

Mahragan El Keraza 2023



.....So that you surely

Rejoice!

Workbook | 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

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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.



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Deuteronomy 16:15



1. The Father, Son and the Holy Spirit are _____ God in _____ hypostases.

- a. Three, One
- b. One, Three
- c. Two, Three
- d. Three, Three

2. Below, please provides one verse from the Old Testament and one verse from the New Testament supporting the answer to question #1.

a. Old Testament Verse: _____

b. New Testament Verse: _____



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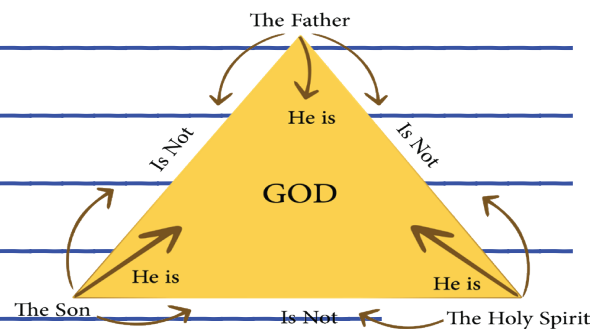
3. The analogy of _____ and _____ can be used to explain the Holy Trinity.

- a. A hexagon, The sun
- b. A square, An equilateral triangle
- c. The sun, an equilateral triangle
- d. A square, The sun

4. There was a time when the Father existed without the Son or the Holy Spirit

- a. True
- b. False

5. Does the sun relate to the Holy Trinity? If yes, explain this analogy.



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6. The equilateral triangle has _____ vertices and _____ angles of _____ size.

- a. 2, 4, the same
- b. 3, 3, different
- c. 3, 2, the same
- d. 3, 3, the same

7. The Father, the Son, and the Holy Spirit are all equal hypostases.

- a. True
- b. False

8. Can you use the analogy of an equilateral triangle to explain the Holy Trinity? If yes, please explain below.

9. The Father, the Son and the Holy Spirit are different in their _____.

- a. Divine properties
- b. Hypostatic properties
- c. Ability to work miracles
- d. Age properties



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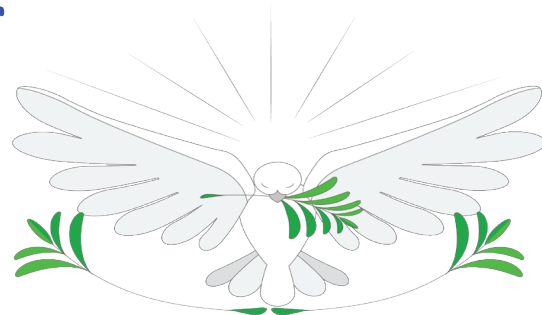
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10. The Hypostatic property of the Father is

-
- a. Being the Origin
 - b. Being begotten of the Son
 - c. Proceeding from the Holy Spirit
 - d. Being the only divine member of the Trinity

11. The Hypostatic property of the Son is

-
- a. Being the Origin
 - b. Being begotten of the Holy Spirit
 - c. Being begotten of the Father
 - d. Proceeding from the Father



12. The Hypostatic property of the Holy Spirit is

-
- a. Being the Origin
 - b. Being begotten of the Son
 - c. Being begotten of the Father
 - d. Proceeding from the Father



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d. Omnipotent: _____

16. Once we are baptized, the Holy Spirit abides in us through the sacrament of _____.

- a. Eucharist
- b. Repentance and Confession
- c. Chrismation
- d. Baptism

17. During the sacrament of _____, Abouna anoints the person with Myron _____ times.

- a. Baptism, 12
- b. Chrismation, 12
- c. Chrismation, 36
- d. Unction of the Sick, 10

18. The goal of the Holy Spirit dwelling inside of us is to _____.

- a. Force us to do good deeds
- b. Make us sing hymns
- c. Help us get closer to God
- d. Sound an alarm when it is time for church



