



Mahragan El Keraza 2023

.....So that you surely

Rejoice!

Workbook | Grades 9-12



"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 St.
Mark



H.G. Bishop David

Bishop of the Diocese of
New York and
New England

.....So that you surely

Rejoice!

TABLE OF CONTENTS

| | Page |
|---------------------------------------|------|
| So That You Surely Rejoice | 4 |
| The Book of Habakkuk | 21 |
| The Joy of Salvation | 32 |
| Pope Dioscorus, the Hero of Orthodoxy | 47 |
| The Choice is Yours | 53 |

Rejoice!

Deuteronomy 16:15

So That You Surely Rejoice

1. Why do we sometimes fail to rejoice?

- a. Because we make mistakes
- b. Because of wars, diseases, temptations, and sorrows in the world
- c. Because we are not listening to uplifting spiritual songs
- d. None of the above

2. What are the two types of joy?

- a. Joy of everyday life and true Christian joy
- b. Joy of paradise and joy of heaven
- c. Joy of the Soul and joy of the Spirit
- d. Joy inside church and joy amongst our friends

3. What does the temporary joy effect?

- a. The mind, spirit, body, and soul
- b. The mind, spirit, and body
- c. The mind, spirit, and soul
- d. The mind, soul, and body

4. What/Who is the main source of our Christian Joy?

- a. Repentance
- b. Our Lord Jesus Christ
- c. The Church
- d. Reading the Holy Scriptures

5. What is repentance, according to the Orthodox understanding?

- a. Feeling remorse, confessing and asking for spiritual guidance
- b. Feeling remorse, blaming myself for the sin, and going to confess
- c. Feeling remorse and shying away from God due to the guilt of sin
- d. Feeling remorse and punishing oneself in order to absolve themselves of the sin.

6. What is our daily "curriculum" for fellowship with God?

- a. The Psalms, Personal Prayers, and The Liturgy
- b. The Agpeya, Arrow Prayers, and Hymns, Raising of Incense, Personal and Written Prayers.
- c. The Psalms, Arrow Prayers, Personal Prayers, Written Prayers, Tasbeha, and Alhan
- d. The Agpeya, Raising of Incense, Repentance Personal Prayers, and Aghapy

Rejoice!

Deuteronomy 16:15

7. What do we receive from our Father of Confession?

- a. Accountability for our sin
- b. Absolution from our sin
- c. Forgiveness from our sin
- d. Excuses for our sin

8. What is our main job in the World?

- a. To live a moral life
- b. To be joyful in the Lord
- c. To give others the joy of the Lord
- d. B & C

9. When we give to God, we _____?

- a. sacrifice
- b. increase
- c. pay back our sins
- d. suffer

10. According to the text, our blessings increase when we_____.

- a. give
- b. pray
- c. fast
- d. do charitable deeds

11. Why were the Apostles rejoicing?

- a. Because they were counted worthy to be exalted by the council

- b. Because they were counted worthy to convert many to Christianity
- c. Because they were counted worthy to suffer shame for Jesus Christ's name
- d. Because they were counted worthy to forgive sins

12. Why didn't the Divinity lessen the pain of suffering?

- a. The Lord knew he was going to die
- b. Because He was only fully human whilst on the cross
- c. The Lord was willing to suffer for us by His own will
- d. It did lessen the pain

13. How does the Blood of Christ help us?

- a. It forgives our sins and sanctifies us unto the Lord
- b. It helps us abide in the Lord and become God-like
- c. It purifies us and develops discernment in us
- d. It secures eternal life and makes us holy

14. After one commits a sin, he loses _____?

- a. The Holy Spirit
- b. internal peace
- c. his conscience
- d. holiness

Rejoice!

Deuteronomy 16:15

15. There is no rest for humans except in _____, _____, and _____?

- a. fellowship, love, and giving
- b. fellowship, possessions, and joy
- c. happiness, peace, and life
- d. fellowship, wealth, and holiness

16. What types of pain did Our Lord Jesus Christ suffer on the cross?

- a. Physical, psychological, and spiritual
- b. Chronic, mental, and sociological
- c. Physical, spiritual, and emotional
- d. All of the above

17. Through the Cross and Precious Blood we received what?

- a. Forgiveness of sins and a place in Heaven
- b. Salvation and the Holy Spirit
- c. Eternal life and redemption
- d. The Sacrament of the Eucharist

18. What is our life's Constitution?

- a. The Synaxarion
- b. The Holy Bible
- c. The Agpeya
- d. The Katameros

19. The Holy Bible is addressed to whom?

- a. Us as a community
- b. The clergy only
- c. The unbelievers only
- d. Us personally

20. Which Saint said "I believe in the Holy Bible, handed down from the Church, explained by the Fathers, alive in the saints"

- a. St. Augustine
- b. St. Moses
- c. St. Anthony
- d. St. Dioscorus

21. God _____ our sins.

- a. cleanses
- b. forgives
- c. a & b
- d. abides

22. The Precious Pure Blood of Christ _____ for us the _____ of sin, _____ us of our _____ nature, allowed us entry into the kingdom of heaven, of light, of eternity

- a. killed, rule, saves, evil
- b. abolished, judgment, cleanses, corrupt
- c. abolished, rule, cleanses, evil
- d. killed, nature, saves, good

Rejoice!

