymns in which we honor the Virgin Mary and all the saints. We also remember their virtues and the struggles in their spiritual lives and this is also in conjunction with the teachings of the church and the Holy Bible where the Lord said, “Honor those who honor Me.” We gain the blessings and help of these saints when we remember

.....So that you surely

Rejoice!

them in our praises and prayers. Usually, we sing the Doxology of the Virgin Mary and after that we pick the Doxologies according to the various feasts: Annunciation, Nativity, Resurrection, etc. The main goal is to live and enjoy the events in the life of our Lord Jesus on earth.



The beauty of our Coptic Orthodox Church is that after we feel joyful because of our beautiful journey through the praises, and because of our belief in the forgiveness that our Lord gave us, the church declares its joy with the salvation that the Lord Jesus has given to us. The church begins to invite the whole creation to praise God the Loving Creator.



Praise the Lord from the heavens Alleluia. Praise Him in the heights

Psalms 148,149,150

The Fourth Hoos is composed of three psalms; 148, 149, and 150. Creation is one of the greatest testimonies of God's existence and power.

33

Rejoice!

Deuteronomy 16:15

Thus, the Church, with this Hoos, reaches the peak of praise in which the psalm reminds us to glorify

the name of the Lord,

“Let them praise the

name of the Lord,

For His name

alone is exalted;”

(Psalm 148:13)

In Psalm 150 we

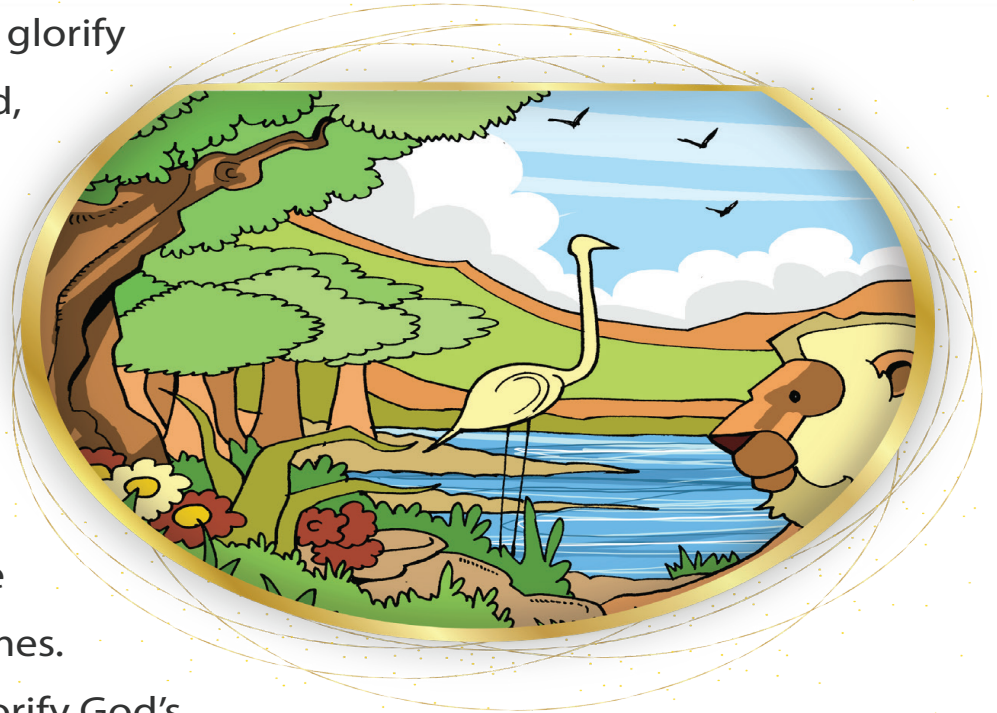
find the word “Praise

Him” repeated 10 times.

It means that we “glorify God’s

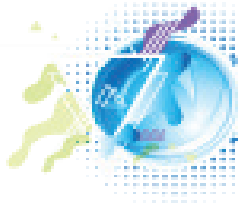
name.” This repetition expresses that we are happy with God’s deeds in

our lives so we give Him glory.



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Rejoice!

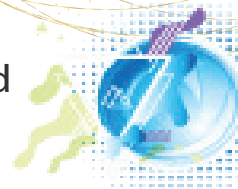


The Psali

Thomas: After the Fourth Hoos, the church begins to call and bless the name of our Lord Jesus through a hymn known as Psali. The word psali is a Greek word meaning “hymn” or “chant”. The Psali varies every feast, every fast, and for every saint. The prayers for every day of the week focus on “calling out and repeating the name of the Lord Jesus. This gives us joy as we say in the praises on Saturday, “Remembering Your holy name, brings joy to souls, O my Lord Jesus Christ, my good Savior.”



Uncle Mark: Next, our church explains to us the mystery of the divine incarnation and how it happened. We learn about the blessings we have received through the incarnation in a very wonderful hymn that is called the Theotokia. The word theotokia is taken from the word Theotokos, which means “the mother of God.” They are melodious hymns that glorify the Virgin Mary. Most of them were placed by St. Cyril the Great, the pillar of faith from



The Theotokia

Rejoice!

Deuteronomy 16:15

the fourth century AD. Each day of the week has one Theotokia specific to that day.



After the Theotokia, we pray the conclusion of the Theotokia. After that we read the biographies of the day's saints from the Book of the Antiphony (Defnar), a book that has the biographies of the saints. We read it during



the Midnight praises. The word Defnar is a Greek word which means "Voice against a voice."

Then we conclude our Joyful, beautiful praises by the Introduction to the Creed, the Creed, and the conclusion of the Praises by Kyrie Eleison; Oh God, have mercy on us.



