Be Transformed (Year 7-9)

(Practice Questions)

***1 - Transform Yourselves***

**1. What is the reference of the following verse?**

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.”**Romans 12:2**

**2. What are the four pillars of Change?**

1. Renewal of the mind
2. Become members in the body of Jesus
3. Invest our talents in the service
4. The honest testimony in the community

**3. Sin destroys five things, they are?**

1. The spirit, because it separates us from God.
2. The thoughts, which cause darkness and dispersion.
3. Self and instinct and desires will take over.
4. The body
5. Relationships

**4. What are the three ways we become members in the body of Jesus?**

1. Faith;
2. Baptism; and
3. Repentance

**5. St. Paul, the apostle, talks about twelve gifts given by the Lord to all who repented and became members in His Holy Body. List 3 of the 12**

1. Prophecy
2. Ministry
3. Teaching
4. Preaching
5. Giving
6. Being careful
7. Mercy deeds
8. Brotherly love
9. Worshipping
10. Distributing to the needs of the saints
11. Given to Hospitality
12. Empathy.

**6. Through what means can we change our ways?**

1. Human effort; and
2. The Divine Grace

***2 – Beware the Pitfalls***

**1. What are three constructive ways to use facebook and three harmful ways?**

Constructive

* Is a source of knowledge
* Is cheap entertainment
* Forms, and helps develop relationships
* Helps businesses
* Allows you to easily express your opinion
* Keeps you in touch with distant friends
* Keeps you up to date with news and events relating to youth

Harmful

* Causes you to waste time and to forget your priorities
* Can ruin a person’s reputation through the posting inappropriate photos
* Results in the proliferation of immoral pages
* Provides opportunities for meddling in the affairs of others
* Games that never end
* Diminishes normal boundaries by exposing your personal life through photos and conversation
* Encourages you to be unrestrained and therefore susceptible

**2. Fill in the blanks**

**“Why do you look at the \_\_\_\_\_\_\_\_ in your brother’s eye, but do not consider the \_\_\_\_\_\_\_ in your own eye?” Matt 7:3**

Speck & Plank

***3 – Greatest Guide for Change***

**1. What are the main themes in the four Gospels?**

* God the word became flesh in the womb of the virgin St Mary through the work of the Holy Spirit.
* The work of God in people.
* Ministry of the Lord Jesus Christ.
* The suffering of Christ is for the sake of the church.

**2. What are the main themes in the book of Acts?**

* The Holy Spirit creates from the church a body for the Son.
* The work of the Holy Spirit in the church.
* The ministry of the apostles and the disciples.
* The struggle of the church for the sake of Christ.

**3. Who is the Author of the book of Acts, what does his name mean and what was his profession?**

Saint Luke, bearer of light and he is a physician

**4. How many days did the Lord Jesus stay on earth after the resurrection?**

40

**5. What do we have to do if we want the Holy Spirit to work in us?**

1- Obey Christ by remaining in the church

2- Persevere in prayer and supplication

3- Live together, with one accord, the life of communion and love

**6. Who was chosen in place of Judas?**

Matthias

**7. The coming of the Holy Spirit upon the apostles was accompanied by three phenomena including?**

a) A rushing mighty wind (v2) to attract the attention of those who were gathered outside, celebrating the festival.

b) Fire (v3) as evidence of the presence of God.

c) Tongues (v3) because they would go around preaching the Gospel to all the known world.

**8. How many people were baptized after Peter’s sermon?**

Three thousand people were baptised

**9. Chapter 3 from the book of Acts is broken up into 2 pasts, which are:**

Part 1: The healing of the lame man

Part 2: Peter and John witness for the lord Jesus

**10. What did the ruler, elders and scribes ask Peter and John after they preached to the people? (from Acts Chapter 4)**

*“By what power or what name have you done this?” (Acts 4:7).*

**11. What was Ananias and Sapphira’s sin?**

Lying to the Holy Spirit

**12. Who is the church’s first Martyr and what is the meaning of his name?**

Saint Stephen, Crown

**13. What happened with Philip and the Ethiopian Eunuch?**

Philip was able to help preach to the Ethiopian with the guidance of an angel of the Lord and he was then baptized.