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19. What are the "Means of Grace?" Please define what this means and provide examples.

a. Definition: _____

b. Examples:

- i. _____
- ii. _____
- iii. _____
- iv. _____
- v. _____
- vi. _____
- vii. _____



20. In the parable of the wise and foolish virgins, the oil symbolizes the work of _____.

- a. God the Father for salvation
- b. The Holy Spirit within us
- c. The grace of the sacrament of Eucharist
- d. The crucifixion of Jesus Christ the Son



21. The difference between the five wise and five foolish virgins was that the foolish virgins did not bring

_____.

- a. Extra oil for their lamps
- b. Their lamps
- c. Any oil
- d. There was no difference between the wise and foolish virgins

22. The five foolish virgins ultimately extinguished the Holy Spirit of God within them because they did not

_____.

- a. Worship God
- b. Strive spiritually
- c. Do good deeds
- d. Stay awake while waiting for the bridegroom

23. The fruits of the Holy Spirit appear in us when we

_____.

- a. Learn all the hymns of the church
- b. Are just baptized
- c. Come up with new Bible verses



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d. Submit to God's work within us

24. Below, please write a verse from one of the Pauline epistles which tells us what exactly the fruits of the spirit are.

25. True joy comes from _____.

- a. Success in school
- b. Getting a good job
- c. Getting married
- d. The Holy Spirit

26. Below, please list at least 3 ways God gives us joy through the Holy Spirit.

a. _____



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b. _____

c. _____

27. Complete the saying of Mar Isaac Al-Syrian: "When the soul is filled with the fruits of the Spirit, it completely gets rid of depression and distress and puts on _____ and _____ in God."

a. A smile, A laugh

b. Peace, Joy

c. Fasting, Almsgiving

d. Peace, Silence



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1. Praise is the _____ type of prayer.

- a. Highest
- b. Best
- c. Most important
- d. Least common

2. Praise is a unique type of prayer because in it, we _____ and _____ God.

- a. Ask for help, Argue with
- b. Thank, Glorify
- c. Wrestle with, Grumble against
- d. Ask for possessions, Demand them

3. Below, please write a verse from the book of Psalms which tells us about Praising.



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4. Praising is the permanent work of _____.

- a. The Holy Spirit
- b. The Deacons
- c. Jesus Christ the Son
- d. The Angels in Heaven

5. Below, please write a verse telling us about the importance of how using our voice to praise God is a sacrifice of love and joy.

a. _____

6. Some of the praises which our church has arranged for us include...

- a. Vespers Praises
- b. Midnight Praises
- c. Morning Praises
- d. All of the above



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7. The word Psalmody comes from a Greek word "Psalmos" which means _____.

- a. Deacon
- b. Psalm
- c. Melody
- d. Hymns

8. The first hymn found in the Psalmody starts with the words _____.

- a. "Arise Oh you children of light that we may praise the Lord of Hosts."
- b. "Blessed is He who comes in the Name of the Lord"
- c. "Oh sing unto Him who was crucified, buried, and resurrected for us."
- d. "Your mercies Oh My God"

9. The word "Hoos" means _____.

- a. Psalm
- b. Deacon
- c. Praise
- d. Hymn



10. The First Hoos contains the praises of Salvation and it was taken from _____ in the Bible.

- a. Luke 10
- b. Revelation 5
- c. Exodus 15
- d. Genesis 25

11. In the praise of Moses and the Israelites, we remember how God saved the Israelites from servitude to the Egyptians. This is also a symbol of _____.

- a. Baptism
- b. Marriage
- c. The Wedding at Cana of Galilee
- d. Our Lord Jesus Christ's Birth

12. The First Hoos is followed by a "Lobsh." The Lobsh is _____ the previous hoos.

- a. An Extension of
- b. A shorter version of
- c. An explanation for
- d. Not related to

13. How is the Lobsh of the First Hoos sung? Below, write down the first part of it.

a. _____



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14. The Second Hoos comes from _____ in the Bible.