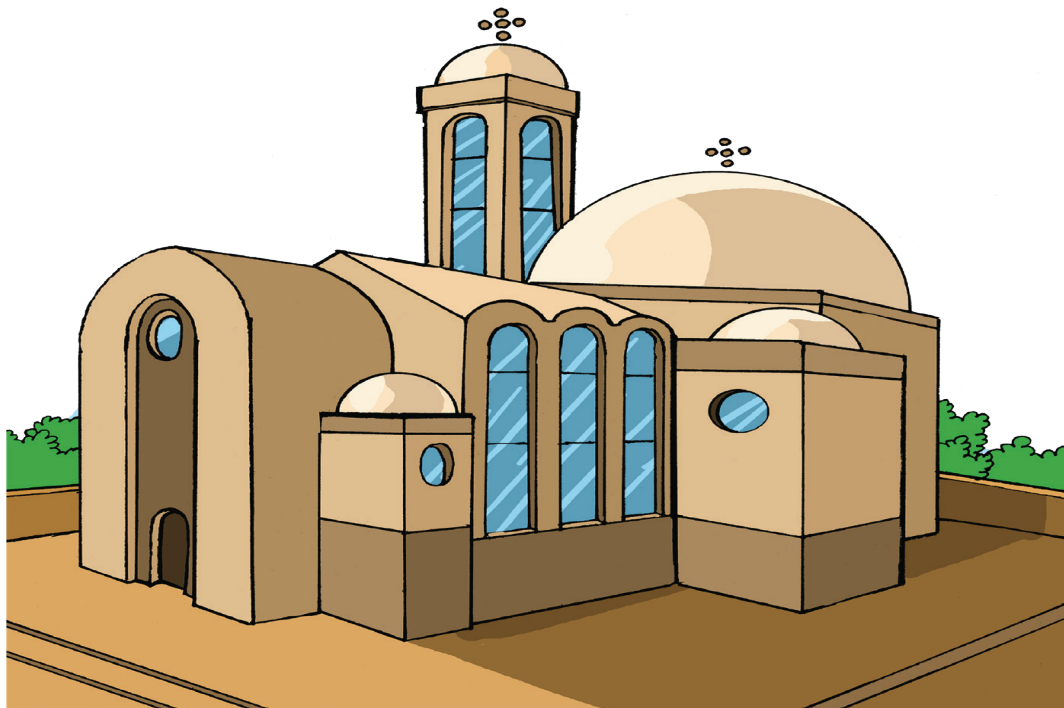
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Kristin: Our Coptic Orthodox Church is beautiful. When we get closer to her, we enjoy and rejoice in all its rites and melodies.

Uncle Mark: Also, the beauty of our church is that it teaches us how to express our joy in the right way through the rites, melodies, and joyful praises.

Kristin: I have an idea! What do you think if we make the second tab in the Joyful App about how our church expresses joy with all its rituals, hymns and praises. We can name the second tab, "My Joy is in His house is spirit and life."



Rejoice!

Deuteronomy 16:15



Kristin enjoyed the Tasbeha better after she learned more about it and understands it. Both Kristin and Thomas were very eager to finish making the new

application. So, they agreed to meet after the Liturgy. They prayed asking for God's help and after the Liturgy they went to the technology room in the church to meet Uncle Mark.

Kristin: Live and pray, Uncle Mark!

Thomas and **Kristin:** May you live and pray, Uncle Mark.

Thomas: I see you already started to work on the app.

Uncle Mark: I wanted to try it, to make sure that it's working well.

Kristin: I can tell from your smile that it's working great.

Uncle Mark: Unfortunately, we have a problem. I got an error message. There may be a problem with the coding. This might slow us down.

Kristin: What can we do now?

Uncle Mark: Don't worry, I will ask my friend Makarius. He is a programmer, and he will probably be able to solve the problem.



.....So that you surely

Rejoice!

Kristin: How can you be so calm, Uncle Mark? How can you keep a smile in the midst of a problem.

Thomas: Why worry, Kristin? Every problem has a solution. The right thing to do is to keep our peace no matter what the circumstances are.

Kristin: How can we be calm and rejoice when we have a problem? That seems way too difficult!

Thomas: Kristin, in our lives, it is possible that God may allow us to go through hardships and problems. But everything that happens is by His arrangement, even the things that we think are a cause of hardship for us. It will be for our good, and if you understand the meaning of my words, you will always be happy in all circumstances. Our Bible, Kristin, is filled with examples of so many personalities who lived through many



Rejoice!

Deuteronomy 16:15

tribulations and God carried them through it.

Kristin: Like who?

Thomas: One example is my intercessor, Saint Paul the Apostle, the “Philosopher of Christianity.” I will tell you all about him.



Saint Paul the Apostle and His Epistle to the Philippians

• He wrote more than **half the books** of the New Testament; **14 epistles**.

• **Christ** appeared to him personally and called him to the faith.

• Our church calls him “**The Philosopher of Christianity**” because he gave a clear explanation of our beliefs.

• **St. Paul the Apostle** is the first to preach to the gentiles. He introduced to them our Lord Jesus; that is why he is called “**The Apostle to the Gentiles**.”

40

.....So that you surely

Rejoice!

Thomas: Saint Paul was born in Tarsus in Asia Minor, which is modern day Turkey. Turkey was a major center for Greek teaching, so St. Paul had a Greek education, and a Roman citizen-



ship. His religion was Jewish from the Jews of the diaspora. He was from the tribe of Benjamin, from the sect of the Pharisees, a strict Jewish sect. As is the custom of many Jews, he had two names: a Hebrew name, Saul, which means “wanted” and a Greek name, Paul, which means “young.” He came to Jerusalem as a young man to complete his education, and he was taught by Gamaliel, the greatest Jewish teacher in the first century.



At the beginning of his adult life, Saint Paul was very fanatical. He persecuted Christians. He believed that what he was doing was pleasing to God. At the time of the stoning of St. Stephen,

Rejoice!

Deuteronomy 16:15



He consented to the stoning of St. Stephen by guarding the clothes of those who stoned him.

St. Paul continued in these ways until the most important day in the life of our teacher came. The Lord Jesus Himself

appeared to Paul while on his way to Damascus to arrest the Christians there. Paul heard a voice saying to him: "Saul, Saul, why are you persecuting me?" He answered him: Who are you, my Lord? And he said to him: I am Jesus, whom you are persecuting. At that time, he said to him, "Lord, what do you want me to do?" (Acts 9: 1-9)

Jesus told Paul to go to Ananias in Damascus and he would give him more instructions about what he should do. And indeed, Paul went to Ananias but he



.....So that you surely

Rejoice!

could not see anything for three days until Ananias prayed for him.

Then Saint Paul was baptized, and from that day his whole life changed.

After St. Paul accepted the faith and before he began his service, he spent a period of seclusion for 3 years in the Arabian desert

to re-read and understand the books of the Old Testament correctly after knowing the Lord Christ (Galatians 1:16-17). After his retreat, he returned to Damascus and began preaching in the synagogues about

Our Lord Jesus Christ, the Son of God.

He was subjected to persecution from the Jews, but he continued to serve the Lord. Our teacher Paul made three missionary trips during which he wrote 14 epistles for us in the New Testament.