Deuteronomy 16:15

23. In addition to rejoicing over My Lord Jesus, my Redeemer and Savior, what does the text say is the second thing we rejoice over?

- a. Our Lord saving us
- b. The Holy Bible
- c. The Church
- d. None of the above

24. The Holy Bible is a divine letter addressed to us personally which contains _____, warnings, commandments, promises, _____, and _____ for the way to eternal life.

- a. happiness, love, signs
- b. 66 books, love, nothing
- c. joy, happiness, directions
- d. love, teachings, signs

25. For Christians it is critical to _____ the word of God on a daily basis

- a. look at
- b. study
- c. read
- d. Pray

26. All of our doctrines are according to?

- a. The scriptures only
- b. scripture, interpretation of the church fathers, laws by the ecumenical councils, our Orthodox tradition
- c. rites, hymns, scriptures, interpretation of the church fathers
- d. liturgy, praises, scripture, laws that were put by the ecumenical councils, Coptic hymns

27. The church Fathers' interpretation of the Scripture was not _____, nor according to human _____, but a practical constitution leading to _____, _____, and guidance.

- a. scientific, understanding, salvation, edification
- b. inspired by the Holy Spirit, nature, eternal life, salvation
- c. biblical, understanding, salvation, love
- d. Wrong, understanding, salvation, love

28. The Church Fathers not only loved the Word of God but also _____ it every day.

- a. prayed with
- b. took notes on
- c. ate
- d. lived

29. According to the text, what were the saints' lives like because of their love for the Word of God?

- a. Living example in the heaven of the Church
- b. Shining Bibles in the heaven of the Church
- c. Able to answer any heretics
- d. None of the above

30. The Church is the House of _____?

- a. the people
- b. Joy
- c. the Pope
- d. Praise

Rejoice!

Deuteronomy 16:15

31. Who did the Coptic Orthodox Church receive the upright faith from?

- a. The rites set by our Holy Fathers
- b. The apostles and the prophets
- c. St. Peter and St. Stephen
- d. The Holy Fathers and Apostles

32. Our Church is upright in _____ and _____, _____, faithful to the Lord despite all circumstances

- a. reputation, steadfast, love
- b. dogma, reputation, steadfast
- c. peace, love, strong
- d. faith, peace, steadfast

33. The Church is considered the house of joy because it provides us with which of these joys?

- a. Membership in the Holy Body of Christ, Spiritual Life, Martyrdom
- b. Membership in the Holy Body of Christ, Martyrdom, Repentance and Confession
- c. Membership in the Holy Body of Christ, Spiritual life, Repentance and Confession, Life of Solitude

d. Membership in the Holy Body of Christ, Spiritual Fulfillment, Asceticism, Martyrdom

34. How do I keep my membership with Christ?

- a. Serving God
- b. Reading the Word of God
- c. Spiritual Struggle
- d. Through Agpeya Prayers

35. Who are we and what is our identity?

- a. I am Prince, Son of The King, Christian
- b. I am Christian, Coptic, Orthodox
- c. I am Coptic, Orthodox, Christian, a High Priest
- d. I am nothing but dirt

36. I receive membership in the Holy Body of Christ through what?

- a. Praying
- b. Reading the Word of God
- c. The Holy Sacraments
- d. The Holy Fathers

37. We are renewed in _____, consecrated in _____, and _____ in Christ by receiving _____ and _____?

- a. Baptism, Chrismation, unite, Holy Body, Precious Blood
- b. Baptism, Chrismation, abide, Holy Body, Precious Blood

Rejoice!

Deuteronomy 16:15

- c. Confession, Chrismation, unite, Holy Body, Precious Blood
- d. Communion, Confession, abide, Holy Body, Precious Blood

38. When I sin, I am in need of the sacraments of _____ and _____.

- a. Repentance, Communion
- b. Love, Joy
- c. Confession, Anointing of the sick
- d. Repentance, Confession

39. When I am sick I am in need of the sacrament of _____.

- a. Anointing of the Weak
- b. Anointing
- c. Anointing of the Sick
- d. Anointing of the Diseases

40. Before being anointed I must do which of the following?

- a. Pray and read the Scripture
- b. Confess
- c. Repent and confess
- d. Pray the Thanksgiving prayer

41. We rejoice in victory, but how do we express it by God's Grace?

- a. witnessing in the community, serving in the Church
- b. praying without ceasing
- c. thanking God, serving in the Church
- d. talking to God in my room

42. What are the first 5 ways we enjoy a special joy?

- a. Daily prayer of the psalms, Arrow prayers, Reading the daily lectionary (Katamaris), The Synaxarium, Daily Praises (Tasbeha)
- b. Daily prayer of the psalms, Arrow prayers, Reading the daily lectionary (Katamaris), The Synaxarium, Remembering the sins I committed each day
- c. Daily prayer of the psalms, Arrow prayers, Listening to my elders, The Synaxarium, Daily Praises (Tasbeha)
- d. None of the above

43. What are the second 5 ways we enjoy a special joy?

- a. Holy Fasts, Doing Prostrations everyday (Matania), Holy Feasts, The Sacrament of the Eucharist, Studying the sayings of the Fathers
- b. Holy Fasts, Church events (such as the Graduation Parties), Holy Feasts, The Sacrament of the Eucharist, Studying the sayings of the Fathers
- c. Holy Fasts, Church events (such as the Holy Pascha), Holy Feasts, The Sacrament of the Eucharist, Only studying the sayings of the Saints in the Holy Bible
- d. Holy Fasts & Feasts, Church events (such as Pascha), The Sacrament of Eucharist, Studying the sayings of the Fathers

Rejoice!

