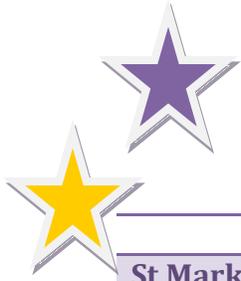




**His Holiness Pope Shenouda III  
Pope of Alexandria**



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# Christ Is Our Life

## St. Mark's Festival 2011 Anthem

Our Christ You're our life  
Our existence's meaning  
In You we live and move  
You are our hearts' beating  
Your Holy Spirit fills us  
With joy, comfort and praising

Our Church is full of incense  
Like heaven gives us protection  
The Gospel's leading teachings  
To heaven give us direction  
Our God leads on the journey  
All the way in perfection

# CHRIST IS OUR LIFE

There is no doubt that the Lord Jesus Christ, to Him be glory, is the essence of our life. Therefore we call Him in the litany of the Gospel saying: **“You are our hope, our healing, our life and our resurrection.”**

That is why our teacher St Paul the Apostle also says, **“For to me, to live is Christ” (Philippians 1:21)**, because the Lord Jesus Christ is the essence of:

**1. Our Physical Life:** As we say, **“For in Him we live and move and have our being” (Acts 17:28)** He is the One who said about Himself, **“I, wisdom... I have been established from everlasting... I was beside Him (the Father) as a master craftsman” (Proverbs 8:12, 23, 30)**

The Lord Jesus gives us every morning with a new day. We have to maintain a strong link with Him during the whole day by attending Holy Mass, prayers from Agpeya and arrow like prayers such as, “My Lord Jesus Christ have mercy on me”, and free, informal prayers. We talk to the Lord about all our daily experiences whether success or failure.

**2. Our Spiritual Life:** The Lord Jesus Christ is the One who reconciled us with Heaven by His glorious redemption. He responded to the cries of Isaiah: **“Oh, that you would rend the heavens! That you would come down!” (Isaiah 64:1)**. He also responded to the cries of the Righteous Job, **“Nor is there any mediator between us Who may lay His head on us both” (Job 9:33)**. The Son, the Logos incarnated and redeemed us on the cross. And by His redemption, the reconciliation between God and people was done and it became, **“Good will toward men” (Luke 2:14)**. It means that God became pleased with people as their lives became renewed through the blood of Christ the Redeemer... It became possible to the sons of God so that they form a fellowship with Him through prayer, the Gospel and Holy Communion.

**3. Our Moral Life:** When man fell, nature turned against him and some animals became wild. And here is the AIDS virus which is destroying humanity. Man became prey and victim of the devil, diseases and disasters. But when Christ redeemed us through His pure blood, He returned us to the fatherly bosom so we became God’s children, **“Behold what manner of love the Father has bestowed on us, that we should be called children of God!” (1 John 3:1)**. The honour extended from earth to heaven when He gave us inheritance of His Kingdom, to live with Him in His glory forever.

**4. Our Eternal Life:** **“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent” (John 17:3)**. The Lord Jesus opened the doors of paradise by His glorious redemption. He also gave us to be raised up with luminous bodies, spiritual, heavenly and glorified, till the Apostles said that the Lord Jesus, **“Raised us up together, and made us sit together in the heavenly places” (Ephesians 2:6)**... **“Enter into the joy of your Lord” (Matt. 25:23)**... **“He who believes in Me, though he may die, he shall live” (John 11:25)**... **“Because I live, you will live also” (John 14:19)**... **“Behold, the tabernacle of God is with men, and He will dwell with them... there shall be no more death” (Revelation 21:3-4)**.



# OUR LORD JESUS CHRIST, WHO IS HE?

## 1. One of the three Holy Hypostasis – One God.

- We believe in One God, as said in the Christian Creed.
- He is one because He has no end. If there are two or three Gods, each of them will be limited but the unlimited is only one. Our God is unlimited as He has no end.
- We take the sun as an example of the Holy Trinity.

The sun = fire + light + heat, therefore the fire, the light and the heat = one sun.

## 2. He is God the Creator.

- God the Father created the universe by His only Son in the Holy Spirit.. Man and his mind and his spirit is one person... and God and His word and His spirit is One God... the three hypostases are different from each other, without being separated from one another... which means that the Father is not the Son or the Holy Spirit. But the three share one essence. Therefore, the Lord Jesus Christ said: ***“I and My Father are one” (John 10:30)***, exactly as I and my mind are one.
- He called Himself the “Logos” (the word), in the Book of Proverbs. ***“I, wisdom...I have been established from everlasting, then I was beside Him (which means the Father) as a master craftsman (Prov. 8:12, 23, and 30)...*** Then the hypostasis of wisdom is everlasting and creator... God created the world with His wisdom and His word, as the Holy Bible says: ***“In the beginning God created the heavens and the earth. The earth was without form, and void; and darkness was on the face of the deep. And the spirit of God was hovering over the face of the waters. Then God said, “let there be light”; and there was light” (Genesis 1:1-3)***. We see here the Holy Trinity: God the Father, The Logos (the word) and the Spirit of God. So God, with His three hypostases, created the world and the creatures. Then the three hypostases are in One God, work together, as what happened in the incarnation, the redemption, salvation, etc.

## 3. He is God the incarnated.

- When Isaiah prophesied about the birth of the Lord Christ, he said: ***“Behold, the virgin shall conceive and bear a Son, and shall call his name Immanuel” (Isaiah 7:14)***. And he cried in amazement: ***“For unto us a Child is born, unto us a Son is given; and the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, and Prince of Peace. Of the increase of His government and peace there will be no end upon the throne of David” (Isaiah 9:6-7)***... then He is a Son or a child who will become a man and – at the same time – the Mighty God, the everlasting... He resembled us in everything except in sin alone.
- The Lord Christ has two types of birth:  
**Everlasting birth:** because He was born of the Father before all ages. The birth of light from fire or the word from the mind... The word goes out of the mind and travels to the end of the world, but it remains also in the mind.

**Temporal birth:** from the Virgin Mary, in the glorious mystery of incarnation. God has prepared for the incarnation in many ways all through the Old Testament. He appeared in the form of man many times as it happened with Abraham (Genesis 18) and Jacob (Genesis 32) and Joshua (Joshua 5) and Gideon (Judges 6) and Daniel (Daniel 10)... etc and many other apparitions preparing the way for the incarnation.

- Finally, the divinity was united with humanity which He took from the Virgin Mary. And so He became similar to us in everything except sin, as the Holy Spirit sterilized what God took from the Virgin Mary and prepared for Himself a body from her.
- 800 years before the birth of the Lord, Balaam prophesied the appearance of a star from Jacob, leading the Magi to the Divine child. Also a multitude of angels announced the birth of the Holy Savior, the Son of God: ***"The Holy one who is to be born will be called the Son of God (Luke 1:35).***

#### 4. He is the Good Teacher.

- It never happened in the history of humanity that one was born holy and without sin except the Lord Jesus Christ, to Him be glory. He is a man according to His humanity and holy according to His Divine nature. The two natures were united and became one nature. Exactly like the spirit when it becomes united with the human body. They are two different natures but they are united and become one nature which is that of a human being.
- When the Lord Jesus began to teach, all people were amazed because of His sublime teachings. It even made Gandhi, the Indian leader, say: "If the Gospel was a crown, then the Sermon on the Mount is the jewel of this crown". And so Gandhi chose peace in resisting the English colonialism till the end when the English left India.
- Do we talk about the teachings that are in the Sermon on the Mount, as they are full of love and holiness? Or do we talk about the glorious teachings of the Lord Christ in all the Gospels? Till now humanity never seen a teacher who offered such holy sublimation like the Lord Jesus Christ. He is the Holy ***"Who knew no sin" (2 Corin. 5:21).***

#### 5. He is the Good Shepherd.

- The Lord Jesus guided His children with all love and tenderness as He saw them lost like sheep without a shepherd. He bandaged their wounds and healed their diseases. He had mercy on them, like what He did to the youth who was mute, as the Holy Bible says: ***"He sighed and said to him, Ephphatha," that is, "Be opened" (Mark 7:34).*** And so the tongue of the youth became loose. Also when He wept of the tomb of Lazarus and about Jerusalem and when He said to Judas: ***"Friend, why have you come?" (Matt. 26:50).***
- He is the good shepherd with His teachings, His love and His compassion. He looks after us from sun-rise till the following sun-rise. He also gives light to the evil and the righteous, with His overflowing love that forgives, who does not wish death for the sinner but repentance and life.