During his ministry, Saint Paul was



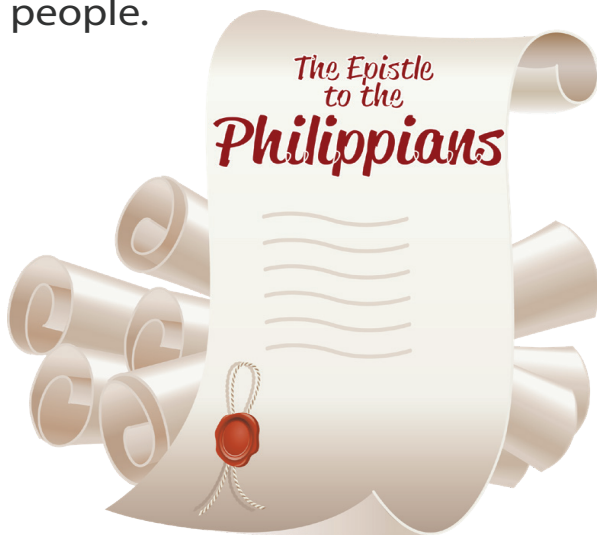
Rejoice!

Deuteronomy 16:15



arrested for preaching the name of Jesus. He went to Caesar of Rome to await trial, where he was forced to stay alone with the soldier who was guarding him in a house that Paul rented for himself for two years (Acts 28:16-31). He was chained with

the soldier assigned to guard him, but he was allowed to receive people at his house. During his imprisonment, he preached and taught many people.



Despite the imprisonment of St. Paul, he was a role model for the Christian people as he always lived a life of true joy. During his imprisonment, he wrote 4 epistles: Ephesians, Philippians, Colossians, and Philemon. We call them Prison Epistles. The biggest indicator that Saint Paul was living a life of permanent joy,

is his letter to the Philippians; which we will find full of a joyful tone. The Apostle Paul learned to always rejoice in the Lord. Our Lord commanded us through Saint Paul's words and said,



.....So that you surely

Rejoice!

Memory Verse

*“Rejoice in the Lord always. Again, I will say, rejoice!”
(Philippians 4:4)*

Kristin: Is it even possible that he was joyful while held captive and in prison?

Thomas: Yes! Because he knows that God is Almighty, the Pantocrator. Paul knew that God:

1. Does not do Evil.

2. All the hardships were permitted by God through His wisdom.

3. God knows what's best for us, and He arranges all things for our benefit.

Kristin: Now I understand why Uncle Mark was not upset about the error message on the app.

Thomas: Kristin, this is the way our Lord deals with us. He may allow us to experience hardships and trials, but He gives us comfort during our troubles. He is with us through everything. Every true Christian is always joyful.

45

Rejoice!

Deuteronomy 16:15

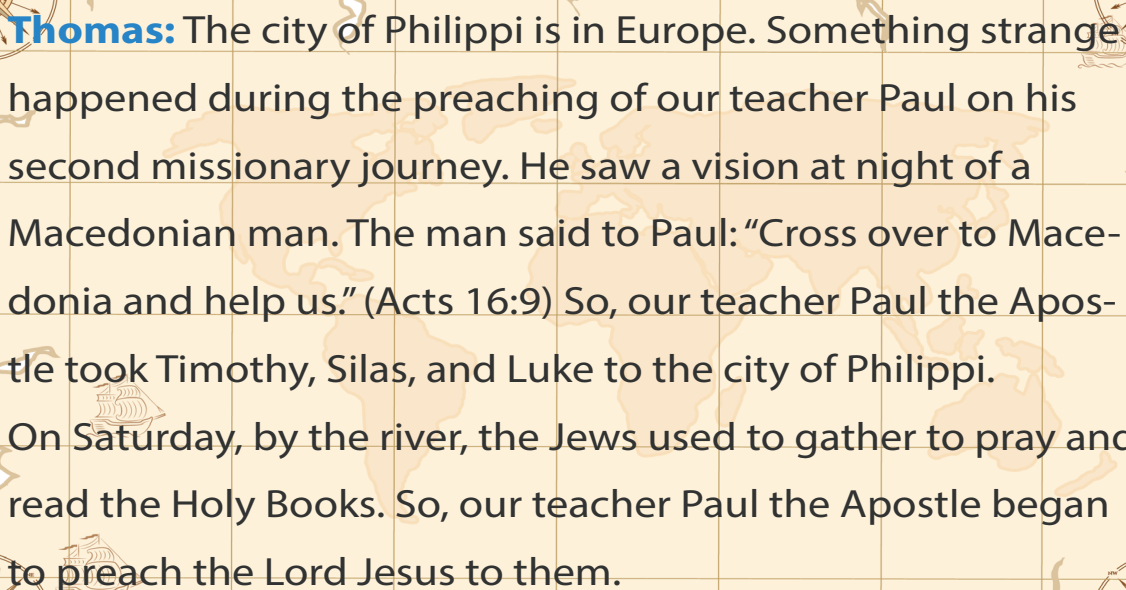
Kristin: Because we are confident that God is with us at all times, and that He is the Pantocrator.

Thomas: Perfect! Kristin, If you read the epistle of our teacher Paul to the Philippians, you will find it full of the spirit of joy and happiness. The word “joy” with its many forms was repeated in the epistle about 16 times.

Kristin: Is that really true?

Thomas: Bring your Bible over, Kristin. Let’s read together, I will show you.

Kristin: Where is the city of Philippi?



Thomas: The city of Philippi is in Europe. Something strange happened during the preaching of our teacher Paul on his second missionary journey. He saw a vision at night of a Macedonian man. The man said to Paul: “Cross over to Macedonia and help us.” (Acts 16:9) So, our teacher Paul the Apostle took Timothy, Silas, and Luke to the city of Philippi. On Saturday, by the river, the Jews used to gather to pray and read the Holy Books. So, our teacher Paul the Apostle began to preach the Lord Jesus to them.

46

.....So that you surely

Rejoice!

The Lord opened the heart of Lydia, who was a seller of purple clothing from the city of Thyatira to hear the words of our teacher Paul the Apostle. At the time, the price of purple textile was expensive, and only the rich could wear it. Indeed, Lydia was the first woman in Philippi to believe in the



Lord Jesus, and she and her whole household were baptized. Lydia invited our teacher Paul the Apostle and those with him to enter her house and hosted them. Philippi became the first church established in Europe.

Kristin: But why did St. Paul the Apostle write his epistle to the Philippians?