Deuteronomy 16:15

44. Daily Praises, or Tasbeha, is the language of_____.

- a. God
- b. Angels
- c. Humans
- d. Saints

45. According to the text, if we are not careful between the difference of moderate Coptic Orthodox asceticism and heroic asceticism it can cause _____ instead of _____?

- a. struggle, living an easy life
- b. hate, love
- c. grief, joy
- d. decrease in our spiritual life, increase in our spiritual life

46. We should follow the steps of which two great Saints when talking about asceticism?

- a. St. Anthony and St. Paul
- b. St. John and St. Mark
- c. St. John Kame and the right hand thief
- d. None of the above

47. The body is a _____ from God, therefore, it is a responsibility for us to keep it _____.

- a. gift, and do prostrations with it
- b. gift, praying all day
- c. gift, healthy
- d. gift, always

48. What does asceticism express?

- a. The ability of our bodies
- b. Our patients
- c. Our spiritual struggle
- d. Our love for God

49. What danger do humans face?

- a. Being consumed with the heavenly
- b. Using our time wisely
- c. Only physical danger
- d. Being swept away with time, consumed with earthly things

50. What awaits humans in their original heavenly state?

- a. Earthly treasures and possessions
- b. Eternal life and godly state
- c. Eternal happiness on Earth
- d. Heavenly trials and sorrows

51. What is the significance of white robes mentioned in the passage?

- a. They symbolize victory over death
- b. They represent joy connected with praising God
- c. They indicate the absence of sin and temptation
- d. They are worn by the angels in heaven

52. Which of the following is NOT one of the glories of eternal life?

- a. The Joy of the Glory of Holiness
- b. The Joy of the Glory of Happiness
- c. The Joy of the Glory of Fellowship
- d. The Joy of the Glory of Success

53. What will be the state of the illuminated body in heaven?

- a. Subject to falling and sin
- b. Susceptible to disease and trials only
- c. Free from falling, sin, disease, and trials
- d. Conquered by temptation and sorrows only

54. What is referred to as the Paradise of Joy?

- a. Earthly life
- b. Heavenly Jerusalem

c. Eternal home

d. The other world

55. In heaven, with whom will humans live in unity?

a. God

b. Angels

c. Saints

d. All of the above

56. According to the passage, what will humans experience in the presence of God?

a. Limited joy and satisfaction

b. An all-powerful nature

c. Unspeakable and glorious joy

d. Fulfillment of earthly desires

57. What did the Lord promise those who believe in Him?

a. Earthly riches and prosperity

b. Temporary life in heaven

c. Eternal life in Him

d. A peaceful afterlife

58. What does St. Paul declare about living and dying?

a. Living is more necessary than dying

b. Dying is gain but living is necessary

c. Living is Christ, and dying is gain

d. Dying is more beneficial for oneself



Rejoice!

Deuteronomy 16:15

59. According to the passage, what is the purpose of living in the flesh?

- a. To experience worldly pleasures and achievements
- b. To fulfill earthly responsibilities and obligations
- c. To prepare for eternal life in the presence of God
- d. To gain knowledge and wisdom through life experiences

60. Which of the following is not mentioned as a source of joy in the passage?

- a. Our Lord Jesus Christ
- b. The Holy Bible
- c. The Church
- d. Earthly possessions and achievements

.....So that you surely

Rejoice!

The Book of Habakkuk

1. What does the name Habakkuk mean?

- a. God has chosen
- b. To embrace God
- c. God has judged
- d. God is merciful

2. What is the distinguishing feature of the book of Habakkuk?

- a. Habakkuk is one of the major prophets
- b. He talks about pain, suffering and sorrow due to oppression
- c. It speaks to anyone who suffers from internal or external trials
- d. He cries out on behalf of the people for their sins

3. Why does Habakkuk cry out to God?

- a. He is praying that the people of Israel come out victorious
- b. He's thanking God for all His mercies
- c. He's asking God for forgiveness

Rejoice!