## 6. The Loving Redeemer.

- ***“Greater love has no one than this, than to lay down one’s life for his friends” (John 15:13).*** The Lord Jesus redeemed us on the cross, and so He solved man’s two problems, which are;  
**Death sentence:** which was on us, due to our sins ***“For the wages of sin is death” (Romans 6:23).***  
**Corruption of nature:** because our human nature was defiled by the virus of sin which was carried from one generation to the other. It was exactly like the syphilis virus or the AIDS virus that is carried to the fetus within the mother’s womb.
- On the cross, He died for us, so:
  - a) He carried the death sentence instead of us and saved us from death. ***As St Peter said: “Who Himself bore our sins in His own body on the tree” (1 Peter 2:24).*** Also St Paul the apostle said: ***“Therefore, as through one man’s offense judgment came to all men, resulting in condemnation, even so through one man’s righteous act the free gift came to all man, resulting in justification of life” (Romans 5:18).*** And St Athanasius the Apostolic said that: “He died for our sake or in our place”.
  - b) He purified us by His honored blood and His Holy Spirit. As the Holy Bible says: ***“And the blood of Jesus Christ His son cleanses us from all sin” (1 John 1:7).*** And so we look at the cross as they looked at the copper serpent and were healed from the serpent’s poison. And so the Lord’s saying was fulfilled in us when He said: ***“And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up” (John 3:14-15).***
- It was beautiful for St Paul the Apostle to consider the cross for him personally, as he says: ***“The Son of God, who loved me and gave Himself for me” (Galatians 2:20).*** The Lord Jesus loves each of us and cares for everyone personally, one by one. So that we benefit from the blood of Christ that was shed for us and to develop a personal fellowship with Him through prayer – the Gospel – Holy Communion and service.

## 7. He who arose from the Dead for our sake

- Death could not hold back the Lord Jesus because He was without sin. But His humanity that was united with His Divinity went down to Hades where the righteous and the evil were being held by Satan. But when the devil tried to take hold on Christ’s human self (which was united with His Divinity), as He did with the righteous souls, the Lord’s Divinity struck the devil forever. Paradise was opened and the souls of the righteous went in.
- And so the Lord Christ arose from the dead because His dead body was united with the living Divinity, the unlimited. The resurrection of the Lord Jesus Christ was different from all those who arose from the dead before Him and after Him, even before the day of the resurrection, because the Lord Jesus Christ:
  - a) Rose by His own power while others arose by a word from the Lord Christ or by the prayers of the saints.
  - b) He rose by a luminous body while Lazarus, for example, arose by an ordinary body then died once more.
  - c) He rose but did not die and would not die forever. All those who were risen from the dead like Tabitha and the daughter of Jairus, died once more. As for the Lord Jesus Christ, He is alive forever.

- This glorious resurrection was for our sake because when we rise from the dead, we will rise by a luminous, spiritual, heavenly and glorified body, similar to the body of the Lord in His resurrection. Then we will go with Him up to heaven where we will live forever (Refer to 1 Corinthians 15:42, 1 Thessalonians 4:13). The Lord Jesus Christ: ***“will transform our lowly body that it may be conformed to His glorious body” (Philippians 3:21).***

## **8. He ascended into heaven for our sake, preceding us.**

- He ascended into Heaven with His “body” which means that His Divinity never left His humanity on earth, as the two natures were united in one nature without separation forever. This ascension was done for us, preceding us. It means that on the last day, when the Lord comes on the clouds, we will have luminous bodies and those who departed will rise from the dead with luminous bodies and the Lord Jesus Christ will meet them on the clouds. As for the faithful who are on earth on that day, they will experience a quick death (which means separation of the soul from the body then its quick return). Then they will rise with luminous bodies also. After that, the Lord will take us with Him on the clouds and ascend with us to Heaven.
- The ascension of the Lord Christ has many blessings:
  - a) It confirms the ascension of our luminous bodies on the last day.
  - b) It is sanctification for the body. In which the body is sanctified, ascends to heaven and enters the Kingdom.
  - c) Atoning intercession because the Lord Jesus Christ intercedes for us before the Divine justice now, for the forgiveness of our sins by His blood.
  - d) Preparing to be filled by the Holy Spirit as it happened to the disciples on the Pentecost in the form of wind, tongues of fire and new languages.
  - e) A promise of the second coming to take us with Him to live with Him in His kingdom.

## **9. He is the Groom and the Head of the Church**

- The Lord Jesus Christ calls Himself the Groom of the Church, as John the Baptist said: ***“He who has the bride is the bride groom” (John 3:29).***  
***“Husbands, love your wives, just as Christ also loved the church and gave himself for her... This is a great mystery, but I speak concerning Christ and the church” (Ephesians 5: 25, 32).*** There are many verses in the Song of Solomon that express this joyful fact, that the Lord Jesus Christ is the Church’s Groom. He is also the “head of the body”. The head of the church and the church is His body. Each member in the body is connected to the head, exactly like the connection between the smallest toes in the foot to the brain, through a net of nerves. Therefore the Holy Book says, ***“In all their affliction he was afflicted, and the Angel of his Presence saved them” (Isaiah 63:9).*** And He said to Saul of Tarsus: ***“Why are you persecuting me?” (Acts 9: 4).*** That is because Saul was persecuting His children but he did not persecute the Lord Jesus personally during His incarnation on earth.

- Then the church is not a group of individuals but a group of members united with each other, each one needs the other. And although they differ from each other, yet they blend together in a holy unity to build the whole body.
- In the church, the Lord has established for us the following:

#### A) Holy sacraments to build us:

**Baptism:** To renew us and give us the second birth.

**The Myron (Holy Chrism):** To anoint us with the Holy Spirit and make us a temple for Him.

**Holy Communion:** To make us firm in Christ and give us eternal life.

**Repentance:** To renew the work of baptism in us through honest confession.

**Anointing the sick:** To heal the sick person spiritually and physically according to the will of God.

**Marriage:** Uniting the husband and wife through the Holy Spirit.

**Priesthood:** Serving all the sacraments and having the authority to bind and to loose for the edification.

**B) Communion of the Saints:** For their life, their example, their strength and their intercession. Therefore they became a support for the faithful who are struggling on earth, like a cloud of witnesses that watch our struggle, support our weakness and intercede for us.

**C) Sayings of the Fathers:** Explaining the books of the Bible, showing the spiritual path, so they become for us a role model. They enlighten our minds and show the way to the kingdom, lest we lose our way or deviate.

**D) A comprehensive liturgy:** As in the Holy Mass, prayers for the sick, the travelers, those who departed, the strangers and the orphans. Adding to that the daily praising, glorifying the Lord Jesus Christ and praising the Virgin St Mary... etc.

### 10. He Will Come in the Second Coming to Save Us

- He said to us: ***“I go to prepare a place for you. And If I go and prepare a place for you, I will come again and receive you to myself; that where I am, there you may be also” (John 14:2-3).*** Therefore when we pray the Creed, we say: “And we look for the resurrection of the dead and the life of the world to come...” And our teacher St. John concluded in Revelations by saying: ***“Amen. Even so, come, Lord Jesus” (Revelation 22:20).***
- There are many signs for the second coming such as the coming of Elijah and Enoch and the “Anti- Christ”, and the “falling away” and many of the Jews will believe in Christ, and the great tribulation, etc. But nobody knows the time of His coming, as the Lord Himself said: ***“It is not for you to know times or reasons which the Father has put in His own authority” (Act 1:7).***

What is important is always being ready, by repentance, by confession, honesty in the struggle, good deeds and spiritual wakefulness, so, ***“That no one may take your crown” (Revelation 3:11).***

Let us conclude by repeating the commandment of the Lord Jesus Christ:

***“Watch!” (Mark 13:37).***



# BE DIFFERENT

*“Normal? Everyone does that”... “What’s so strange in that behavior?”... “That is the norm...everyone does that”... “What’s wrong with that?”* These are expressions that are often repeated by the youth so much so that it becomes part of our daily conversation. Today, the Lord Jesus is giving us the chance to be “different (abnormal)”. What do you think? That is, through some of the principles that the Lord is offering us in the

**The First Principle: (Luke 4:1-13) – Anti-Virus.**

**The Second Principle: (Luke 3:41-52) – Each of us could be right.**

**The Third Principle: (Matt. 3:13-17) – Etiquette of speaking.**

**The Fourth Principle: (Luke 19:1-10) – Unconditional love.**

**The Fifth Principle: (Matt. 12:41-44) – My behavior in the eyes of Christ.**

**The Sixth Principle: (Matt. 22:15-23) – The art of dialogue and discussion.**

## **The First Principle: (Luke 4:1-13) Anti-Virus**

*“Your word I have hidden in my heart, that I might not sin against You” (Psalm 119:11).*

The word of God protects us from falling into sin. It is an anti-viral program that works automatically when there is a war against you. But what is expected from you is to memorize these verses that will protect you. Learn them and keep them in your mind and in your heart.

**“Learn the Psalms and the Psalms will protect you from all sins and wars”.**

Think and answer after reading Luke 4:1-13.

**Q1. “Then Jesus returned from the Jordan” (4:1).** What happened in the Jordan?

**Q2. “Being filled with the Holy Spirit...”** What did Jesus show us in the Jordan as a way to be filled with the Holy Spirit?

**Q3.** Does God get hungry? Does God get tempted by the devil?

The Lord Jesus Christ has God’s unlimited characteristics. He also took the characteristics of man, but without sin, therefore when we say about Him that He: (became hungry, was tempted, was led by the spirit, wept, was beaten, was crucified, does not know the time of the day of judgment and He says *“My father is greater than I”*) in that He talks about His humanity, that is His characteristics as man, to be a representative of humanity to complete the redemption. But when we talk about (healing the sick, forgiving sins, rising from the dead, raising the dead) these are His Divine characteristics, being the second hypostasis in essence and nature, with the Father and the Holy Spirit.