Uncle Mark: When the Philippians heard of the imprisonment of Paul the Apostle in Rome, they sent him a servant from among them with gifts and supplies. The servant spent some time serving Saint Paul during his imprisonment in Rome. But something happened to this servant. Let's open the Epistle to the Philippians 2:25-30. These verses will help you understand what happened.

Rejoice!

Deuteronomy 16:15

Help Kristin answer the following questions:

Philippi

What is the name of the servant the Philippians sent to serve Saint Paul the Apostle?

How did Saint Paul describe him?

Philippi

What happened to that servant?

Philippi

Why did the Apostle Paul send him back?

Thomas: Great job, Kristin. If you read the whole epistle you will be able to understand that St. Paul wrote this epistle to the Philippians in order to:

- To thank them for their gifts. (Philippians 1:3-5; 4:10-19)
- To send Epaphroditus back to assure them of his wellbeing. (Philippians 2:25-30)
- To reassure them of his own wellbeing. (Philippians 1:12-26; 4:11-13, 18)
- To encourage them to remain joyful in all circumstances. (Philippians 1:27-30, 4:4)

48

.....So that you surely

Rejoice!

Kristin: Thomas, let's check all the verses that discuss joy in the epistle.

Thomas: Good idea!



Rejoice!

Deuteronomy 16:15



Uncle Mark returned with his friend Uncle Macarius, and they were able to identify the wrong code in the App. The problem was successfully resolved, and the work resumed with greater enthusiasm.

Kristin and Thomas asked Uncle Mark to add the third tab to the application, and they told him the reason for adding it was to learn how to stay joyful during hardships like Saint Paul. Uncle Mark agreed to the idea.

Thomas: I am so happy that we are going to continue our work. Thank you Uncle Macarius for solving the problem. You are very smart. Thank you!

Uncle Macarius: I love working with programming and software. That is why I am enjoying the work on this app. I am studying a lot. I try to learn something every day. The smart man, Thomas, is the one who lets everything he does glorify the name of the Lord. This way his joy can be everlasting.

Thomas: What do you mean everlasting?



Kristin: Is there continuous joy and joy that is not complete?

Uncle Macarius: Of course! Any joy far from our Lord, will be a non-continuous joy. It will last for a short while and then it will end. There are examples of many people who thought that their joy would be away from God. After they tried everything, they discovered that true joy is in eternal life with our Lord.

Thomas: But I am very confused... I know that sin results in separation from our Lord. How can someone after all the sins that he committed be accepted by the Lord, and God accept his repentance? How can repentance change someone in this way?



Uncle Macarius: You are right, Thomas! Any sin results in death because "The wages of sin is death" (Romans 6:23). Death means separation from God. But once we offer sincere repentance, and confess our sin through the sacrament of repentance and confession, we can return to the open arms of our Lord. Exactly like what the verse teaches us:

Rejoice!

Deuteronomy 16:15

Memory Verse

“Return to Me, and I will return to you,”
(Malachi 3:7)

Then we will be happy, always happy,
and all of Heaven will be very happy
with us.

Memory Verse

“There will be more joy in heaven over one sinner who
repents.” (Luke 15:7)

Kristin: How could we confess all their sins? I feel that would be embarrassing!

Uncle Macarius: Sometimes the devil puts obstacles in front of us, so that we do not repent. For example:

- o Thinking that our sins are too big to be forgiven.
- o Postponing confession.
- o Thinking that our sins are too small and we do not need repentance and confession.
- o Embarrassment from confessing to our father the priest.

52

.....So that you surely

Rejoice!

But if we understand the blessings of the sacrament of repentance and confession, we will be sure that there is no small sin that does not need the sacrament of repentance and confession nor any big sin that cannot be forgiven. We need to be confident that God



accepts the repentance of every sinner who comes to Him repenting and confessing his sins. We must practice the sacrament of repentance and confession regularly.

Kristin: Can you teach us more about the sacrament of repentance and confession, please?

Uncle Macarius: The sacrament of repentance and confession has many blessings. It is one of the seven sacraments of our church. It was founded by the Lord Jesus himself when he said to his disciples, "Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." (Matthew 18:18).

Also, after His resurrection, Jesus said to the disciples, "If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." (John 20:23)



Rejoice!

Deuteronomy 16:15

In this sacrament, our Lord forgives us the sins that we have committed, and we repent from our sins with sincere repentance and confess them to our father the Priest. The Priest gives us the absolution as he says, "the Lord absolves you." The father announces to the repentant confessor



the forgiveness of our Lord for his sins through the authority that our Lord Jesus gave the priest. The priest places the cross over the head of the confessing person at the time of reading the absolution because our Lord Jesus is the one who bears our sins and abolishes them through His blood that was shed on the cross.

We can conclude

True repentance



Confession and absolution from our father of confession



Forgiveness of sins.

Kristin: Can you please teach us how to repent and confess properly?

Uncle Macarius: There are some steps we have to follow before, during and after confession.

54

.....So that you surely

Rejoice!

Before Confession



2. Preparation for confession by:

Sitting quietly and start with prayer.

During prayer, we ask our Lord to reveal all our sins to us

so that we do not forget any sins during confession.

We should write a short brief note of our sins containing our sins



1. Offer sincere repentance through:

1. Having faith in *the Lord Jesus Christ*, hoping in His love, forgiveness and mercy.
2. Know that I am a sinner and *deeply regret* my sins.
3. I must have the will and determination to forsake sin.
4. Separate myself from the source of my sin so that I may not fall into it again.

Rejoice!

Deuteronomy 16:15



4. Offer an Apology:

In humility apologize to the person I sinned against

and ask for forgiveness.

Asking God for forgiveness

because we've sinned against Him.



3. Confess before God

We must remember that our confession is before God.

We remember all our sins before the Lord.

We ask Him for forgiveness.

We ask for God's help so we don't repeat our sins.

During Confession

1. Do not be afraid or shy before our father the priest. Say all the sins that you have committed, and do not hide any sins. No matter what you mention trust that our father the priest will not judge you.

2. Do not try to find excuses for yourself but mention your sins that you committed or your sinful thoughts. For example, you can say, "I thought of stealing, swearing, cursing, or anything else."

3. Ask your father of confession about any questions that you may have.

After you have finished confessing, the priest puts the cross on your head, and he prays the absolution prayer for you. During the absolution, you may pray psalm 50, Have mercy on me, O God...



.....So that you surely

Rejoice!