Deuteronomy 16:15

d. He's interceding for the oppressed people and is saddened by the victory of injustice

4. Why does God sometimes delay his response to our prayers?

- a. He wants us to pray slightly less
- b. He doesn't always hear our prayers the first time
- c. He doesn't want to answer them
- d. He wants us to continue to pray so He can hear our voice more

5. In Habakkuk 1 verse 5, what do the nations that defiled the People of Israel symbolize?

- a. Those who turn away from God
- b. Satan and his evil kingdom
- c. The people in our life who try to make us fall into sin
- d. The chosen people

6. In Habakkuk 1:12 when it says "We shall not die", what does it mean?

- a. God always hears us and listens to us
- b. We will live on earth forever

- c. We will go to heaven if we believe in God and keep his Commandments
- d. God gives his attributes to his people and we will have everlasting life

7. How are the Chaldeans and Satan alike?

- a. They always want more and more no matter how much they get and the more they get, the more they want
- b. They both live lives of sin and turn the Israelites away from God
- c. They both refuse to accept the word of God
- d. They're both prideful

8. In Habakkuk 2:1, he says "I will stand my watch and set myself on the rampart", what does the rampart represent?

- a. The lives of the Saints and Martyrs that we model our own lives off of
- b. The rock that Moses struck
- c. The Church alone
- d. Christ our rock in whom we take refuge

Rejoice!

Deuteronomy 16:15

9. How will we find answers to our prayers?

- a. By being angry at God
- b. Through deep prayer
- c. Supplicating for mercy
- d. Both B and C

10. What are the bad characteristics of the Chaldeans?

- a. Pride and drunkenness
- b. Greed and violence
- c. Cheaters and oppressors
- d. All of the above

11. Which early church father said: "He who thinks he is above all other human beings will be brought lower than the whole creation."?

- a. St. Macarius
- b. St. Basil
- c. St. Athanasius
- d. St. John Chrysostom

12. What are some qualities of the righteous?

- a. Patient
- b. Trusts in God
- c. Proudful
- d. A and B

13. Why did the Chaldeans fall?

- a. Because the army the Israelites was stronger
- b. Because of their own greed, sinfulness and pride
- c. Because God removed His grace
- d. They surrendered their land

14. In Habakkuk 2:6 it says "Will not all these take up a proverb against him, and a taunting riddle against him"- what is the punishment of the sin of pride according to the text?

- a. Hopelessness
- b. Shame
- c. There is no punishment
- d. Defeat

15. Why will the proud only be able to gather dirt instead of silver and gold?

- a. Because their eyes are blinded by pride
- b. Their pride causes them to lose out on good things
- c. Because of their love for the earthly, their souls fell into deep mire
- d. Their pride leads them to sin so they can't gain riches

16. In chapter 3 verse 3, why did the prophet Habakkuk mention Mount Sinai?

- a. To recall the distrusting actions of the people of Israel as they built the golden calf.
- b. To remember God's glorious acts in Sinai and have hope that God will save His people.
- c. To recognize the hardships of the Israelites in the desert.
- d. To show that God will not forget the tribulations His people went through.

17. In Deuteronomy 33:2, Moses said, "The LORD came from Sinai and dawned from Seir upon us..." Sinai refers to _____ and Seir refers to _____.

- a. God revealing His glory to the people of Israel; God revealing His glory to the nations
- b. God showing wrath to the people of Israel; God showing wrath to the nations
- c. God revealing His glory to the nations; God revealing His power to the people of Israel
- d. God rejecting the people of Israel; God revealing His love to the nations

18. In chapter 3 verse 4, the prophet Habakkuk is describing the _____. The _____ represents the Divinity; the _____, the humanity.

- a. Humanity; rays; hand
- b. Incarnation; sun; rays
- c. Humanity; hand; rays
- d. Incarnation; sun; hand

19. What is the meaning of verse 4 in chapter 3 which states, "The brightness was like the sun; rays came forth from his hand"?

- a. The transfiguration of Christ on Mount Tabor
- b. The creation of the world.

- c. Moses' face after receiving the 10 Commandments.
- d. The Divinity never parted from the Humanity.

20. What was meant by the prophet Habakkuk when he said "Where his power lay hidden" in Chapter 3 verse 4?

- a. That Christ's Divinity was hidden during the crucifixion.
- b. That the Humanity of Christ was more prevalent than His Divinity.
- c. That Christ took the form of a servant.
- d. That Christ was in the tomb for three days before resurrecting.

21. The prophet Habakkuk saw a vision of the city of Cushan under affliction. What does that symbolize?

- a. The Palestinians will fall under the power of the children of Israel.
- b. In the world, the children of God will have many afflictions and hardships.
- c. In His Second Coming, God will grant us the power to trample over Satan.
- d. Those who oppose the children of God will fear Him when they see Him.

22. In chapter 3 verse 8, the rivers symbolize _____ and the sea represents _____.

- a. The people of Israel; the surrounding nations
- b. The Egyptian chariots; the Red Sea
- c. The children of God; the whole world
- d. The tribe of Levi; the people of Israel

23. "You brandished your naked bow; sated were the arrows at your command" What do the arrows represent?

- a. The Word of God entering into the hearts of people
- b. God's commandments being strictly followed
- c. Soldiers entering the battlefield with deadly arrows
- d. God's power to give the people of Israel victory in battles

24. Verses 12-13 in chapter 3 talk about _____ upon the evil and _____ for the righteous.

- a. hope; glorification
- b. wrath; salvation
- c. judgment; mercy
- d. condemnation; reward

25. "You pierced with their own arrows the head of his warriors" When _____ directed his arrows against the Son of God, he was defeated by _____.