**Q4.** How many times was the Lord Christ tempted by the devil?

**Q5.** When did the devil start talking to Christ during the temptation? And why at that time specifically?

He chose a time where he thought that the Lord Christ became weak and it would be easy to tempt Him. Beware; because he will choose the time that shows your weakness, therefore you have to hold tight to Christ when you are weak. The devil searches to seek the one that he could swallow. The war of the devil increases after seeing that you have received a spiritual blessing such as, the blessing of fasting, prayer, attending a Holy Mass, as he tries his best to spoil your spiritual joy and tries to demolish the spiritual structure that you built. Therefore, at such times, be more prepared for the temptation and war of the devil. Hold tight to the word of life in the Holy Bible, exactly as the Lord Christ did and gave us the example;

*“For the word of God is living and powerful, and sharper than any two edged sword” (Hebrew 4:12).*

*“For all that is in the world, the lust of flesh, the lust of the eyes, and the pride of life...” (1 John 2:16).*

That is how the temptation of the devil always is, and so he made Adam fall in these three lusts and he succeeded. So he tried to make the Lord Christ fall in the same three lusts but he failed. The temptation of the bread is similar to tempting Adam who fell in disobeying and ate from the tree of the Knowledge of good and evil.

**“Jesus, our leader, allowed Himself to be tempted to teach us His children how to resist” - St Augustine.**

The Lust	It's meaning	What happened with Adam	What happened with Jesus

1. The lust of the flesh – Needs of the body are not a sin but must be controlled.
2. Lust of the eyes – The desire to possess whatever we see (greed).
3. Pride of life – The one who lives in inner greatness and does not give God glory (Trial of boasting).

**Q8.** Every time the Lord Christ managed to overcome the devil, He did not use His authority as the Son of God, but He used words from the Old Testament, starting by saying: "It is written" Why? Select the verses that the Lord Christ used from the Old Testament.

If you are suffering from a specific sin, such as anger, judging others, lack of purity or pride, try to memorize verses about this topic, such as: "For the wrath of man does not produce the righteousness of God" (James 1:20). "Be angry and do not sin: do not let the sun go down on your wrath" (Ephesians 4:26). And so you read and repeat these verses always (before going to sleep, before studying, before leaving home). You can write these verses in clear hand-writing and place it on the fridge or on the desk where you can easily see it. And so you memorize the verses that will protect you from falling at the time of temptation, because you will find that what you have memorized is in your mind at the time of weakness...

The aim of our Lord Jesus Christ in fasting and in His seclusion was to heal us from the attraction of lust. And so for the sake of all, He accepted to be tempted by the devil to teach us how to resist.

### The Second Principle: (Luke 3:41-52)- Each of us could be right

Introduction: What would you do if you were in my place?

Believe it or not:

- My father refused to enlist me in the class of servants' preparation until I finished high school.
- My mother wants me to stop actively practicing all my hobbies such as computers, drawing, or even the choir.
- Every time my older brother sees me, he says: "Study... study... study... study".

When the school year ended:

**Father:** Do not stay out of the house after 9:30pm.

**Mother:** No summer camp because of sleeping out of the house.

My older brother has nobody else for him to advice and order around except me.

That is because they love me and worry about me... Believe it or not... Does that happen to you? How do you react?

What did the Lord Christ do when He found that the Virgin St Mary and St Joseph are unable to understand His behavior?

What do I benefit from this submission and obedience?

1. Show respect to all around you... They will also respect you.
2. Keep the peace between you and others, and then you will live in everlasting peace.
3. When dealing with others, remember the principle of "Let's agree on one time on you and another on me".
4. To obey willingly is better than being forced to obey: "For if we would judge ourselves, we would not be judged" (1 Corinthians 11:31).

*"His submission was not because of weakness but because of love" - St Ambrosia.*

5. God gives a special blessing to the one who is humble and obedient in all areas of life. So when He finds that you are a comfort to those around you, He blesses your studies... your hobbies... your friends... your body... your thoughts and your feelings.

### The Third Principle: (Matt. 3:13-17)-Etiquette of Speaking

What is required is to find the suitable key for each of the following:

1. When you want a stubborn person to change their position on something....How do you start speaking with them?
  2. A short-tempered person whom you have done wrong against.
  3. A person whom you do not know but want to ask something regarding your studies.
  4. Someone who is fanatical has become your neighbor or your colleague.
  5. A person who has authority over you such as your supervisor, father or teacher and you are asking them for something.
  6. A person whom you have authority over and your father have asked you to approach this person and make sure they do a specific job, relating to his profession.
- Give the reference to St John's confession that he is not worthy to lose the sandal strap of the Lord Christ.

The Lord also was gentle when asking John to permit it to be done and baptize Him. The Lord respected the way John was thinking and He explained to him why it has to be done, to fulfill all righteousness. The Lord Christ, as the official delegate on behalf of all humanity wanted to be baptized in order to fulfill all righteousness that is lacking in us. He was also to be a role model for everyone and to establish this great sacrament of baptism. John's baptism was for repentance. The Lord Christ had no sin to repent, but He carried our sins and wanted to offer repentance on our behalf and set an example for us to follow.

### Who said that God has a Son?

God Himself revealed that to us, that He has a Son with His same nature and the unlimited essence. He is the "Logos" or the "brain" and God and His brain are one. But he took the form of a body to enable us to see Him and know how to deal with Him. It was also to offer Himself up to death on behalf of all humanity.

It is like an electric wire having a plastic coating so that we are able to use it. If it was not for that plastic cover, whoever touches it would be electrocuted. How do we know that this wire has electricity? From its effect! If it was connected to a lamp, it would give light. And if it was connected to a TV, it would work. And so also is the Lord Christ, to Him be the glory. How can we discover that He is the God incarnate? Through His actions, such as raising the dead, healing the sick, when the heavens opened and the Holy Spirit descended in the form of a dove, and when the Father announced, "This is my Son..." etc....

You can train yourself in getting used saying ('please' and 'thank you') when you ask for something. Always start with 'please'. And when the task you required has been done, say, 'Thank you!'. Try these two words and you will find their effect is like magic when you deal with others. It would be great to memorize the following verse and keep repeating it.

*"Permit it to be so now, for thus it is fitting for us to fulfill all righteousness" (Matt. 3:15).*

### The Fourth Principle: (Luke 19:1-10)-Unconditional Love

#### Worksheet – Very Confidential!!!!

Write the names of 6 people whom you care about and you met within the family circle, school or church. No one is perfect.

The Name of the Person	What annoys you the most about them	What have you done to help them get rid of it	Results
1-			
2-			
3-			
4-			
5-			
6-			

*NOTE: It is preferable to write the first letter of the name of each person so no one will know about the weaknesses of your friends. You need to know that the most important part in this exercise is: What have you done to help your friend overcome his weakness and what is the result of what you did? I can hear you saying, 'Sometimes some try to help me get rid of my bad temper but I become more distressed. The same goes with other problems which need to be fixed, as if they are just concentrating on my weaknesses makes them increase without them being fixed'. Is that true? Why?*

**Activity: Zacchaeus' Character**

- What are the positive points in the character of Zacchaeus? Discuss with your servant or your parents.
- What are the main weaknesses in Zacchaeus? (Love of money).
- How did the Lord Christ treat this weakness?

- He did not concentrate on this defect.
- He offered him unconditional love before he even changed or even with a promise that he will change. The Lord Christ loved him just as he was, with his weaknesses and strengths. His love was not incomplete as an excuse that Zacchaeus was not perfect.
- The love of Christ was not just talk but it turned to action. So He entered the house of Zacchaeus and endured the murmur of people against Him because He entered the house of a sinner and ate there. What the Lord Christ did with Zacchaeus He also did with the Samaritan woman and also with the woman who was caught in adultery. He also does that many times with you and me. If Zacchaeus was a chief tax collector, then 50% of his wealth was from stealing and this is a very low percentage because for the tax collectors, most of their wealth used to come from slander. Suppose his wealth, for example, was \$100 million as in the language of today, so after giving half of his goods to the poor and restoring fourfold what was taken from anyone by false accusation, how much would be left for him? Do you think that maybe he became indebted?

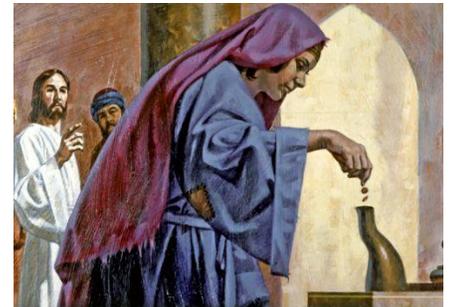
1. What made Zacchaeus repent?
2. Why did Christ enter the house of Zacchaeus to eat with him?
3. Why did Christ not announce the salvation of Zacchaeus before entering his house?

**The Fifth Principle: (Matt. 12:41-44)-My Behavior in The Eyes of Christ, Your Actions in the Eyes of Christ.**

*The widow who gave two mites:*

If you want to please Christ, you have to first know how He will see your actions and how He will evaluate your deeds.