- a. Psalm 135
- c. Exodus 15

- b. Psalm 150
- d. Luke 5

15. The Second Hoos is a praise of _____.

- a. Joshua
- c. The Three Youth

- b. Thanksgiving
- d. Moses

16. Below, write the beginning of the Third Hoos.

a. _____

17. The Third Hoos is a praise of _____.

- a. Moses
- c. Daniel

- b. The Three Saintly Youth
- d. Azariah

18. The words of the Third Hoos come from



_____ in the Deuterocanonical books of the Bible.

- a. Daniel 3
- b. Exodus 10
- c. Exodus 15
- d. Esther

19. One important lesson the church teaches us through the Third Hoos is...

- a. To always praise God
- b. To feel sorrowful when we are struggling
- c. To rejoice in tribulations
- d. That our sufferings will never get better

20. After the Third Hoos, we pray the _____ which is called _____.

- a. Lobsh, Tenen
- b. Fourth Hoos, Aripsalin
- c. Watos Psali, Ainahti
Ethve Fai
- d. Watos Psali, Aripsalin



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21. Below, please write the words of the beginning of Ar-ipsalin and explain the meaning behind this hymn

a. _____

b. Meaning: _____

22. The Hymn Tenoweh Ensok comes after _____ and the beginning words mean

_____ in English.

a. The Fourth Hoos, "Arise you children of the light"

b. The Lobsh of the Second Hoos, "Oh give thanks to the Lord for He is good"

c. Aripsalin, "We follow you with all our hearts"

d. The Watos Psali, "Arise you children of the light"



23. The hymn Tenoweh Ensok has multiple tunes which depend on the occasion.

a. True

b. False

24. In the Commemoration of the Saint, we begin by asking for the intercession of _____.

a. Saint Mary

b. The Angels

c. Saint George

d. The Three Saintly Youth

25. The word Doxology comes from the _____ word "Doxa" which means _____.

a. Roman, Praise

b. Latin, Hymns

c. Greek, Glory

d. Coptic, Glory

26. Below, please explain the sequence of the Doxologies during the midnight praises. Describe the order in which we honor Saint Mary and the Saints.

a. _____



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27. The Fourth Hoos begins with the words _____

- a. "Praise the Lord from the Heavens"
- b. "We follow you with all our hearts"
- c. "Oh give thanks to the Lord for He is good"
- d. "Arise you children of the light"

28. The Fourth Hoos is composed of _____ from the Bible.

- a. Psalm 148
- b. Psalm 149
- c. Psalm 150
- d. All of the above

29. Throughout Psalm 150, the phrase "Praise Him" is repeated _____ times.

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



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30. What is the purpose of the Fourth Hoos being so repetitive? Please explain what the phrase "Praise Him" expresses.

a. _____

31. Following the Fourth Hoos, we sing a praise called the Psali. "Psali" means _____ in Greek.

- a. Melody
- b. Angels
- c. Deacons
- d. Hymn or chant

32. There is a different Psali for every fast, feast, day of the week and saint.

- a. True
- b. False



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33. The Psalm which we pray on Saturdays begins with the words _____.

- a. "Praise the Lord from the Heavens"
- b. "Remembering Your Holy name, brings joy to souls, o my Lord Jesus Christ"
- c. "We follow you with all our hearts"
- d. "Sing unto Him who was crucified, buried, and resurrected for us"

34. Most of the hymns of the Theotokia were put in place by _____.

- a. St. Cyril the Great
- b. Pope Athanasius
- c. Saint Shenouda
- d. Saint Moses the Strong