- a. the evil soldier; a strong arrow
- b. Satan; the Cross

- c. the prideful; humility d. temptations; prayers

26. The prophet Habakkuk mentions horses and mighty waters to remind the people of what?

- a. The battle of Jericho
- b. The Second Coming
- c. The crossing of the Jordan River
- d. The splitting of the Red Sea

27. What did the prophet Habakkuk do when he heard of the strength of the enemy?

- a. He lifted his eyes to the East.
- b. He gathered the elders of Israel.
- c. He lifted his heart to God.
- d. He created a small, yet powerful army.

28. According to the text, when we feel alienated in the world, we should _____ because

- _____.
- a. Be comforted; salvation awaits us.
 - b. Rejoice; God is with us.
 - c. Recall Elijah; he once felt the same way
 - d. Pray; God hears our prayers.

29. A sinner who continues in sin will lose his blessings. When he repents, the blessing may be _____, but surely, he will receive them once more.

- a. Less b. On time c. Delayed d. Different

30. True believers _____ rejoice when they see worldly blessings because they know that _____.

- a. do not; it may be a trick from the devil.
b. do; they are gifts from God.
c. do not; they will rejoice in eternal salvation.
d. do; they will get them closer to God.

31. In chapter 3 verse 17, the fig tree symbolizes _____ whom God _____.

- a. Christians; blessed. b. The gentiles; accepted.
c. Judas; rejected. d. the nation of Israel; cursed.

32. According to the text, why did God curse the nation of Israel?

- a. It disobeyed God's commandments.
b. It lost love for Him.
c. It worshiped idols.
d. He knew they would reject Christ.

.....So that you surely

Rejoice!

33. What does the falling of the olive tree represent?

- a. The five foolish virgins.
- b. Noah's Ark.
- c. The Second Coming.
- d. The falling of Adam and Eve.

Rejoice!

Deuteronomy 16:15

The Joy of Salvation

1. How come Adam did not repent, leading to a resolution of the problem of the fall? Why did God not just forgive Adam? Give 2 reasons.

2. Why did God create the tree, and why did God not allow Adam to eat from it? Why did he put him through this difficult test? Explain your answer in detail.

3. You hand yourself over to death by _____. Disobedience carries the seeds of death.

- a. God's decision
- b. Your own free will
- c. Your own will but guided by God
- d. By the influence of others only, not my choice

4. Identify the consequences of sin that impact human nature.

- a. The consequence of sin only impacts Adam.
- b. There is no consequence of sin on human nature.
- c. The consequence of sin is minor.
- d. The consequence of sin is death.

5. Humans became subject to _____ death, through the fall, man lost the glory of the _____ within him, losing his dignity, honor, and reverence.

- a. temporary; spiritual image
- b. limited; eternal image
- c. eternal; divine
- d. limited; Holy Spirit

Rejoice!

Deuteronomy 16:15

6. Explain what happened to human nature when Adam fell.

7. "I heard the sound of you in the _____ and I was _____, because I was _____ and I hid myself." (Genesis 3:10)

a. heaven; worried

b. trees; afraid

c. sky; worried

d. garden; afraid

8. "Then the eyes of both were _____, and they knew that they were naked and they sewed _____ leaves together and made loincloths for themselves." (Genesis 3:7)

a. opened; palm

b. closed; palm

c. shut; banana

d. opened; fig

9. Explain the famous question, how is it our fault that Adam sinned? Give examples.

.....So that you surely

Rejoice!

10. Couldn't God save Adam by a mere command? Explain your response.

11. Which are the reasons for the divine incarnation?

- a. Sin and eternal life
- b. Love and doing away with the death
- c. Death and Second Coming
- d. Resurrection and assentation

12. Explain how the nature of mankind took on the inheritance of sin and corruption of the nature of mankind, and how the effect of sin also extended to nature.

Rejoice!

Deuteronomy 16:15

13. Which individual said, "Two natures come together with one another?"

- a. St. Polycarp b. St. Mark c. St. Cyril d. St. Paul

14. How did St. Athanasius explain how God could not save Adam by mere command.

15. Based on the text, which church figures, among others, preserved the Orthodox faith?

- a. St. Mary and St. Paul
b. There were no figures who preserved the faith.
c. St. Timothy and St. Athanasius
d. Jerimiah and Isaiah

16. Man's obedience to God is compared to

- a. A flying bird
- b. A flowering bush
- c. Withered grass
- d. Running water

17. The death of Christ meant the death of:

- a. His Divinity
- b. His Divinity and Humanity
- c. His Humanity
- d. Neither

18. True or False: The death of Christ meant the separation of His Humanity from His Divinity

- a. True
- b. False

19. Where did sin come to Cain from?

- a. Eve
- b. Abel
- c. From within him
- d. Adam

20. True or False: The goal of Incarnation is to lift sin only.

- a. True
- b. False

21. In the Incarnation and Redemption, Christ solved the enmity between:

- a. God and man
- b. Man and nature
- c. Men against themselves
- d. The garden of Eden and man

Rejoice!