The Book of Isaiah says: **“All our righteousnesses are like filthy rags”** Isaiah 64:6, which means an old, useless rag. When does the Lord Christ consider a man’s deed worthless? Although he might have surrendered his body to be burnt? Another one may have faith that would make mountains move, but the Lord Christ would consider it as nothing.



**Reference:** (1 Corinthians 13), therefore God does not care about the work that you present, but He cares about...

Read (Mark 12:41-44): What did the widow do that made the Lord Christ praise her? If you were in the place of the widow, would you have done the same? Was the widow aware of how Christ evaluates our deeds? And if she never knew that Christ will praise her, what made her donate all that she had?

Christ did not look at how much people were throwing in the treasury... but He looked at how they did it. What does “how” here mean? Discuss it with your servant and use this as an opportunity to sit with your confession father.

Spiritual Act or Practice	Manner of Presentation	Aim	Circumstances that made you do it
1- Holy Liturgy			
2- Confession			
3- Spiritual Reading			
4- Serving			

**Are You Considerate?**

**1. Your friend asks for your opinion regarding their wrong behavior in actions such as fighting, causing problems, making friends with immoral people and knowing that you don't like that, so.....**

- a) You tell them that they are ill-mannered and you start arguing with each other.
- b) You tell them that they are wonderful and form a stronger friendship with them.
- c) You advise them that there are those who are older than you, who are capable of guiding him/her better than you.

**2. You heard a talk at church about the bad effects of smoking and its dangers and how one could be deprived of the kingdom because of it. Then you remembered that your father smokes:**

- a) Once you see him, you start finger pointing at him and advising him to stop smoking.
- b) You let things carry on as if you heard nothing at church.
- c) You bring the recorded CD of the talk and you listen to it while your father is present, as if you did not bring it especially for him, but he does listen to it.

**3. You have a friend who is not Orthodox and he talks about the saints in a way that is not appropriate:**

- a) You interrupt him because he insulted them and you appreciate the effect of their intercession.
- b) You ignore what he said because you do not want to lose him.
- c) Ask him about his role model and who is the person whom he admires, a football player, a singer, an actor, a scientist, a doctor, and compare his achievements with one of the saints who are now with Christ.

**4. A friend at school asked you if you worship three gods.**

- a) Do you try to explain to him that the three are one and give him examples to help him understand?
- b) Try to avoid the discussion for fear of causing a problem?

We can see the need to learn the art of discussion in order to maintain our social relationships while keeping our principles and beliefs (Matthew 22:16).

From reading the text, what was the aim of the Herodians from this praise? Admiration or mockery...or what? What do they say about me and you...? Not implying the witness of enemies, but the opinion of your friends who love you. Do they see you as an image of Christ, honest and knowing the way of God? How did the Lord Christ deal with those people?

1. He knew their wickedness (22:18). When you argue with any person, ask yourself what is behind this sentence? Why does this person praise me? Why does my friend rebuke me? What is the suitable word for this situation? Do not speak with simplicity, without thinking or with rashness.

2. "Why do you test me?" There is nothing wrong with showing others that you understand what they are hiding because the one who has an insight, nobody can lead him.

3. He asked for taxes, which is the denarius, and asked them what inscription is on it, then He said to them: "Render therefore to Caesar the things that are Caesar's, and to God the things that are God's" (Matthew 22:21).

• You notice here that He started by giving Caesar what is his before he gave God what is His.

**St Augustine says: "As Caesar asks for his image to be on the coins, so does God ask for His image to be in us".**

It means that the one, whose image is on us, owns us and possesses us. So if God saw His image on us, He has the right to own us and take us by force as we take Him by force too. And if the devil saw his image on us, we would not be able to escape from him, but it becomes his right to possess us and enslave us. And if the world saw his image on us, he will subdue us under his feet" **"Render therefore to Caesar the things that are Caesar's, and to God the things that are God's" (Matthew 22:21).**

Always let the other parties determine what is to be done and do not give advice directly, lest they feel that the answer has been forced upon them, but let it come from them. Direct advice is not easy to be accepted by anyone, except one very close to you and you are superior in age and experience. Otherwise, it is difficult for anyone to accept advice. But if a person, who feels like your equal and argues with you, let them discover the answer and decide what to do on their own.

# PERSONAL AND CONFIDENTIAL

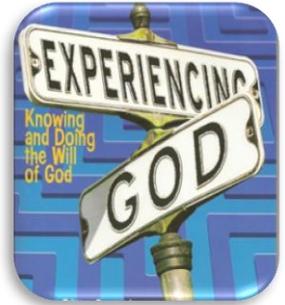
- ❖ What is the difference between a person and an object?
- ❖ The person is a human being who exists and has a nature: He thinks, feels, speaks, and expresses himself, loves, works... A complete personality that is able to create relationships with others.
- ❖ The object is whatever surrounds us, lifeless things that we could use in our life whenever we require it.

The person is known by his/her relations but the object is known by its use. By dealing with a person, you can respond to them and form a relationship with them. But dealing with an object means using it when you need it then putting it aside. But the most important thing is that you can build a personal relationship with a person, but you cannot do the same with an object.

## Do you see God as a person or an object?

For some, when they use the word "God", they mean an idea or a concept, such as "the origin of creation" or "the power of life" or "the higher being", as if God is not a person but an object. He is a person with whom we can form a personal relationship with... God wants to be your intimate friend... and the evidence, you will find in the verse (John 15:15)

We do not reach the knowledge of God by information from books, but by knowing Him personally. By loving Him, obeying Him, following Him and speaking with Him during prayer.



**God is not just an idea but a living person-  
Forming A Personal Relationship with God Is What Is Required**

## Question for Discussion

Is your relationship with God a duty, reward, routine, formality, habit, or a relationship of love? In your opinion, what is the difference between these relationships? Which one do you live with and which one do you long to achieve? How do you know that God loves you? Find the evidence in the following references:

The Reference	The Verse	Evidence of God's Love
Jeremiah 31:3	"Yes, I have loved you with an everlasting love; Therefore with loving kindness I have drawn you".	God says that He loves you
Malachi 1:2	"I have loved you" says the Lord. "Yet you say, in what way have You loved us?"	God says that He loves you
Isaiah 43:4		
Psalms 32:8		
Zachariah 2:8		
1 Peter 5:7		
1 Timothy 6:17		
Matthew 6:31-33		
Psalms 103:3		
1 Thessalonians 4:8		
1 John 5:11		
1 John 3:1		



**First: It is essential to understand God's love for you.**

As much as man can understand God's love for him, he will reciprocate this love.

Our love for God is the outcome of realizing His love for us.

“We love Him because He first loved us” (1 John 4:19).

“He loved them to the end” (John 13:1)... for no reason.

There is not in us what calls forth love... He loved us due to His kindness... because we are His children... No matter what we are like, He loved us till death on the cross. Therefore the soul that understands God's work for it, realizes how much He loved it. One of the most important matters which the enemy of what is good tries to make you live ignoring completely is realizing (or understanding) God's love for you. He might say to you that you are a drop in the ocean!! And that the story about the cross happened a long time ago and it is over!! Do you believe that God loves you? What is good in you?! It is the war of doubting from the evil one to make you lose the most valuable thing in your life, which understands that God loves you.

*NOTE: Personal realization is different from group realization.* Therefore, St Gregory addresses God in the Gregorian Liturgy saying: “For my sake you bridled the sea. For my sake you have revealed the nature of the animals... You opened for me the paradise, for my delight... And gave me the learning of your knowledge”. “For my sake”, not for all humanity; our Lord Jesus loved all humanity, but the important thing is for you (you and me) to feel that what the Lord

Christ gave is a personal gift for you. Therefore St Paul says: “Who loved me and gave Himself for me” (Galatians 2:20).

[Notice here how he refers to himself). Yes... God loves you... Have you realized this personal love?

**Is Your Struggle Positive? No, why not?**

Besides your struggle against sin, try to be filled with God's love. Make your struggle positive and not just negative. The struggle against sin is negative and is necessary. As for the positive struggle, it is to grow in the relationship of love and form a personal fellowship with God. If you saw that God's love for you is little, you will reciprocate with the same amount as you feel His love for you. And if you felt that God's love for you is hesitant, you will reciprocate it in the same manner, and if you feel that God does not love you, that will also be your feeling towards God. You form an idea about God's love for you through your relationship with God. Therefore the evil one aims at creating a gap between you and God that it might reach to enmity or murmur. It could even reach to the extent of objecting to God (why did God create us and then left us like that... and why only us? Etc...).

As much as you feel God's love for you, you will reciprocate with the same amount. Remember that giving thanks increases your love for God. Imagine that you are riding a bus: You have been asked to form a strong relationship with the one sitting next to you and to speak with him/her. What would you say? You don't know them and they don't know you, so what would you talk about? And even if you talked to each other, it would be about something that does not concern either of you in a directly. The same will happen if you stood before God without having a personal relationship with Him. Your talk will be dry with no feelings, and so the talk will be boring and brief. Then who will listen to your complaint and your troubles? You would not trust except the one who is close to you.

**Second: The Personal Relationship With God**

It happens a lot that we know Christ with our mind or through inheritance because we were born Christians. But what is your real fellowship with Christ? That is what will lead you to the love of Christ. How can you establish a living relationship with a friend of yours?