35. Each day of the week has a specific Theotokia assigned to it.

- a. True
- b. False

36. The Book of the Antiphony contains _____.

- a. Extra Psalms which are not in the Agpeya
- b. The Deuterocanonical books



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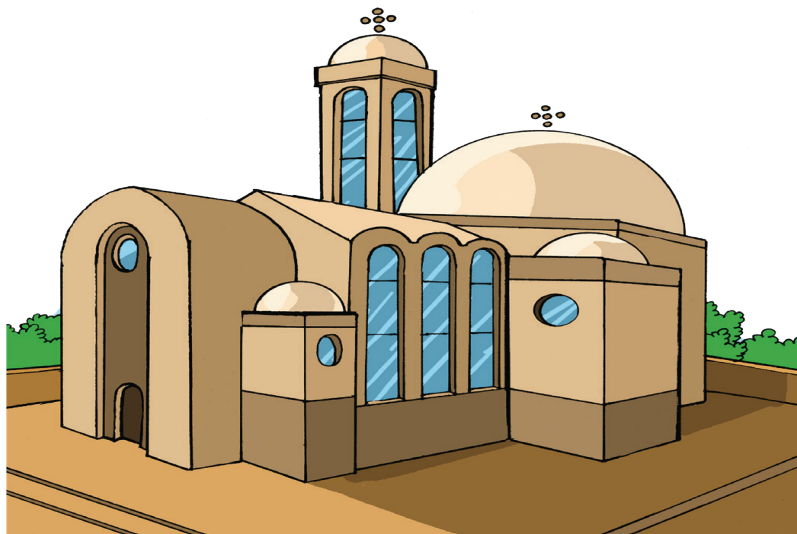
- c. Biographies of the Saints
- d. A collection of melodies to be sung during Communion

37. The word "defnar" is a Greek word that means

- _____.
- a. Stories of the saints
 - b. Burial
 - c. Synaxarium
 - d. Voice against a voice

38. Below, please write the sequence of the prayers that conclude the Midnight Praises.

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



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1. St. Paul wrote _____ epistles.

a. 10

b. 5

c. 2

d. 14

2. St. Paul is also called "The Apostle to the _____."

a. Gentiles

b. Jewish People

c. Philippians

d. Romans

3. St. Paul had a _____ education and a _____ citizenship.

a. Roman, Greek

b. Greek, Roman

c. Hebrew, Roman

d. Turkish, Greek



4. Below, explain how St. Paul was Jewish even though he was born in Turkey. Which tribe was he from?

a. _____



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5. St. Paul's Hebrew name "Saul" means _____.

- a. Salt
- b. Wanted
- c. Young
- d. Gift of God

6. St. Paul's Greek name "Paul" means _____.

- a. God is good
- b. Salt to the earth
- c. Young
- d. Wanted

7. When St. Paul came to Jerusalem to complete his education, he was taught by _____.

- a. Gamaliel
- b. The chief priest
- c. Nicodemus
- d. Joseph of Arimathea

8. St. Paul consented to the stoning of _____ by guarding the clothes of his persecutors.

- a. St. James, the bishop of Jerusalem
- b. St. Stephen
- c. St. Polycarp
- d. St. Peter



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9. While St. Paul was on his way to _____, our Lord Jesus Christ appeared to him.

- a. Philippi
- c. Rome

- b. Jerusalem
- d. Damascus

10. Below, write a verse which tells us what our Lord Jesus Christ said to St. Paul when He appeared to him on the way to Damascus.

a. _____



11. When St. Paul got to Damascus, he could not see until Ananias prayed for him and baptized him.

a. True

b. False



12. In between the time that St. Paul accepted the faith and began preaching, he spent _____ years in the Arabian desert to correctly understand the Old Testament.

- a. 1 b. 2 c. 3 d. 4

13. After his time in seclusion, the first place St. Paul went to preach was _____.

- a. Damascus b. Jerusalem
c. Rome d. Philippi

14. St. Paul made _____ missionary trips to preach the Good News around the world.

- a. 3 b. 4 c. 5 d. 6

15. The epistles which St. Paul wrote during his imprisonment include _____.

- a. Ephesians b. Philippians
c. Colossians d. Philemon
e. All of the above

16. Below, please write a verse from St. Paul's epistle to the Philippians where we receive a command about being joyful.