Deuteronomy 16:15

22. Mercy and _____ met together in the Person of Christ.

- a. Love b. Justice c. Wisdom d. Loyalty

23. What do the fig tree, vine, and failing olive tree symbolize in the context of the passage?

- a. Different stages of believers' spiritual journeys.
b. The cycle of life and growth in nature.
c. Various aspects of the Church and its condition.
d. Metaphorical representations of agricultural practices

24. What approach does the passage recommend for believers facing trials and sorrows?

- a. Seek refuge in God and find solace in His presence.
b. Focus solely on personal achievements and goals.
c. Rely on material possessions for comfort and tranquility.
d. Withdraw from society and isolate oneself from difficulties.

25. In Isaiah 53:1, the question is asked, "Who has believed what we have heard?" This verse refers to:

- a. The testimony of the disciples
b. The disbelief of the Pharisees
c. The message of salvation proclaimed by the prophets
d. The doubts of the people regarding God's promises

26. According to John 16:28, Jesus declared, "I came from the Father and have come into the world; again, I am leaving the world and am going to the Father." This statement emphasizes:

- a. The divinity of Jesus and His preexistence
- b. The importance of spreading the Gospel to the world
- c. The mission of Jesus to bring peace and unity
- d. The future return of Jesus to establish His kingdom

27. What is the significance of the test Adam faced with the forbidden tree?

- a. It was a demonstration of God's power and authority.
- b. It was a punishment for Adam's disobedience.
- c. It was a test of obedience and love for God.
- d. It was a way to restrict Adam's freedom.

28. How did God transform our punishment into salvation?

- a. By giving us material blessings.
- b. By removing all consequences of sin.
- c. By allowing us to continue in sin without consequences.
- d. By sending Jesus Christ as our Savior.

29. What happened to human nature as a result of Adam's fall?

- a. Human nature became perfect and sinless.
- b. Human nature became subject to sin and spiritual death.
- c. Human nature remained unchanged.
- d. Human nature became immortal and indestructible.

30. What were the consequences of sin on human nature and the world?

- a. The eradication of all suffering and pain.
- b. The introduction of fear, pain, and disease.
- c. The restoration of perfect harmony and peace.
- d. The elimination of all human desires and emotions.

31. How did sin affect the relationship between God and humanity?

- a. It deepened the bond of love between God and humanity.
- b. It had no impact on the relationship between God and humanity.
- c. It created a separation between God and humanity.
- d. It strengthened the trust and faithfulness of humanity.

32. Why didn't Adam just repent, with God accepting that repentance, leading to a resolution of the problem of the fall?

- a. God is perfect in His mercy, and perfect in His justice. If He had just forgiven Adam, this would be opposed to His justice.
- b. Repentance was not a sufficient solution for Adam's disobedience.
- c. Adam refused to acknowledge his mistake and seek forgiveness.
- d. God was unwilling to accept Adam's repentance.

33. Why did God not just forgive Adam?

- a. God's justice would have been compromised if He had simply forgiven Adam.
- b. Forgiving Adam would have set a wrong precedent.
- c. God was unable to forgive Adam due to His own principles.
- d. Adam's sin was too grave to be forgiven.

34. Could God not save Adam by a mere command?

- a. After the fall, creation required God's intervention to heal what existed.
- b. God's command wouldn't have been sufficient to save Adam.

Rejoice!

Deuteronomy 16:15

- c. Adam's disobedience required a more profound intervention from God.
- d. Adam was beyond the reach of God's command.

35. What strong reason did God have for His Incarnation?

- a. The Incarnation was meant to establish a new set of rules for humanity.
- b. The Incarnation was necessary to demonstrate God's power.
- c. God wanted to confuse humanity through the Incarnation.
- d. Love was the strongest reason for the Incarnation.

36. Why did the whole of the human race need a Savior?

- a. The corrupt nature and sinful tendencies were inherited from Adam.
- b. The human race was collectively responsible for Adam's sin.
- c. God's justice demanded that the entire human race be redeemed.
- d. The human race needed a Savior to overcome its inherent weaknesses.

37. What was the goal of the Incarnation?

- a. To defeat death and bring life to the corrupt man.
- b. To establish a unity between God and mankind.
- c. To demonstrate God's power and authority.
- d. To punish humanity for its sins.

38. What was the primary motivation for the Incarnation?

- a. The Divine Council required God to incarnate for redemption.
- b. God wanted to prove His superiority over humanity.
- c. The Incarnation was a response to human prayers and pleas.
- d. Love compelled God to take on human form

39. According to H.H. Pope Shenouda III, what is the nature of the union between the Incarnate Logos and humanity?

- a. God and man.
- b. One Nature.
- c. Two natures united.
- d. Divine and human essence.

40. What does it mean when it is said that "He took flesh and became Man"?

- a. The Invisible God took to Himself human flesh, same as our human nature.

Rejoice!

Deuteronomy 16:15

- b. The Invisible God became man and was like us in all things except for sin alone.
- c. The Invisible God became both God and man simultaneously.
- d. The Invisible God transformed into a physical human form.