By meeting with him many times... by speaking to him a lot... you listen to him and he listens to you... by giving him a present and receiving a present from him... by visiting him and he visits you... by being affectionate to each other... you open your heart to him and he opens his heart to you... that is how a fellowship with God should be.

The relationship is not formal, that is what is required, a relationship with God that is alive all day long. Call him through a verse, a hymn, a personal request, by the Jesus prayer, by one hour from the Agpeya... etc.

**A Personal Relationship with Christ... How?**

The Lord Jesus Christ did not come to establish a theoretical establishment, sublime, ideas or a religion. But He came to present Himself to us, a living person, to live and dwell in our hearts forever. And the meeting continued...

When heads of state meet, the news would tell us that the meeting continued for 35 minutes and that is a cause of pride for an important personality to meet with another for a certain period of time. The longer this period is, the bigger the pride of that person. And for you and I, how long does our meeting with God take while He is the crown of the whole creation and the earth? It should make you proud to stand before the King of Kings and the Lord of Lords. So how much time do you give him? What is the difference between believing in God and knowing God?

The personal relationship with God is fundamental, but it does not grow till you intend to do so. It does not just happen between you and the Lord Jesus, but it is born, feeds and grows through your daily personal relationship, prayer and reading His word every day, during which we enjoy and taste His presence in our life. We have to verify this personal relationship with our Lord Jesus, to meet with Him face to face, and nobody can do that for you. It is your choice how close you want to get to God, just like any form of friendship. You have to work to develop your friendship with God and that would not happen by chance.

**Your personal relationship with God requires 3 important components. They are:**

**1. Desire      2. Time      3. Strength and effort**

**1. Desire (Do you want to?):** Imagine that our Lord Jesus is asking everyone that personal question: "Do you want to form a relationship with me or not?" He is still repeating the same question that He asked from years past, but in a different form. Do you want to be friends with me?

If the answer was negative, the Lord Christ disappears from your life immediately because He is the One who said: "**Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me**" (Revelation 3:20). And if the answer was that I want but I am unable to do it, you will find that He will offer His rich grace that is able to strengthen your will and open the door of your heart.

God gives the one who is unable but not the one who does not want...

**Ask Yourself Honestly:** *Do you not want to or are unable to? You have to know that desire gives strength. What do I do if I lost the desire?*

***"You cannot always wait till you are in the right mood to pray and read the Holy Bible. You must use the rule of prayer to force yourself to pray."***



**2. Time:** The importance of matters could be measured by how much time we are ready to put into them. The more time you give to a matter, the more its importance and value to you becomes clear.

If you want to know the priorities of a person, look at how he/she spends their time.

Therefore, the church organized the Agpeya prayers at certain times during the day to guarantee organizing our time and obliges us to pray. It also gives us the chance to extend the time of being in the presence of God.

Many tried to rely on personal, improvised prayers and found that it takes only a few minutes, and then one runs out of what to say, so he concludes his prayer. The time he spent in the presence of God would be very short. As for the Agpeya prayers, it gives one the chance to spend more time in the presence of God.

Your time is your life; therefore the greatest gift that you can present is your time. It is not enough to say that a relationship with Christ is important. We have to prove that by investing our time in it. Words are not enough.

***"My little children let us not love in word or in tongue, but in deed and in truth!" (1 John 3:18).***

**Our relationship with God needs time. The best way to utter the word love is by .....**

**Who needs you to start spending more time with him?**

**What do you need to eliminate of your appointments to make that possible? What are the sacrifices that you need to make? Remember that God offers Himself as a gift to the soul. But you have to force yourself to labor regularly, asking for it. Also to work and sacrifice all effort in order to obtain remembering God always, then God will look and see how...**

**3. Struggle and strength:** It is a fact that you come closer to God according to the extent that you choose. A close relationship with God is by choice and not by chance. You have to search for it intentionally. Do you really want it more than anything else...What is its worth to you... Is it worth the effort, the trouble and the hard work that you spend studying your lessons... or your relationship with friends... or following Facebook, for example?



**The Holy Bible says:**

***"You shall love the Lord your God with all your heart, with all your soul, and with all your might" Deuteronomy 6:5***

When you praise God even if you did not feel the desire to do so, when you leave your bed for prayer, even when you are feeling tired, or when you help others, in spite of being exhausted, you are presenting to God a sacrifice of love.

The true problem is that we are always in a hurry. Everything is take-away. But with God it is different. We have to give enough time, a true desire and spent effort. Where is the problem then?

- The disciple that “Jesus loved” is not John or Lazarus, but each one of us.
- This deep relationship and strong love is not only for John but also for you and me when we grow in our faith and in our love.

### **How can we attain the knowledge of our Lord Jesus’ personality? How can we attain the knowledge of God personally?**

The answer is: by choosing God through faith, life of submission and prayer, continual repentance, holy sacraments and reading His word. God is able to make His presence felt. He is also able to speak to you in the quietude of yourself. He is also able to shake your depth till you doubt no more in the fact that He is near you. No one is rejected by God but all are invited (or called) to examine His presence... But you have to ask and ask... to knock and knock. You have to persevere and be ready to spend time with Him.



### **How to spend half an hour with Christ**

1. Start with a tune or a hymn: “Serve the Lord with gladness; come before His presence with singing” (Psalm 100:2).
2. Agpeya prayer that suits the time.
3. Thanksgiving...thank God for the spiritual, materialistic and physical blessings: “In everything give thanks” (1 Thessalonians 5:18).
4. Give a daily account: “If I regard iniquity in my heart, The Lord will not hear” (Psalm 66:18).
5. Contemplative reading in the Holy Bible. Select verses to use in prayer.

When you discover that a specific verse touched your heart, close the Holy Bible and contemplate quietly in the subject that the verse spoke about. Raise to God a prayer based on the thoughts that the verse contained.

6. Pray for others... Ask first of all (1 Tim 2:1-2). Pray for things or persons specifically by name.
7. Pray for personal requests. “Ask, and it will be given to you; seek, and you will find, knock, and it will be opened to you” (Matt. 7:7).
8. Have quiet to hear the voice of God. Do not say more than a few words, such as, ‘I love you Lord’ or ‘I long to be in your presence’.
9. Praise the name of the Lord at the end of prayer. I praise the Lord because He answered my prayers. Finally, conclude your prayer by a tune (Khin evran – Axios to the saint of the day or to your patron saint).

#### **NOTE:**

- This arrangement is not mandatory. You may organize it according to your requirements.
- You may select from these items.
- Fight against matters that stand as obstacles for your daily meeting with God. This meeting is the necessity of your life.

## **THE HOLY TRINITY**

### **A) THE HOLY BIBLE DECLARES THE HOLY TRINITY**

The unity would not be understood without having faith in the Trinity. We do not believe in three gods but in One God. The Father, the Son and the Holy Spirit are not three separate hypostases who have formed a unity. God declared that He is three in

One. There is no division or separation between the Father, the Son and the Holy Spirit.

This declaration came with complete clarity and simplicity in the Holy Bible.

Select from the following references what proves this fact:

- |                  |                   |                    |
|------------------|-------------------|--------------------|
| 1- Luke 1:35     | 2- John 15:26     | 3- John 14:26      |
| 4- Galatians 4:6 | 5- Ephesians 2:18 | 6- Matthew 3:16-17 |

There are also many verses for those whom are being served to choose from, which prove the Holy Trinity such as ... Matthew 28:19, Matthew 12:18, John 4:23, Luke 3:22.



## B) AN EQUAL HOLY TRINITY

God is one in a Holy Trinity equal from the beginning, the Father, the Son and the Holy Spirit. There is no preference among them. Therefore the Holy Bible does not mention them in a fixed order lest it would be thought that the Father is greater than the Son or the Holy Spirit.

In **Matthew 28:19**, it begins with... In **2 Corinthians 13:14** it begins with..., In **Jude 20-21**, it begins with...,

## C) ONE ESSENCE AND THREE HYPOSTASES

**1- The meaning of Essence-** Essence is what relates to the nature of our great God and it is superior to all the other 'essences', the essence of man or other creatures. "The Essence" is what is existing and this essence has a specific nature, which is the Divine nature, which has its essential characteristics. From the essential characteristics of our great God is that He has eternal life, eternal power, eternal wisdom, eternal mind, eternal understanding, eternal truth and eternal love. He is the origin of existence, the cause of existence, the essential for existence by which all existing things happen to be.

**2- The meaning of Hypostases-** But this divine essence, the solitary that is not repeated, is based on three hypostases. Without them the divine essence would not stand. So if God is the eternal life, then the Father is alive and the Son is life and the Holy Spirit is the spirit of life. And if God is the eternal truth, then the Father is The Just (the Spring of Truth), and the Son is The Truth (being born from The Just) and the Holy Spirit is the spirit of truth (that springs forth from The Just).

**3- The three Hypostases work together-** Some imagine that the Father created us, the Son redeemed us and the Holy Spirit sanctified us. But the reality is that, in work, there is no separation between the Hypostases. The Father created us with the Son in the Holy Spirit. And we were redeemed according to the will of the Father and by sacrificing His only Son and by the sacrifice of Christ and the work of the Holy Spirit by transferring the blessing of the redemption to our hearts. The Holy Spirit also sanctifies us according to the will of the Father and the sacrifice of the Son. The fathers, the saints, compare God to the scene which is beautiful and easy to understand some facts from.