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a. _____

17. In St. Paul's epistle to the Philippians, the word "Joy" is repeated _____ times.

a. 7

b. 10

c. 20

d. 16

18. When St. Paul was on his _____ missionary trip, he saw the vision of a Macedonian man.

a. First

b. Second

c. Third

d. He had not yet started his missionary trips

19. In the vision of the Macedonian man, St. Paul heard the man saying: " _____

_____."

a. "Cross over to Macedonia and help us"

b. "We need help, please pray for us"

c. "Can you bring more copies of the Old Testament with you?"

d. "The Jews are attacking us, what should we do?"



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20. St. Paul took _____, _____, and _____
to preach in Philippi.

- a. Mark, Barnabas, Luke b. Timothy, Mark, Silas
c. Peter, Timothy, Barnabas d. Timothy, Silas, Luke

21. _____ was the first woman in the city of Philippi
to believe in Our Lord Jesus Christ.

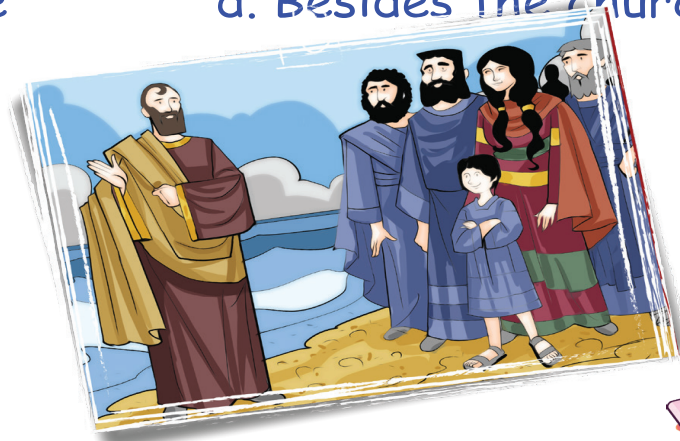
- a. Mary Magdalene b. Phoebe the Deaconess
c. Lydia d. The wife of the Philippian Jailer

22. Lydia's occupation was selling _____ textiles.

- a. Turkish b. Purple c. Blue d. Gold

23. The church of Philippi was the first church estab-
lished _____.

- a. Outside of Jerusalem b. By Saint Paul
c. In all of Europe d. Besides the church of Rome



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24. _____ was the man who the Philippians sent to bring supplies to St. Paul.

- a. Epaphroditus
- c. Silus

- b. Titus
- d. Philemon

25. St. Paul wrote the epistle to the Philippians when he was in _____ imprisonment.

a. Greek

b. Roman

c. Jewish

d. Assyrian



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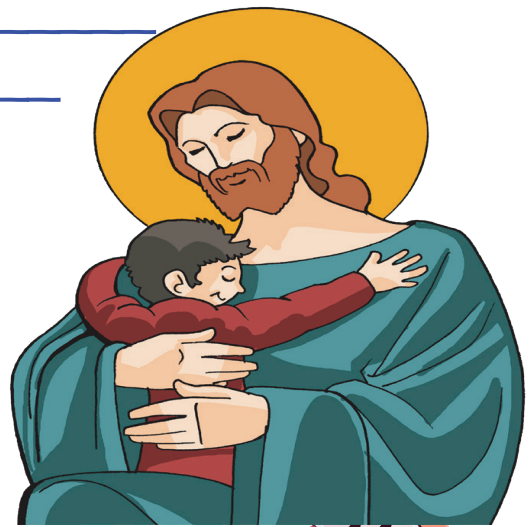
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1. Sin results in _____.
- a. God rejecting us forever
 - b. Immediate death
 - c. Separation from God
 - d. A need to be baptized again

2. Below, please write a verse which tells us how Heaven feels when we offer true repentance.

a. _____



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3. Some of the obstacles the devil puts in our way to discourage us from confessing include...