1. Pray and give thanks that God helped you return to Him.

2. Pray that God may help you follow your father of confession's directions. Pray that you may not repeat your sins.

3. Partake of the Holy Communion during the next Liturgy.

Thomas: But I have a question! Is it ok to either repent or confess? Or is it necessary to do both together?

Uncle Mark: Repentance without confession does not forgive the sin, and confession without

repentance does not forgive the sin either.

Through repentance and confession, we acquire many blessings:

- o Blessings of Repentance and Confession:
- o Forgiveness of Sins.

Rejoice!

Deuteronomy 16:15

Memory Verse

*"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
(1John 1:9)*

We have Hope in Eternal Life with the Lord:

Through the cross, the door of paradise was opened for us. Every person who believes in the Lord Jesus, becomes His child in the sacrament of Baptism. The Holy Spirit dwells in him through the sacrament of Chrismation, and he unites with the Lord in the sacrament of communion. When he makes a mistake and he repents and confesses that sin, he announces that he accepts our Lord's redemption for him, and his sins are forgiven. Thus, we have hope in the Kingdom of Heaven.

We Return to the Bosom of the Father:

In the parable of the prodigal son, when the son returned, his father took him in his arms and rejoiced for his return. The father said: "For this my son was dead and is alive again; he was lost and is found." (Luke 15:24).

We Receive the Solution and the Absolution:

His Holiness the late Pope Shenouda III says: "In confession we take a solution and Absolution; The absolution is from our sins when our father of confession reads the absolution for us, and the solution to our problems."

58

.....So that you surely

Rejoice!

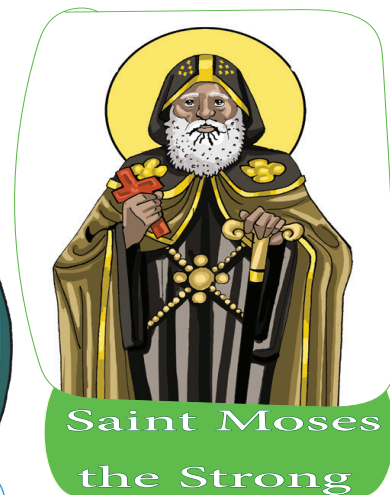
Kristin: The sacrament of repentance and confession is indeed a very joyful sacrament.

Uncle Macarius: The sacraments of our Church are an essential source of true joy because they help us live perpetual life with our God.

Uncle Mark: What if we add another tab in the app for this concept?

Thomas: Great! We can name it My Joy is everlasting as long as I am with Him.

Kristin: Wonderful! We can add the games to the end. For this game, we need to open the Synaxarium.



Rejoice!

Deuteronomy 16:15



With every progress in the implementation of this application, real joy is felt among the team. They all strived to reach the true meaning of joy for everyone who accesses this application. While they were working,

Thomas had an idea. They talked about all the previous tabs of joy in the app but they were missing one concept.

Thomas: We discussed joy in many aspects, but my idea is to include a tab about how to make others happy? And if I make others happy, as a result will I be happy too?

Kristin: Your idea is beautiful, Thomas, and it may help if our friends participate with us in making the application, so that the application will come out even better.

Thomas: We can think of role models of people who knew how to make others happy. And from them, we can learn how to make others happy.



.....So that you surely

Rejoice!

Kristin: I know a story that can help explain the new tab for the users. Instead of reading the story, they can watch a video by clicking the tab.

Thomas: Whose story is it?

Kristin: The story of Tobias and the Archangel Raphael.

Uncle Mark: It's a really nice story!

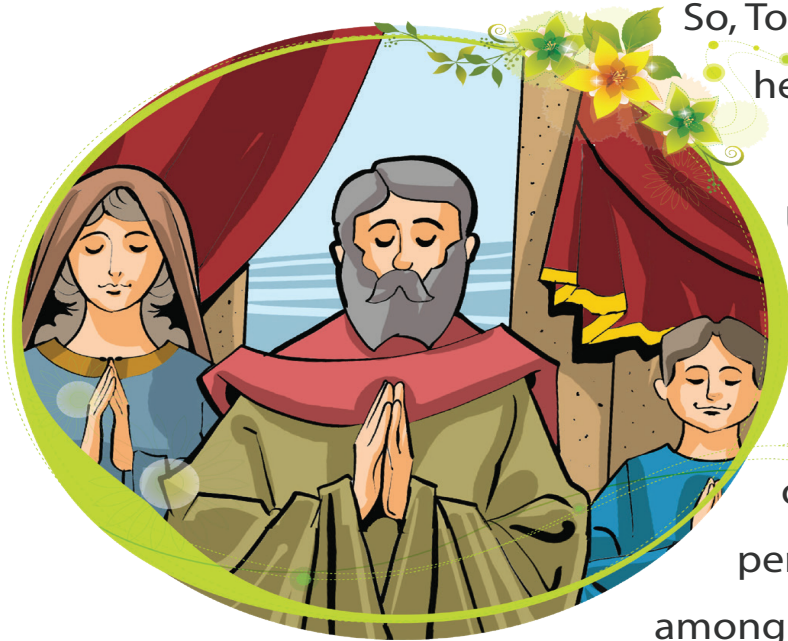
Kristin: Tobit, whose name means "God is blessed", his wife Hannah, and their son Tobias were from the tribe of Naphtali (one of the tribes of the Northern Kingdom of Israel). Tobit and his family always obeyed God's commandments, and Tobit raised his son to fear God. He taught him to always carry out all of God's commandments. Tobit used to help all the people and make them happy. He and his family were living in safety until the captivity of the Assyrian kingdom happened. The Assyrians took Tobit and his family and moved them to Nineveh. Despite the fact that Tobit and his family were taken captive to a strange city that did not worship their God, they decided to live by the teachings of the Lord, and preserved their love for the Lord by following His commandments. The Lord gave Tobit grace in the eyes of the king of



Rejoice!

Deuteronomy 16:15

Assyria. The king gave him the freedom to do whatever he needed.



So, Tobit was helping the needy, and he taught the commandments of our Lord to his people.