THE SUN IS ONE IT HAS FIRE AND LIGHT AND HEAT = ONE ESSENCE WITH THREE HYPOSTASES  
THE DISC OF THE SUN IS NOT THE LIGHT AND IS NOT THE HEAT = NO SEPERATION BETWEEN THE THREE HYPOSTASES  
THERE IS NO SEPERATION BETWEEN THE SUN AND ITS LIGHT OR IT'S HEAT = NO TIME DIFFERENCE BETWEEN THE FATHER  
AND THE OTHER TWO HYPOSTASES

**Important Notice!!** Any comparison made will never be exactly like the origin regarding the reality of God. The Lord Christ has two birthdays, one eternal from the Father "Born of the Father before all ages, begotten not made, light out of light, true God out of true God." The other birth is from the Virgin St Mary when He incarnated from her for our salvation. And so God the Son was united to a body that He took, through His divine power and the work of the Holy Spirit, from the Virgin St Mary. They were united without mingling nor interchanging nor alteration. And so we understood that the Lord Jesus is the Son of God (by His eternal birth from the Father) and He, Himself became the Son of Man (by His temporal birth from the Virgin St Mary).

### Verses from the Old Testament

- "Hear, O Israel: The Lord our God, the Lord is one!" Deuteronomy 6:4
- "...that all the peoples of the earth may know that the Lord is God; there is no other." 1 Kings 8:60
- "O Lord, there is none like You, nor is there any God besides You, according to all that we have heard with our ears." 1 Chronicles 17:20

### Verses from the New Testament

- The Father is One, no more "one God and Father of all" Ephesians 4:6
- The Holy Spirit is one, no more "For by one Spirit we were all baptized" 1 Corinthians 8:6
- The three Hypostases are one, no more "For there are three who bear witness in heaven: the Father, the Word and the Holy Spirit; and these three are one" 1 John 5: 7

## Likeness of Unitarianism and Trinitarianism

What likeness of the Trinity makes the meaning close to our minds?

Any likeness we mention will bring the meaning closer to us from one or more aspects.

But it is not possible to completely agree with the truth from all angles. Therefore we present some comparisons, hoping they will make the meaning clearer, to these highly theological topics.

### (Example 1) The Sun

The sun sends its rays through millions of miles so that the darkness of Earth becomes light. It also sends its heat to plants, animals and to man. It is an example of unity within the Trinity. The sun is one and three in one. How? The sun is one and at the same time consists of the disc, rays and heat. The rays spring from the disc and the heat comes from the disc, this is similar to god the One, the Father, Son and Holy spirit. The Son, born from the Father and the Holy Spirit springs from the Father.

The rays are not another sun and the heat is not another sun. The rays are also not different from the sun but are the rays of the sun. The heat is also not different from the sun but is of the sun. The disc, rays and heat are united in one. This is an example of the unity of the Holy Trinity, the Father, Son and Holy Spirit.

We can say that the disc of the sun is the sun itself. So we also say that the sun is in the midst of the sky. And we can say that the rays of the sun are the sun, so we say that the sun is shining over the universe. We can also say about the heat of the sun that it is the sun. So we say that the sun gave us warmth. That is similar to our saying that the Father is God and the Son is God and the Holy Spirit is God. They are not three gods but one God. And the disc of the sun is different from the rays and from the heat. Exactly like the Father who is not the Son or the Holy Spirit.

The disc of the sun: is a huge mass of burning gas and man can never reach it. The same with the Father who no man could see Him and live.

**The rays of the sun:** is light from light that comes from the disc and reaches us without being separated from its origin. It is like the Son who incarnated and we saw Him in His glory, the glory of the only begotten of the Father, full of grace and truth. But in spite of that, He never separated from the Father.

**The heat of the sun:** There is no way of separating the rays from the disc, or the disc from the rays or to separate the heat from either one of them. Exactly like saying it is impossible to separate the Father from the Son or separate the Holy Spirit from Them. If we ask who was first to exist, the disc or the rays or the heat? We find that there is no difference between them. At the same moment that the disc existed, so did the rays and the heat. The disc was never without the rays or the heat. This example also illustrates how the Father was never without the Son or the Holy Spirit, even for an instant.

### Example 2: The Golden Triangle

Look at this golden triangle with its equal sides and answer the following questions:



**Q – How many triangles can you see?**

A – It is one triangle made from pure gold. It resembles the essence of the One God, the entity of the One God and the one divine nature.

**Q – How many vertices for the one triangle?**

A – Three vertices, A, B & C and they are all from pure gold. Each vertex is a symbol of one of the three hypostases. A is a symbol of the Father, B of the Son and C is the Holy Spirit.

**Q – Are the three vertices equal?**

A – Yes, because the triangle has equal sides so the angles are equal. That explains to us equality of the three hypostases

in all the divine perfections without having a great, greater and greatest.

**Q – Is the vertex (A) is the vertex (B) and the vertex (C)?**

A – No because the vertex (A) is not (B) and is not (C) which illustrates how the Father is not the Son and is not the Holy Spirit and so on.

The Son is different from the Father and from the Holy Spirit. And the Holy Spirit is different from the Father and from the Son. **“The Father and the Son and the Holy Spirit have one essence. But each Hypostasis is not identical to the other”**. - St Augustine

The vertex (A) = the vertex (B) = the vertex (C).  
(A) is not (B) and is not (C).  
(A) is not separated from (B) or from (C).  
(A) is the whole triangle and (B) is the whole triangle and (C) is the whole triangle.

And with the same measure:

- ❖ The Father equals the Son and equals the Holy Spirit in essence.
- ❖ The Father is not the Son and is not the Holy Spirit.
- ❖ The Father is not separated from the Son or from the Holy Spirit.
- ❖ The Father is God and the Son is God and the Holy Spirit is God, because God is one in essence.

Q – Is each vertex of the three vertices made of gold?

A – Yes, each vertex is gold and each vertex is not like the other. That explains to us how the Father is God in essence but is unique in His attribute of Fatherhood and emanation.

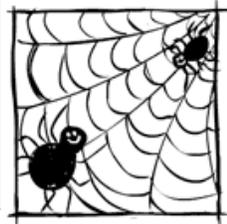
The Son is also God in essence but is unique in His attribute of Sonship. The Holy Spirit is also God in essence but unique in His attribute of emanation. What do we have in the Holy Trinity?

## A WHISPER IN YOUR EAR

*We all need to have periods in which we get out of the usual daily schedule of life and break the routine that we are accustomed to. But beware...*

A student in 12<sup>TH</sup> grade, was overcome by grief and matters became complicated. So he cried out saying: *“God! What can I do?”* He continues... I sat on a rough rock and put my head in my hands. I cried so much that when I opened my eyes that were wet with tears, I saw under my feet a small spider that made his web among the wild weeds. He settled in one corner, waiting for something to catch. After a short while, a very small insect fell in the spider’s web. It tried so hard to get out of its sticky threads but in vain. When it became agitated, it began to kick hard with its feet, trying desperately to escape. But its kicks drew the attention of the spider. So the spider rushed towards the insect and began to wrap the threads around it till the insect became completely immobilized, although still alive...

At that crucial moment, I stretched my finger and picked up the small insect and brought her out of the dangerous threads. I thought about this matter and said within myself: *“I am like this small insect. Although I am alive, yet I am completely disabled and nothing will save me except the finger of God to snatch me from the threads of danger far away to freedom. At that same moment, I turned once more to call God, asking Him to stretch His hand and snatch me from what I thought was the source of my happiness.”*



### Question for Discussion

1. What feelings dominate the main character in this story? (Ask your servant).
2. When do you fall in such negative feelings?

The pressures that we face are increasing. Therefore each of us tries to escape it and live away from these pressures, trying to acquire joy, happiness and enjoyment by all means. That is not wrong in itself, but the way or the method that leads to satisfy this desire of enjoyment “or cheerfulness” could lead us to devastation, without realizing it.

### What Is A Techno Family?

“The Father” is “Mr. TV” has evolved quickly from a few simple channels to local, international and satellite channels. “The Mother” is “Mrs. Computer” which, at the beginning, was big and fat. But now has slimmed down. They call her “laptop”. And Mrs. Computer became able to contain mighty power with the “internet” on her head, which has connected the whole world in a way that never happened before. Mrs. Computer giving birth daily to new “sites”, some are useful and would enrich the life of man, while others are capable of destroying the mind and life of man and make him become addicted. “The Son” is “handy” or what they call Mobile. This son changed the life of man, young or old, a tremendous change. Although its size is small, it contains gigantic gifts. This son has deviated to evil friends and became the cause of social and moral corruption, due to

its small size and great abilities. We could apply to it the saying of the Holy Bible: “**Evil company corrupts good habits**” (1 Corinthians 15:33).

One morning, this fearful family stood before man, yelling at him saying: “you created us, invented us and made us exist before you to become your slaves and serve you. But we are now your ‘masters’. We control you and we order you to obey us. We even control your thinking and spoil your mind. We limit your movement and your freedom, your desires and your lusts. We will ever set you free from us. We have a plan to surround you then destroy you.”