- a. Thinking that our sins are too big to be forgiven
- b. Postponing confession
- c. Thinking our sins are minor and don't need to be confessed
- d. Embarrassment from confessing to Abouna
- e. All of the above

4. Repentance and Confession is a _____ and it was founded by _____.

- a. Optional activity, Pope Athanasius
- b. Recent invention, Pope Kyrillos VI
- c. Sacrament, Our Lord Jesus Christ
- d. Sacrament, Saint Peter the apostle

5. Below, please write two verses which tell us that Our Lord Jesus Christ Himself Instituted Repentance and Confession.

- a. _____
- _____
- _____



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b. _____

6. The priest gives us the _____ after we repent and confess.

- a. Myron oil
- c. Galilean Oil

- b. Unction of the sick oil
- d. Absolution

7. The priest places _____ over our heads while praying the absolution to remind us that our Lord Jesus Christ is the One who bore our sins and abolishes them.

- a. The Cross
- b. The Holy Bible
- c. The Censer
- d. The Icon of the Crucifixion



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8. Sincere repentance does NOT include _____

- a. Knowing that I am a sinner
- b. Deeply regretting my sins
- c. Praying that God reminds me of all my sins
- d. Planning to do the sin again after I confess

9. During confession, even though we are sitting with the Priest, we must remember that our confession is before

- a. The Angels
- b. God
- c. The saints
- d. Virgin Mary

10. While Abouna is praying the absolution for us, we should pray _____.

- a. Psalm 23
- b. Thanksgiving prayer
- c. Psalm 50
- d. Lord Have Mercy 41 times

11. It is okay to Repent OR Confess, you do not always have to do both.

- a. True
- b. False



12. In addition to repentance and confession, I need to apologize to anyone I hurt or sinned against.

a. True

b. False

13. Below, please write a verse from the first epistle of St. John which tells us about a promise God gave us with respect to confession.

a. _____

14. When we repent and confess, we are announcing our acceptance of _____.

a. The Holy Communion

b. Our Lord Jesus Christ's redemption

c. Our weaknesses

d. The punishment of sin



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15. In the parable of the prodigal son, the father was very _____ at his son's return.

- a. Angry
- b. Sad
- c. Joyful
- d. Annoyed

16. Just like the prodigal son returned to his father's house, we return to _____ when we repent and confess.

- a. The old man
- b. The baptismal font
- c. The garden of eden
- d. The Bosom of the Father

17. The late H.H. Pope Shenouda says, "In confession, we take a _____ and _____."

- a. Solution, Absolution
- b. Blessing, Gift
- c. Solution, Prayer
- d. Blessing, Reward



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18. Below, please write a verse which tells us about how the father of the prodigal son rejoiced at his return.

a. _____



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1. The name Tobit means _____.
 - a. God is Good
 - b. The Gift of God
 - c. God is Blessed
 - d. God is Gracious

2. Tobit was married to a woman named _____ and they had a son named _____.
 - a. Mary, Raphael
 - b. Hannah, Tobias
 - c. Elizabeth, Joshua
 - d. Peninah, Samuel

3. Tobit was from the tribe of _____, one of the tribes of the _____ kingdom of Israel.
 - a. Benjamin, Southern
 - b. Judah, Northern
 - c. Naphtali, Northern
 - d. Judah, Southern



4. Tobit and his family moved to _____ when the captivity of the _____ happened.

- a. Babylon, Nebuchadnezzar
- b. Jerusalem, King Cyrus
- c. Turkey, Assyrians
- d. Ninevah, Assyrians

5. Below, please write examples of how Tobit performed many acts of charity among the people despite the fact that they were in captivity.

a. _____

6. Tobit became blind when the droppings of a _____ fell on his eyes.

- a. Pigeon
- b. Dove
- c. Sparrow
- d. Raven



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7. Since Tobit became blind, he could no longer work so his wife Hannah began to _____ so that they could make a living.