41. Did the Incarnation limit God?

- a. Yes, the Incarnation caused God to be limited to a certain space.
- b. No, God is not limited to space, even during the Incarnation.
- c. The Incarnation only limited God temporarily.
- d. The Incarnation expanded God's presence in the physical realm.

42. Did the Incarnation demean God's glory? Can God die?

- a. Yes, the Incarnation demeaned God's glory and God can die.
- b. No, the Incarnation did not demean God's glory and God cannot die.
- c. The Incarnation temporarily diminished God's glory but did not affect His ability to die.
- d. The Incarnation elevated God's glory and transformed His mortality.

43. What happened in the Resurrection of Christ?

- a. Christ's human soul separated from His Divinity.
- b. Christ's Divinity separated from His humanity.
- c. Christ's human soul reunited with His body, which was united to His Divinity.
- d. Christ's body disintegrated and ceased to exist.

44. Who oversaw the world while the Lord was on the Cross and when He died?

- a. The angels took charge of the world during that time.
- b. The disciples and apostles oversaw the world.
- c. The Holy Spirit guided and protected the world.
- d. His Divinity, which cannot die, was in control of the universe.

45. Which patriarchs played a significant role in preserving the Orthodox faith in the Coptic Orthodox Church?

- a. St. Peter, St. James, and St. John.
- b. St. Athanasius, St. Timothy, and St. Cyril.
- c. St. Mark, St. Luke, and St. Paul.
- d. St. Ignatius, St. Polycarp, and St. Irenaeus.

Rejoice!

Deuteronomy 16:15

46. What is the meaning of the term "Coptic Orthodox"?

- a. Egyptian Truth.
- b. Ancient Faith.
- c. Orthodox Christians in Egypt.
- d. True view of Christianity.

.....So that you surely

Rejoice!

Pope Dioscorus, the Hero of Orthodoxy

1. What was the nature of Christ's death?

- a. Separation of His Divinity and humanity
- b. Separation of His human soul and body
- c. Separation of His humanity and His humanity alone
- d. Separation of His human body and Divinity

2. According to the Syriac Fraction Prayer, what remained united with Christ's soul and body after His death?

- a. Divinity and human body
- b. Divinity and human soul
- c. Divinity, human body, and human soul
- d. Divinity alone

3. How did Christ's soul demonstrate the unity of His Divinity?

- a. By going to Hades and releasing the righteous
- b. By reuniting with His body in the Resurrection
- c. By remaining united to His body after His death
- d. By not seeing corruption in His body

4. What proof is mentioned for the unity of Christ's Divinity with His body at His death?

- a. His body not seeing corruption
- b. His body reuniting with His soul
- c. His body leaving the sealed tomb
- d. His body being united to His Divinity

5. Who oversaw the world while Jesus was on the Cross and when He died?

- a. The Holy Spirit
- b. His human soul
- c. His Divinity
- d. The angels

6. According to the passage, why is the Son of God glorified?

- a. Because He was born of the Virgin
- b. Because He was crucified for us
- c. Because He is the Living One who does not die
- d. All of the above

7. Who evangelized the Coptic Orthodox Church?

- a. St. Mark the Apostle and Evangelist
- b. St. Athanasius
- c. Pope Dioscorus
- d. Emperor Constantine the Great

8. How did the Coptic Church stand firm against heresies?

- a. By leading ecumenical councils
- b. By forming local councils
- c. By spreading Holy Traditions
- d. By evangelizing other churches

9. How many ecumenical councils does the Coptic Church believe in?

- a. 4
- b. 7
- c. 19
- d. All of them

10. Which heresy led to the convening of the First Ecumenical Council of Nicaea?

- a. Arianism
- b. Nestorianism
- c. Monophysitism
- d. Monothelitism

11. Who called for the First Ecumenical Council of Nicaea?

- a. Emperor Constantine the Great
- b. St. Athanasius
- c. Pope Dioscorus
- d. Patriarch Alexander of Alexandria

12. Who was the president of the First Ecumenical?

- a. St. Alexander, Patriarch of Alexandria
- b. Emperor Constantine the Great
- c. St. Mark the Apostle and Evangelist
- d. St. Athanasius

13. Where did the First Ecumenical Council take place?

- a. Nicaea, Asia Minor
- b. Jerusalem, Israel
- c. Rome, Italy
- d. Alexandria, Egypt

14. What were the decisions of the Council of Nicaea regarding Arius and his teachings?

- a. Excommunication of Arius and his erroneous teachings
- b. Anathema of Arius and his erroneous teachings
- c. Excommunication and anathema of Arius and his erroneous teachings
- d. Acceptance of Arius and his teachings

15. What was the purpose of the Council of Constantinople in 381 A.D.?

- a. Addressing the heresy of Macedonius
- b. Countering the teachings of Arius
- c. Discussing the nature of the Holy Spirit
- d. Establishing a unified creed of faith

16. According to the heresy of Macedonius, how was the Holy Spirit viewed?

- a. As being created like one of the angels
- b. The Third Hypostasis of the Holy Trinity
- c. The Father from whom the Son proceeds
- d. The essence of true God

17. Who convened the Council of Constantinople in 381 A.D.?

- a. Pope Timothy, the Patriarch of Alexandria
- b. Emperor Theodosius I
- c. Pope Cyril the Great of Alexandria
- d. Archbishop Macedonius of Constantinople

18. What heresy did the Council of Ephesus in 431 A.D. aim to address?

- a. Arianism
- b. Nestorianism
- c. Macedonianism
- d. Monophysitism

19. According to Nestorius, who did Mary give birth to?

- a. A human being as an instrument for Divinity
- b. The Son of God, the Theotokos
- c. A very blessed man inspired by God
- d. The Lord Jesus Christ, fully divine and fully human

Rejoice!