The world with all its technology, communication and open space has become like a “jungle of wild animals” that are trying to attack us, with all the human values and turn us into slaves. It has been said that “the seeds of destruction” are planted in our achievements and wonderful inventions that we boast and pride ourselves in. There is no challenge in our world stronger than the internet with all that it includes and the mobile and what it is capable of doing.

### **Do You Suffer From...?**

1. Sitting for long periods of time facing the computer and the internet morning, noon and night?
2. Has your life changed by staying up till late then sleeping all day till three in the afternoon and the excuse is ‘we are on vacation and would like some time to relax’?
3. Neglecting homework and practical responsibilities preferring computer to family and friends... and the internet to eating?
4. Looking at life without the internet and Facebook as empty with no value?
5. Loss of communication with members of the family and letting the true social life shrink?
6. Being occupied with the mobile at all times and in all places and living in another world through messaging, video calls, Facebook... etc?
7. Do you feel that you do these things spontaneously, without thinking, as if it is part of your life?

### **First: Disadvantages of the Mobile Phone**

1. Text messages, sending a message with voice and picture could be dangerous. The same with video calls. We should not turn to that as we do not need them in our daily method of communication.
2. The competition in obtaining the latest gadgets and the desire to upgrade every time a new one is on the market. It adds to the burden of the family this unnecessary competition. What more, is that the youth themselves fall in that trap and become jealous from each other. It could even reach to the extent that the type of mobile that one carries becomes his label like saying, so and so who has the N90, for example, and saying so and so who drives... car!
3. The danger of recording and storing immoral pictures which enables the carrier to get back to them whenever he feels like it with no supervision, replacing immoral magazines, films, videos and space channels.
4. The problem of Bluetooth as it has become possible to obtain this harmful material or sending it from far away through this dangerous technology.
5. Also, the possibility of annoying one another by phone calls or messages without declaring the sender. That caused many social problems and caused personal troubles and loss.

**Etiquette of using the mobile phone-Beware! Beware!: Random communication and becoming an acquaintance with somebody through the mobile. This has caused the formation of harmful relationships leading to difficult problems.**

There are courteous actions that should be considered when we use the mobile phone:

1. When call someone on their cell, you choose the time that suits you being unaware of the other’s situation. Maybe they are in a meeting? Or praying? Maybe they are with other people that you do not know. Then the first question after greeting should be, “Is it a good time to speak or should I call you later?”
2. When you ring and do not get a response, do not try again immediately. Maybe they are far from the phone or could not answer at that time. Repeating the call becomes useless or disturbing and may offend the other person.
3. First consider before dialing from a number which is unknown by the other party. It could cause embarrassment and be considered as lacking intelligence or good taste, as if saying “I caught you! Now I proved that you don’t want to answer my call!” Some do that in order to catch the one who is avoiding them, but we should not do that.
4. When making a phone call to a person who does not know you, or does not have your number, firstly introduce yourself. Do not irritate them by asking them to guess. It could annoy the other person and if they are impatient, they may end the call and this could embarrass both of you.
5. When you end a call, do not immediately hang up, especially if the other person was the one who called. Wait for a moment and if they do not hang up, then you may do so.

6. Do not make a call unless there is an important and necessary matter. Be concise in your words as much as possible. Not only because of cost but time is also valuable. Let your calls have an aim as mobiles are not for entertainment.
7. You must switch off your phone when in a place where there should be silence, **especially while at church** or in bed. Nobody should receive a phone call while at church or play with their phone during prayer. It is also improper for a phone to ring during a meeting, and is therefore worse when this happens during the Holy Mass, especially if the tune is loud or unsuitable.
8. Be practical and be satisfied with your handset as it achieves its purpose. Do not be influenced by the desire to imitate others. Keep your mobile pure and do not store inappropriate material in it. Be careful when sending messages. It is like a document that could be used against you, if you are not careful in your choice of words. Do not boast about your mobile phone, but keep it in your pocket until you need it. The mobile, car or clothes do not make the man, but the thought, behavior and success are what matters.

## Second: The Internet

Including CHAT between two people, with voice, writing, video or chat room with one person among a group, with voice and writing. It is very dangerous as discussion takes place without supervision. As for Facebook, one should be very experienced in utilizing it correctly to avoid danger because personal photos and information become a fertile soil for the electronic wolves that search for an easy prey to cause it to fall. It is a fact that we become accustomed to use the mobile and sit for hours before the internet, therefore we must know how habits develop in your life, in order to be able to lead your life in a correct manner...

**A Very Special Request: Do not place any personal information on Facebook. Do not also use it till you understand and learn how to use it... We also use it when we want, without letting it lead us wherever it wants!**

**How Habits Are Formed:** There is no danger in forming a habit. It sneaks into one's work; mix with his emotions and his body cells. By time, it becomes part of him and he would not be able to get rid of it without the support of the divine grace and for one to be sincere and serious in getting rid of it.

The danger is concealed in some habits that form a threat to the salvation of the soul, if one was lacking in discern and discretion, differentiating between what is good and what is bad, between what is acceptable and what is not acceptable...

*"All things are lawful for me, but I will not be brought under the power of any" (Corinthians 6:12).*

**A habit is formed without one being aware of it.** So while one is behaving according to his nature, he will discover, after some time, that he became a captive for certain habits and behavior that attracts him. At the beginning, he would accept that and maybe with no harm done. But little by little, these habits become firm in his intuition and have a share in his effort. Discuss with your servant... Is the correct behavior what all people do, so it is necessary to do it?

**A habit could be formed through imitation and the influence of others.** We notice now that many of our traditions, that became part of our personality are originally the outcome of imitation (all people do that).

When you hear the phrase "everyone does that", say "I am different from everyone".

You need to know who you are (*you are the son or daughter of God*). You are the dwelling of the Holy Spirit, the one who will inherit the Kingdom. So would the son/daughter of God behave like that or say these words? The Holy Bible says:

*"The sons of God saw the daughters of men that they were beautiful; and they took wives for themselves of all whom they chose" (Genesis 6:2).*

You can see in the text that there are two groups: "The sons of God" (referring to us) and "The daughters of men". And that is what made the heart of God sad, for the sons of God taking wives from the children of people. There is a difference between the sons of God and the sons of people.

### How to Get Rid of a Habit

1. The best way for recovery is to realize that in Jesus Christ nothing is impossible.

And so, nothing becomes difficult. The strong will that is supported by the work of grace will enable us to get rid of any bad habit, *"I can do all things through Christ who strengthens me" Philippians (4:13).*

2. The matter then needs confrontation in order to comfort the self with its weaknesses and to be convinced from within by the necessity of fighting this habit. Some habits may need a decisive end while others may need to end them gradually.

Give examples of habits that need to end gradually and others that could end immediately.

From your point of view, the habit of sitting for long hours on Facebook and the internet, do they need immediate end or a gradual one? It may need to gradual decrease...

**Let's gradually decrease together... If you are used to sitting before the internet for 5 hours, let's gradually decrease and make it 3 hours for one month, then 2 hours for two months and so on... If you are convinced, you will struggle and be able to do it through the grace of Christ.**

3. Man is always ready to change and adapt to what his will decides to do. So if one's will is strong, he will be able to change his habits. And if his will is weak, his habits will overcome him.

*"If the habit asks once and you do not respond, you will find it later on getting weaker.*

*But if you gave in to what it asks for, it will get stronger than before." -Mar Isaac*

Our effort to change habits needs a very important aim, which is, 'If you want to change, first start by changing the emotions and feelings then the behavior last'.

**Behavior-** *You have to change the thought first and then follow by changing behavior. The only way to change the behavior is first by changing the thought.*

### **The Art of Enjoying Life**

God created us to enjoy life and nature and all that His hands have made. But man disfigured the concept of enjoyment according to the purpose of God. So he placed for himself other fields, thinking that they will bring him happiness. But if he failed to use it well, it would destroy him, *"Who gives us richly all things to enjoy" (1 Tim 6:17).*

The problem is that we think that there is a specific thing that will make us happy and so we enjoy it on its own. But sometimes we cannot control our enthusiasm towards a specific thing. So we turn to it with much extravagance, thinking that it contains all the delights of life.

**We offer you here an invitation for life, to enjoy the gift that God gave to you. Then you will become sure that God did not create us for trouble and misery. So instead of becoming absorbed in the negativity of technology, let us live in the delight and joy of life, rejoicing in what God made for us.**



1. **Enjoy Nature.** Learn how to see the finger of God in all of creation (the seas, the mountains, the sun, the stars, the plants and flowers, His greatness and His ability). God loves beauty and so He created nature with that beauty to enable us to understand His beauty through the work of His hands.

2. **Learn the Art of Relaxation.** One day, a business man was on his way to work, he met someone resting in the shade of a tree, enjoying the fresh air. So the man stopped and asked him a few questions. What are you doing here? I am resting and relaxing, catching my breath. Do you know that you could earn more money if you spend this time working? And what will I do with it? You can build a factory or open an office. Then what? You will be able to own a beautiful house and get married. Then what? Then you will be able to sit down and rest. Good! That is what I am doing now...