- a. Sew items
- b. Sell her clothing and jewelry
- c. Weave baskets
- d. Beg in the marketplace

8. Even during his illness, Tobit instructed his son Tobias to always serve God. Provide a verse that confirms this for us.

- a. _____
- _____
- _____
- _____

9. Tobit previously loaned ten quintals to a man named _____.

- a. Raphael
- b. Mephibosheth
- c. Melchizedek
- d. Gabael

10. Tobit wanted his son Tobias to go to the city of _____ which is in Medes in order to recover the debt.

- a. Canaan
- b. Rages
- c. Babylon
- d. Jericho



11. Before he could travel, Tobit needed to find a guide for his journey. He brought a man to his father named

_____.

- a. Gabael
- c. Azariah

- b. Melchizedek
- d. Samuel

12. Below, please write the verse which tells us how the man who would guide Tobias greeted Tobit his father.

a. _____

13. The name Azariah means

_____.

- a. God is good
- b. God is righteous
- c. God helps
- d. God is compassionate



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14. The name Hananiah (one of Tobit's relatives) means

- _____.
- a. God is merciful
 - b. God saves
 - c. God remembers
 - d. God hears

15. On the first night of their journey, Tobias and Azariah camped near the _____ river.

- a. Jordan
- b. Tigris
- c. Euphrates
- d. Nile



16. When a fish tried to bite Tobias, Azariah told him to catch the fish and take out its _____, _____, and _____.

- a. Brain, intestines, liver
- b. Intestines, heart, lungs
- c. Lungs, liver, heart
- d. Gall, heart, and liver



17. Later on in the journey, Azariah and Tobias stayed in the home of _____. He had a daughter named _____ and Azariah wanted Tobias to take her in marriage.

- a. Gabael, Hannah
- b. Raguel, Sarah
- c. Hananiah, Sarah
- d. Raguel, Ruth

18. Below, explain why Tobias was afraid to marry Sarah. What had he heard about her?

a. _____

19. Azariah promised Tobias that God would protect him and Sarah if they devoted the first _____ days of their marriage to God.

- a. 2
- b. 3
- c. 4
- d. 5

20. After marrying Sarah, Tobias stayed in Raguel for _____.

- a. One year
- b. One week
- c. Three days
- d. Two weeks

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21. _____ ended up going to get the money from Gabael alone and invited him to join the wedding celebrations.

- a. Raguel b. Azariah c. Hananiah d. Tobias

22. On their way back home, _____ and _____ went ahead of everyone else.

- a. Tobias and Sarah b. Azariah and Sarah
c. Azariah and Tobias d. Raguel and Gabael

23. Azariah told Tobias to put the _____ from the fish on his father's eyes.

- a. Liver b. Intestines c. Heart d. Gall

24. When Tobias was placing the _____ on his father's eyes, he told him _____.

- a. Liver, "Don't be scared"
b. Heart, "Take courage, father"
c. Gall, "Take courage, father"
d. Gall, "This is for your healing, father"



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25. After Tobit's eyes were healed, the family had a feast for _____ days to celebrate and thank God.

- a. 7 days b. 10 days c. 3 days d. 12 days

26. In return for his help and guidance, Tobit and Tobias wanted to give Azariah _____.

- a. A fatted calf
b. Half of the money that Tobias brought home
c. A camel to help him return to his home
d. Gold as a gift

27. What was Azariah's true identity? Below, please write the verse which tells us how Azariah revealed himself to Tobit and Tobias?

- a. _____

28. Azariah was actually Archangel _____.

- a. Michael b. Gabriel
c. Raphael d. Suriel



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29. After Tobit's death, Tobias and Sarah went to live with her parents.

a. True

b. False

30. The Book of Tobit is one of the _____ books of the Bible.

a. Prophetic

b. Poetic

c. Deuterocanonical

d. Historical

31. The church instructs us to read the Book of Tobit on the _____ of Great Lent.

a. Third Sunday

b. Sixth Wednesday

c. Fourth Thursday

d. Sixth Friday



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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