Deuteronomy 16:15

20. What was the position of Pope Cyril the Great at the Council of Ephesus?

- a. President of the council
- b. Convenor of the council
- c. Advocate for Nestorianism
- d. Representative of Emperor Theodosius II

21. How did the Council of Ephesus affirm the nature of the Lord Jesus Christ?

- a. The Lord Jesus Christ is One Hypostasis with One Nature
- b. The Lord Jesus Christ is a blessed man inspired by God
- c. The Lord Jesus Christ is not Himself God
- d. The Lord Jesus Christ is the product of mingling and confusion

.....So that you surely

Rejoice!

The Choice is YOURS

1. To feel pressured is to be over-worked or anxious:

- a. Bodily
- b. Mentally
- c. Psychologically
- d. All the above

2. "Many are the _____ of the saints, but out of them all will the Lord deliver them." (Psalm 34:19)

- a. afflictions
- b. trials
- c. struggles
- d. temptations

3. What are pressures, pains, and trials all a result of?

- a. Not going to church
- b. Sin without repentance
- c. The misuse of human freedom
- d. A lack of a strong relationship with God

4. Which of the following does pain teach us?

- a. Happiness
- b. Patience
- c. Endurance
- d. Choices B & C

Rejoice!

Deuteronomy 16:15

5. What does pain guide us to?

- a. Eternal life
- b. Experience
- c. Knowledge of God's love
- d. Joy

6. "For whoever has _____ in the flesh has finished with sin." (1 Peter 4:1-2)

- a. toiled
- b. suffered
- c. endured
- d. persevered

7. According to the text, what must we learn first before we learn how to deal with problems?

- a. God's wisdom in allowing such things in our lives
- b. The lives of the saints to see how they dealt with problems of their own
- c. How Jesus dealt with his problems with the Pharisees
- d. How to reflect on our sins that may be the cause of our problems

8. What are three things we should do to deal with problems?

- a. Control our feelings
- b. Form good habits
- c. Avoid, accommodate, accept
- d. All of the above

9. What are the three A's?

- a. Accept, Abide, Absorb
- b. Avoid, Accommodate, Accept
- c. Accommodating, Angelic, Accept
- d. Adaptable, Active, Angelic

10. According to the text, accommodation is not just acceptance of the fact and living in misery but enduring the trial with what?

- a. A patient sense of understanding
- b. A clear outlook on life
- c. Thanksgiving as an expression of your love of God
- d. Patience, understanding, self-care

11. According to the text, if you train yourself to come close to God, you will learn the lesson intended by God for you but you will also?

- a. Discover the goal behind whatever it is God allowed for you
- b. Learn how to be longsuffering in our relationship with him
- c. Get to know him more as a loving father
- d. Get to know him more as a caring friend

Rejoice!

Deuteronomy 16:15

12. According to the text, by placing your trust in God He will lead you to _____?

- a. Forgiveness of your sins
- b. A life of acceptance
- c. Eternal joy
- d. Restoration

13. Faith in God does not mean _____.

- a. a life of thanksgiving
- b. unimaginable joy
- c. immunity against trials
- d. blessings

14. What does our Lord Jesus Christ say in John 14:1 to encourage us in difficult situations?

- a. I am with you
- b. Let not your heart be troubled
- c. Pray and God will help you
- d. Let not your spirit be troubled

15. According to the text, why does God allow us to go through anxieties?

- a. To strengthen our faith and form our personalities
- b. To test us
- c. To make us better people
- d. To see how close our relationship is with him

16. What will we find in our sorrows?

- a. Happiness
- b. Our relationship with God
- c. Cutting of our relationship with Satan
- d. Peace and strength

17. "Do not be _____ about anything, but in everything by _____ and supplication with thanksgiving let your requests be made known to God. And the peace of God, which _____ understanding, will guard your hearts and your minds in Christ Jesus" (Phil 4:6-7).

- a. stressed; love; extends beyond
- b. worried; hope; goes far beyond
- c. anxious; prayer; surpasses all
- d. Sad; hope; outgrows all

18. What should we do with our fears and anxieties?

- a. Surrender them to God in our prayer
- b. Stop thinking about them
- c. Try to handle them on your own
- d. None of the above

Rejoice!

Deuteronomy 16:15

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

Rejoice!



59



COPTIC ORTHODOX PATRIARCHATE
DIOCESE OF NEW YORK & NEW ENGLAND

www.MahraganNYNE.org