Unfortunately, the king who loved Tobit died and his son came after him. The new king was persecuting the people of Israel and killing them. Tobit performed many acts of charity

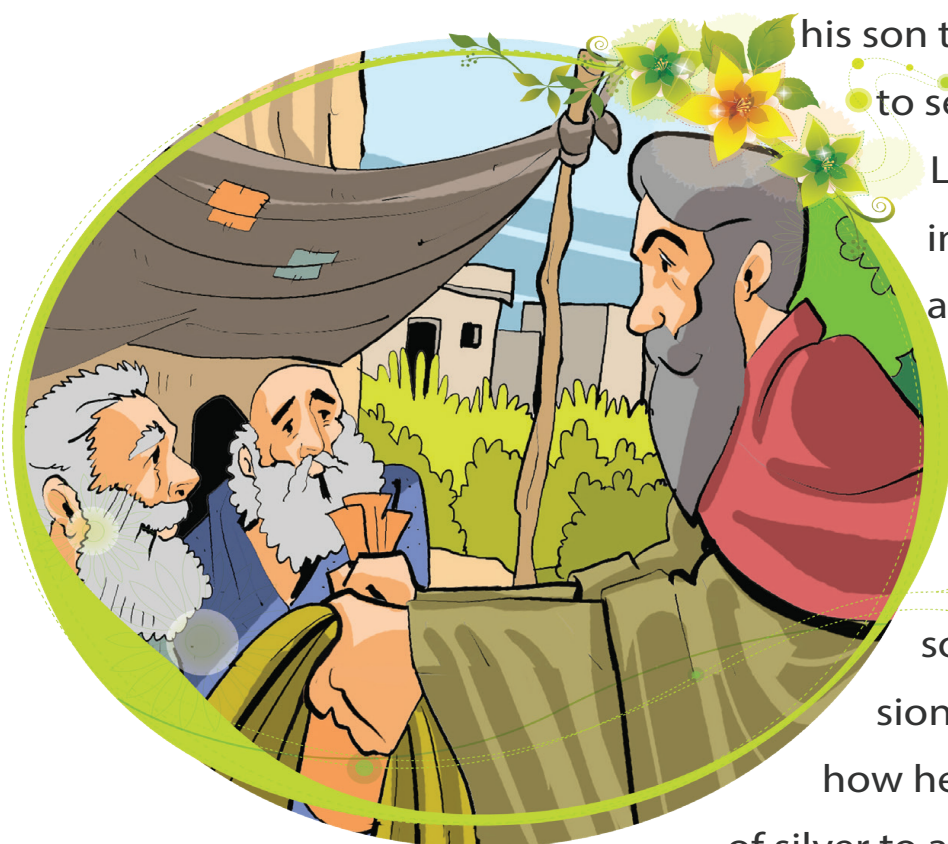
among the people. He gave food to

the hungry and clothing to the naked, and if he saw the dead body of any of the people from his nation thrown out behind the wall of Nineveh, he would bury it. Tobit helped many people and made their hearts rejoice.

One time, Tobit returned home tired after burying the dead, and went into his courtyard and laid down by the wall of the courtyard to rest; his face was uncovered because of the heat. He did not know that there were sparrows on the wall but while he was resting, their fresh droppings fell into his eyes and produced white films that made him blind. Tobit

went to physicians to be healed, but the more they treated him with ointments, the more his vision was obscured by the white films, until he became completely blind. Tobit was unable to work so his wife Hanna began to work in sewing, so that they could live.

Despite the problems that Tobit faced, he was blessed. Tobit continued to love our Lord and clung to Him. He also encouraged his son to obey the commandments of our Lord, and to care for his mother. Tobit taught



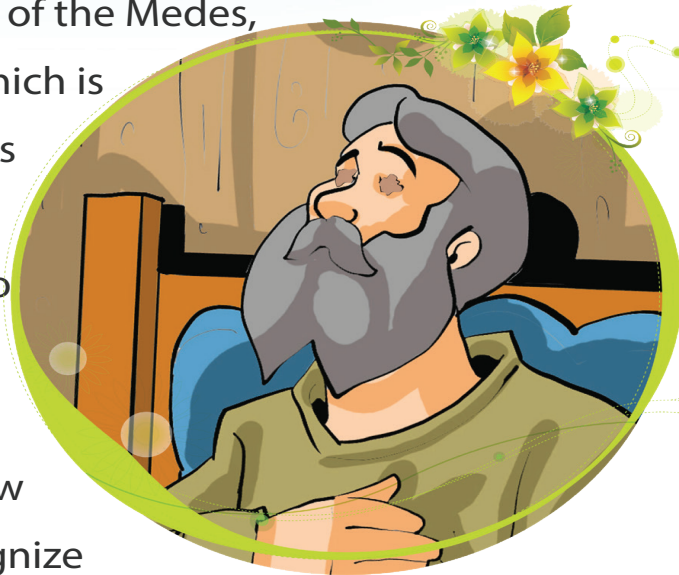
his son to love everyone and to serve them so that our Lord would rejoice. He instructed his son, Tobias, saying to him, "And all the days of your life have God in thy heart" (Tobit 4:6)

One day, Tobit sent his son on a special mission. He told him about how he loaned ten quintals of silver to a person named Gab-

Rejoice!

Deuteronomy 16:15

ael, in the city of Rages, a city of the Medes, and took from him a bond which is like a receipt. Tobit wanted his son to go to him and recover the debt. Tobias said, "I will do all things, father, which you have commanded me." But Tobias was worried about how he would get Gabael to recognize him since he never met him. He was also worried about traveling to this city since he did not know the way.



Tobit the father said that Gabael would recognize him when he shows him the bond, and he will immediately return the money. Tobias also told his son to find a trustworthy man to travel with who could help him find the way.

.....So that you surely

Rejoice!

To the servant: The custom was during their time that when a person was traveling on an unfamiliar road that he took a paid guide with him, because there were no signs in the roads to guide people.

Tobias went out and God helped him find a young man that knows the way to Rages and knows Gabael. Tobias told his father that he found someone to be his guide and his father was surprised and asked to meet the young man to make sure he is a good guide to Tobias. When the young man met Tobit he greeted him and said:

Memory Verse

“May gladness be always with you.” (Tobit 5:11)

Tobit asked him, “Can you accompany my son and guide him? I will pay you your wages when you return, brother.” The young man answered, “I will go with him and return him to you safely, so do not fear. We shall leave in good health and return to you in good health because the way is safe.” Tobit asked him, “Brother, of what family are you and from what tribe? Tell me, brother.”

The young man replied, “I am Azariah, the son of the elder great Hananiah, one of your relatives.”

65

Rejoice!

Deuteronomy 16:15



Azariah means “God helps”, and Hananiah means “God is merciful”. From the name we understand his message means that our Lord God is compassionate towards Tobit, so he sent the young man to help him on his journey.

Tobias and Azariah took everything they needed for their journey. Tobias said farewell to his family, and they traveled. So, they both journeyed along, and on the first night, they camped by the Tigris River. Tobias went down to wash his feet in the Tigris River, but a large fish whale leaped up from the water and tried to bite his foot, and he cried out.