**14. What was Soul know as after his conversion in chapter 9 (Acts)**

Paul Apostle to the Gentiles

**16. Who is known as the son of Encouragement?**

Barnabas – the Uncle of Saint Mark the Apostle

**17. What did the Angel of the Lord have to do in order to wake up Peter when he was asleep in prison?**

Strike him on the side

*4. Four And Three…..TOP SECRET!*

**1. What are the “Seven Pillars in my life” and give a brief explanation of each**

1. Baptism - Without it, no one can enter the kingdom of Heaven. The rite of Baptism consists of liturgical prayers that include:
2. The woman’s absolution:
3. Renouncing Satan:
4. Sanctification of the Baptismal water:
5. Immersion in water:
6. Myron – This is where the baptized is anointed 36 times by making the sign of the cross to sanctify the whole body, and so becomes a temple for the Holy Spirit
7. The Eucharist – Part taking in the Body and Blood of Christ which is accomplished through the prayer of the holy liturgy, during which the bread and the wine are transformed into the body and blood of the Lord Christ,
8. Repentance and Confession – Includes four phases:
   1. Sitting by your self - in which one examines themselves and resolves never to return to sin.
   2. Sitting with God and seeking His support - so as not to return to sin.
   3. Sitting with the father of confession - to declare your sins.
   4. The Absolution
9. Unction of the Sick – Here the priest prays seven prayers and for each one, lights a wick of cotton immersed in a platter of olive oil. These seven wicks are placed in the shape of a cross.
10. Matrimony – When two people get married, the Holy Spirit comes upon them and unites them making them one.
11. Priesthood – It is given as a gift from heaven. Therefore, the priest must be respected, revered, and his counsel and guidance obeyed.

*5. Heroes In The Field Against The Change*

**1. Compare the three Ecumenical Councils**

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| **The Council** | **The Council At Nicea**  **325 A.D** | **The Council At Constantinople 381 A.D** | **The Council At Ephesus**  **431 A.D** |
| **Reason for holding it** | Heresy of Arius | Heresy of Macedonius | Heresy of Nestorius |
| **Date of Holding it** | 4th century A.D | 4th century A.D | 5th century A.D |
| **The Patriarch or the Leader** | Abba Alexandros (19th Pope) | Abba Timothy (22nd Pope) | Abba Kyrillos (24th Pope) |
| **The king who called for it** | King Constantine | King Theodosius | King Theodosius the Junior |
| **Number of Attending Bishops** | 318 | 150 | 200 |
| **The Heresy** | Arius said that the Lord Christ is only human like us and not an incarnated God and is not equal to the Father using the verse that says: “My Father is greater than I” (John 14:28). This means that the Father and the Son are not equal but the Son is less than the Father. | Macedonius tried to spread the heresy of Arius but in a different way: that the Holy Spirit is not one of the three Hypostases but another creature that has no relation to the Father and the Son but is like the angels. That means denying the divinity of the Holy Spirit. | Nestorius wanted to diminish the standing of the Virgin, the Mother Of God as he considered the Lord Christ is not God, making the Virgin St Mary a woman like any other woman and not to be addressed as the Mother Of God “Theotokos”. |
| **The Hero of the Council** | St. Athanasius | Pope Timotheos & St Gregory the Theologian. | St. Kyrillos, “the pillar of Faith” and St Shenouda the Archimandrite. |
| **Responding to the Heresy** | Athanasius, the young deacon who was about 25 years old, managed with all strength to respond to Arius who was 55 years old. Athanasius used the verses that say: - “He who has seen me has seen the Father. I am in the Father and the Father in Me” (John 14:9,10) - “All things that the Father has are Mine” (John 16:15). - “I and My Father are one” (John 10:30) | Pope Timotheos answered Macedonius from the Bible which says: “For there are three who bear witness in Heaven: the Father, the word, and the Holy Spirit; and those three are one” (1 John 5:7). And as we know that the Holy Spirit is the Spirit of God, how can we separate God from the Spirit because if the Spirit is separated from God, God would become without life. So it isn’t right to say this because God is existent by Himself, speaking by His word and lives by His Spirit. | “Great is the mystery of godliness God was manifested in the flesh” (1 Timothy 3:16). And here, St. Kyrillos began to explain before those who were gathered that the Lord Christ is God incarnated through the Holy Spirit that came upon St Mary. He then explained how the Divine nature became united with the human nature, using the example of the fire being united with the iron and how this unity did not affect the nature of neither the fire nor the iron, exactly as the unity between the Divinity and the body in the Virgin’s womb but without change or mixing. |
| **Decisions of the Council** | 1-Excommunicating Arius and his followers. 2- Fixing the date of Easter. 3- Deciding on the wording of the creed. | 1- Excommunicating Macedonius and his followers. 2- Completing the wording of the Creed: “Truly we believe in the Holy Spirit… etc” | 1- Excommunicating Nestorius and his followers. 2- Writing on the introduction to the Creed: “We honour you, Mother of True light”. |

*6. Candles That Changed The Face Of History*

**1. Who are the 5 Candles that changed the face of history?**

1. Pope Peter Al-Jawli

2. Pope Kyrillos IV (The Father of Reform)

3. Pope Shenouda III

4. Mother Teresa of Calcutta

5. Abraham Lincoln