But Azariah said to Tobias, “Catch hold of the fish and hang on to it!” So, Tobias grasped the fish and drew it up on the land.



66

.....So that you surely

Rejoice!



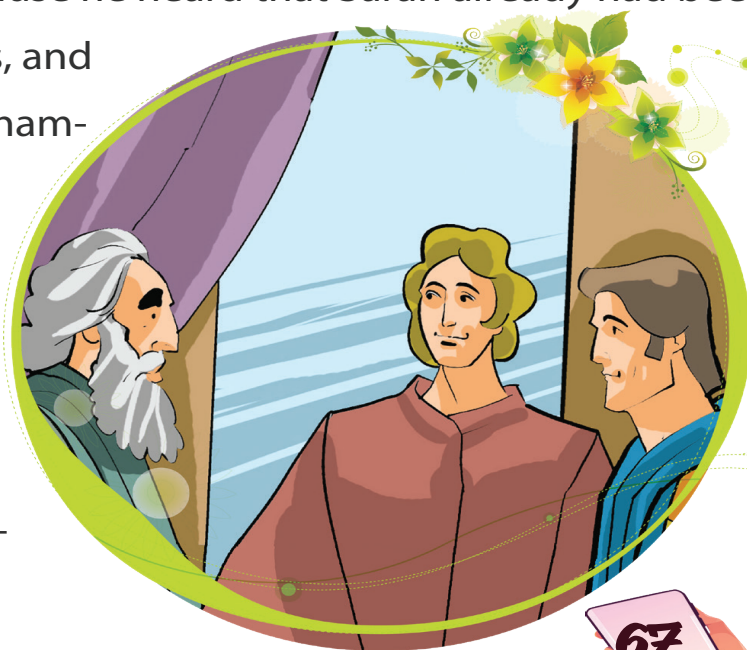
Then Azariah said to him, "Cut open the fish and take out its gall, heart, and liver. Keep them with you but throw away the intestines. For its gall, heart, and liver are useful as medicine."

Azariah later told Tobias, "We must stay this night in the home of Raguel. That man is your rela-

tive, and he has a daughter named Sarah. You have every right to take her in marriage."

Tobias was concerned because he heard that Sarah already had been married to seven husbands, and they all died in the bridal chamber on the wedding night.

Since Tobias was the only son of his parents, he was afraid to die and bring his father's and mother's lives down to their graves, grieving for him.



Rejoice!

Deuteronomy 16:15

Azariah reassured Tobias and said to him that the Lord will protect him and Sarah and keep the devil away from them, if they committed their life to the Lord, and devoted the first 3 days of their marriage to Him. Tobias and Azariah went to Raguel, who was very happy when he learned that Tobias was the son of Tobit. Raguel asked them to stay with him and made a big feast for them. But Tobias refused to eat before Raguel agreed to his request that he marry his daughter Sarah. At that time, Raguel was afraid for Tobias. But Azariah said to him, "Tobias fears the Lord, and our Lord will protect them from any harm." Raguel agreed and said that surely our Lord answered his prayers that his daughter is marrying one of their relatives. So, Tobias married Sarah, and he asked Sarah that they allocate

the first 3 days of their marriage to pray so that God may bless their life together and preserves them.

Sarah agreed to Tobias' words so God blessed their marriage. Raguel and his wife thanked God for His work with their



68

.....So that you surely

Rejoice!



daughter, and Raguel ordered a feast to be prepared for all the neighbors and friends. They rejoiced at his daughter's marriage. Raguel asked Tobias to stay with him for two weeks. He gave Tobias half of his wealth and he promised to give him the remaining half after his death.

As for Gabael, whom they were going to get the money from, Tobias asked Azariah to go to Gabael by himself. Tobias gave Azariah the bond and asked him to bring the silver. He asked Azariah to invite Gabael to attend his wedding marriage celebration. So, Azariah fulfilled Tobias's request. He returned the silver and Gabael attended Tobias's wedding celebration, and he was very happy. The wedding days passed peacefully.

Raguel asked Tobias if he and Sarah would like to live with him. Tobias refused because his parents were certainly very worried about him. So, Raguel let Tobias and Sarah go, and he gave them half of his money, livestock, and servants. He sent them in peace, and blessed them, He was

Rejoice!

Deuteronomy 16:15

happy for his daughter. Raguel instructed his daughter Sarah, to honor Tobit and his wife, and to love them. He commanded her to righteously take good care of her own family.

Sarah, Tobias and Azariah left, and halfway there, Azariah suggested to Tobias and said, "Surely your parents are worried about you because you are late. Let's hurry up, you and I and your wife, slaves and livestock will follow us.



Azariah told Tobias, "take with you the gall that you took from the whale because we need it.

When you enter your house, prostrate to our Lord and thank Him. Then go to your father, kiss

him, and smear the gall of

the fish on his eyes; the medicine will make the white films shrink and

peel off from his eyes, and your father will

regain his sight and see the light." So, Tobias did what Azariah said. Tobit and Hannah knew that Tobias was on his way back so they ran to welcome him with joy.

70

.....So that you surely

Rejoice!

Tobias went up to his father with the gall of the fish in his hand, and blew it into his eyes, then took hold of him, saying, "Take courage, father." With this he applied the medicine on his eyes, and it stung. Next, with both his hands he peeled off the white films from the corners of his eyes. Then Tobit threw his arms around Tobias, and he wept and said to him, "I see you, my son, the light of my eyes!" So, they glorified our Lord and rejoiced in all his work. Tobias told his family of all the kindness of our Lord upon him. They all made a feast for 7 days to celebrate. They rejoiced with great joy. Tobit and Tobias wanted to reward Azariah for all that he had done for them. So, they offered him to take half of the money that Tobias had brought back.

Azariah surprised them as he said to them, "Bless God and acknowledge Him in the presence of all the living for the good things he has done for you. O blessed Tobit, our Lord saw your prayers and your service to His children. I used to raise all your prayers before our Lord, and because our Lord loves you, He sent me to you to heal you from your illness. He also saved Sarah.

"I am Raphael, the angel, one of the seven standing before the Lord." (Tobias 12:15)



Rejoice!

Deuteronomy 16:15

Both Tobit and Tobias were shaken and threw themselves face down because they were afraid. Archangel Raphael said to them, "Do not be afraid; peace be with you. Bless God forevermore. As for me, when I was with you, I was not acting on my own will but by the will of God. Bless Him each and every day; sing His praises. When you were watching me, I was not really eating anything, but what you saw was a vision. So now bless the Lord on the earth and acknowledge God. (Tobit 12:17-20)

Archangel Raphael disappeared, then they stood up and could see him no more. They kept blessing God and singing his praises, and they acknowledged God for these marvelous deeds of his, that an angel of God had appeared to them.

Tobit lived the rest of his life in the fear of our Lord. After his death, Tobias and his wife returned to her family, and lived with them a life full of joy in the fear of God.

Uncle Mark: Bravo to you, Kristin, you know the whole story. Do you know where to find the story of Tobias in the Bible?

Kristin: In the Book of Tobit, which is one of the deuterocanonical books.

Uncle Mark: Exactly. This story is about a family that felt the power of the



.....So that you surely

Rejoice!

Lord among them despite all the problems they encountered. Our Lord gave them great joy during their hardships. Our church reads for us the Book of Tobit on the sixth Friday of Great Lent because the Lord Jesus went through many hardships and pain during the passion week. The week ends with the great joy of the Resurrection.



Rejoice!

Deuteronomy 16:15

Memorization

PSALM 42

JUDGE ME, O LORD,...

Judge me, O Lord, and avenge my case, against an impure nation: You shall deliver me from the unjust and crafty man. For You are my God and my strength: why have You cast me off? And why do I walk gloomingly, while the enemy oppresses me? Send forth Your light and Your truth: they have led me, and brought me to Your holy mountain, and to Your dwelling. And I will go into the altar of God, before the face of God who gladdens my youth: I will give praise to You with the harp, O God, my God.

Why are you sad, O my soul? and why do you trouble me? Hope in God; for I will give thanks to Him. The salvation of my face is my God. ALLELUIA.



.....So that you surely

Rejoice!

Memorization

THE THIRD HOUR GOSPEL

When the Comforter, the Holy Spirit, Whom the Father will send in My name, has come, He shall teach you all things, and bring to your remembrance all things that I have said unto you. My peace I leave with you, My peace I give unto you: not as the world gives do I give unto you. Let not your heart be troubled, neither let it be afraid. You have heard how I said unto you, "I go away, and come again unto you." If you loved Me, you would rejoice, because I said, "I go unto the Father": for My Father is greater than I. And now I have told you before it comes to pass, that, when it comes to pass, you might believe. I will not talk much with you: for the prince of this world comes, and has nothing in Me. But that the world may know that I love the Father; and as the Father gave Me commandment, so I do: arise, let us go from here.

75

Rejoice!

Deuteronomy 16:15

I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away: and every branch that bears fruit He prunes, that it may bring forth more fruit. Now you are clean through the word which I have spoken unto you. Abide in Me, and I in you.

Glory to God forever. Amen.



.....So that you surely

Rejoice!

Memorization

Litanies of the 3rd Hour

Your Holy Spirit, O Lord Whom You sent forth upon Your holy disciples and honored apostles in the third hour, do not take away from us, O Good One, but renew Him within us. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence. And do not take Your Holy Spirit away from me.

Δοξα Πατρι κε Υιω κε αςιω Πνευματι

2. O Lord who sent down Your Holy Spirit upon Your holy disciples and Your honored apostles in the third hour, do not take Him away from us, O Good One, but we ask You to renew Him within us, O Lord Jesus Christ, Son of God, the Word; a steadfast and life giving spirit, a spirit of prophecy and chastity, a spirit of holiness, justice and authority, O the Almighty One, for You are the light of our souls. O Who shines upon every man that comes into the world, have mercy on me.



Rejoice!

Deuteronomy 16:15

Κ̅Ε Ν̅ΥΝ Κ̅Ε Ἀ̅Ι Κ̅Ε Ι̅C Τ̅ΟΥC Ἐ̅ΩΝΑC Τ̅ΩΝ
Ε̅ΩΝΩΝ: Δ̅ΩΗΝ

3. O Theotokos, you are the true vine who bore the Cluster of Life, we ask you, O full of grace, with the apostles, for the salvation of our souls. Blessed is the Lord our God. Blessed is the Lord day by day. He prepares our way, for He is God of our salvation

Κ̅Ε Ν̅ΥΝ Κ̅Ε Ἀ̅Ι Κ̅Ε Ι̅C Τ̅ΟΥC Ἐ̅ΩΝΑC Τ̅ΩΝ
Ε̅ΩΝΩΝ: Δ̅ΩΗΝ

4. O Heavenly King, the Comforter, the Spirit of truth, who is present in all places and fills all, the treasury of good things and the Life-Giver, graciously come, and dwell in us and purify us from all defilement, O Good One, and save our souls.

Δ̅ΟΞΑ Π̅ΑΤΡΙ Κ̅Ε Υ̅ΙΩ Κ̅Ε Ἀ̅ΣΙΩ Π̅Ν̅ΕΥ̅Μ̅ΑΤΙ



.....So that you surely

Rejoice!

5. Just as You were with Your disciples, O Savior, and gave them peace, graciously come also and be with us, and grant us Your peace, and save us, and deliver our souls.

Κε νην κε αι κε ις τοϋς εωνας των
εωνων: αωην

6. Whenever we stand in Your holy sanctuary, we are considered standing in heaven. O Theotokos, you are the gate of heaven, open for us the gate of mercy.



Rejoice!

Deuteronomy 16:15

Memorization

Absolution of the 3rd Hour

O God of all compassion, and Lord of all comfort, who comforted us at all times with the comfort of Your Holy Spirit, we thank You for You raised us for prayer in this holy hour, in which You abundantly poured the grace of Your Holy Spirit upon Your holy disciples and honorable and blessed apostles, like tongues of fire.

We ask and entreat You, O lover of mankind, to accept our prayers, and forgive our sins, and send forth upon us the grace of Your Holy Spirit, and purify us from all defilement of body and spirit.

Change us into a spiritual manner of life, that we may walk in the Spirit and not fulfill the lusts of the flesh. And make us worthy to serve You with purity and righteousness all the days of our life. For unto

80

.....So that you surely

Rejoice!

You is due glory, honor, and dominion, with Your good Father and the Holy Spirit, now and forever and unto the ages of all ages. Amen



.....So that you surely

Rejoice!



Through the grace of God and 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, this Mahragan book was translated and formatted by the blessed servants of the Coptic Orthodox Diocese of New York and New England. All material was translated from the Arabic Language to the English Language.



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



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