This dialogue is not an invitation to be lazy and not work, but it is an invitation to be quiet. Spend periods of time in a retreat, on a regular basis, to see and enjoy the beauty of God in nature, in quietness and silence. You can do some activities that you enjoy, such as: Drawing, reading, music etc.... Use your imagination, imagination is a divine gift that helps in inventing and renewing. Learn the art of relaxing and enjoying life at a time when speed makes us lose the ability to enjoy what is around us...

3. **Enjoy,** the beauty of the present is lost in thinking about the past and being occupied with the future. We own today... Imagine you wake up in the morning to find God, like a kind father, is putting in your hand "pocket money" for that day. It was not in dollars, but in time, 24 hours, to achieve what you could not achieve yesterday, and to enjoy all that God presents to you...

A traveler said, "The trees, the plants, the birds, the land, the air and the light were all telling me that they were made for the sake of man, and that they witness to God's love for man... Everything was praying and singing, glorifying God". Try to learn how to enjoy this beauty.

Enjoy your time, your life and your days but on one condition, to sanctify the present moment.  
**Make time to read... It is the source of wisdom.**  
**Make time to play... it is the secret of youth.**  
**Make time to think... It is a source of power.**  
**Make time to laugh... it is music for the soul.**  
**And above all things... make time to pray... because it is life.**



***Let us rejoice in this day...***

*With every piece of bread that we eat, Every glass of water that we drink*

*Every kind person that we meet, Every work that we do*

*Every useful bit of knowledge that we obtain and every peaceful night that we spend sleeping.*

*The one, who cannot enjoy today, may not be able to enjoy tomorrow.*

***The wonder and beauty of life are concealed in the few hours that we live now. If they are sanctified, our whole life will be sanctified.***

## A Whisper in Your Ear

The devil today found that the best way to fight man is to make him waste his time and keep him busy from God, making him occupied with many hindrances such as electronic deviations. But far from it, that man who is the dwelling of the Spirit of God, becomes so occupied. Then he will enjoy the positives that God granted to him, without getting absorbed in the negatives. You have to notice here that we do not reject the positive use of technological means or media etc... But we reject deviation through them. It has now become so easy and with the press of one button, you find yourself a victim or a prey to what you thought to be the secret of your happiness. Therefore beware...

# WHO EATS ME?

## First: What is the meaning of the word covenant?

*The word covenant in Greek is "ziathiki" which means document or contract, as in reconciliation between two sides, or a covenant between one side and another or the unity or partnership of marriage.*

## Question for Discussion: What was the first covenant between God and man? How Was A Covenant Formed?

The two sides of the covenant would sign on it. They would split an animal (a sacrifice) into two and smear them with its blood, considering that they have now become linked to each other, by the blood, and are obliged to carry out the covenant. God designed to form a covenant with man, following the same method that was common among people at that time.

This happened with Abram (Genesis 15:8-18) when God promised to give him and to his children after him the land. And so God said to him, **"Bring Me a three-year-old heifer, a three-year-old female goat, a three-year-old ram, a turtledove, and a young pigeon"** (Genesis 15:9). So he took them and cut them in two, down the middle, and placed each piece opposite the other and when the sun was going down, a deep sleep fell upon Abram. Then God spoke with him and promised that He will give Abram's descendants that land. Then the sun went down and it became dark, and then behold, there was a smoking oven and a burning torch that passed between those pieces. On that day, the Lord made a covenant with Abram, saying: **"To your descendants I have given this land"** (Genesis 15:17-18).

One of the most outstanding covenants is what God did in Sinai as He asked Moses to take half the blood from the offerings and sprinkle it on the altar. That was God's side, the first half. Then Moses took the second half of the blood and sprinkled it on the people and said, **"Behold, the blood of the covenant which the Lord has made with you according to all these words"** (Ex. 24:6-8). As for the blood of the New Covenant, it differs from the first covenant. It is a New Covenant that people have been longing to receive, "Behold, the days are coming," says the Lord, "when I will make a new covenant with the house of Israel and with the house of Judah," **"For I will forgive their iniquity, and their sin I will remember no more"** (Jer. 31:31, 34).

**"Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption... For when Moses had spoken every precept to all the people according to the law, he took the blood of the calves and goats... and sprinkled both, the book itself and all the people, saying, 'This is the blood of the covenant which God has commanded you'"** (Hebrews 9:12, 19, 20).

## Second: What is the Eucharist?

The Eucharist is considered as one of the sacraments. It is the sacrament of the one Body. The sacrament of reconciliation between God and man. The sacrament that illustrates the meaning of the word church (the group of the faithful). In this sacrament, the Lord Christ gathers all His people to one (1 Corinthians 10:17).

*"Establishing the mystery of our peace and our unity on the altar". St. Augustine*

Let us go deeper into the meaning of this holy sacrament, its promise and when it was established, so as to comprehend its significance and to suitably prepare ourselves for it. The Eucharist is a holy sacrament; the faithful receive the Body and Blood of the Lord Jesus Christ in the form of bread and wine. This sacrament has many names, such as, The sacrament of thanksgiving, The Last Supper, The Divine Supper, The Lord's table, The Holy table, The Lord's bread, The heavenly bread, The sacrament of communion, The sacrament of sacraments, The Body of Christ, The Divine sacrament, The Holy sacrament.



### Third: Has anything been mentioned about the sacrament of the Eucharist in the Holy Bible?

Since the Old Testament, God has been preparing people to accept this sacrament before it was established. We have seen this in the manna from heaven. Historically in ancient times, to be saved from death it was necessary to eat the lamb. It was as if God was trying to draw their attention to the idea that there is food of which whoever eats could live and be saved from death. In the past Adam ate but because what he ate separated him from God, therefore, man now needs a different type of food that would enable him to live once more in fellowship with God.

- Now we need food that does not perish, to grant us everlasting life.
- Pharaoh called Joseph “Zaphnath Paaneah” which means “the bread of life” (referring to the body and blood of Christ which gives life to whoever eats from it). And because man is a hungry creature, there was a belief among the Jews that the Messiah who is coming to the world will, by all means, satisfy them.

#### Something to Think About

1. Can you prove this point through the miracle of feeding the five thousand? (John 6:11-15)
2. Compare the manna and the living bread through (John 6).
3. Select from (John 6) what proves that this is a true body.

### Fourth: Symbols of the Eucharist in the Old Testament

The Eucharist did not come suddenly, but there are many references and symbols about it in the Old Testament, such as:

Reference or symbol	The Biblical reference	The Spiritual meaning
<b>The Tree of Life</b>	Genesis 2:9	Holy Communion is the food for those who long for eternal life
<b>The Offering of Melchizedek</b>	Genesis 14:17-20	Holy Communion is the food of those who gain victory over sin
<b>Lamb of the Passover</b>	Exodus 12	Holy Communion is the food of those who have been redeemed
<b>The Showbread</b>	Exodus 25:30	Holy Communion is the food of those who are strangers to the world because the Jews were strangers in Egypt
<b>Heavenly Bread</b>	Exodus 16	Holy Communion is the food of the consecrated who are chosen for God
<b>The Trespass Offering</b>	Leviticus 5,7	Holy Communion is the food of those who repented and confessed because the one presenting the offering would place his hand on it, confessing his sins, then it is slaughtered and dies
<b>The Peace Offering</b>	Leviticus 7	Holy Communion is the food of those who give thanks because it is a divine banquet and is offered to give thanks to God
<b>The live coal of Isaiah the Prophet</b>	Isaiah 6:6-7	Holy Communion is the food of those who love God only

There are many more symbols through the Old Testament. For example: (when God and two angels appeared to Abraham, when Isaac blessed his two sons Esau and Jacob... etc). The one who follows the Holy Bible will find many, many meanings and symbols that refer to, and symbolize, the Eucharist.

#### The Faith of Our Church

We believe that after sanctifying the Eucharist and calling the Holy Spirit to descend over the offerings, the bread and the wine are transubstantiated into the Body and Blood of Christ, in a mysterious way that is not to be seen. We also believe that the Lord Jesus Christ is present during that service, not as a symbol, a sign, a painting or a picture, but He is actually present, sanctifying the offerings and with His Holy Spirit transubstantiate them into His true Body and His true Blood. And so what we see on the altar is not simply bread and wine, but truly His Body and His Blood in the form of bread and wine.



## The Fraction of St Cyril

When the bread and wine have been transubstantiated into Your Body and Your Blood, our souls turn to share in Your glory uniting our souls with Your Divinity, create in us, Our Lord and God, a pure heart. Let Your spirit dwell within us. Renew our senses with Your power. Make us worthy to receive Your gift, to drink from the cup of Your Blood.

Give us a spiritual relish, to taste Your life-giving sacraments, approach to Your presence with full confidence in Your mercy. And You dwell within us with love. Fill us with Your fear and inflame our hearts by longing for You. Grant us Your grace. Purify our senses by Your mercy. Grant us pure tears. Wash us from the impurity of sin. Make us holy temples for Your dwelling and pure utensils to receive You, that by tasting Your Body we become worthy to taste Your grace. And by drinking Your Blood, we become worthy to taste the sweetness of Your love. You granted us to eat Your Body openly. Make us worthy to be united with You in secret. You granted us to drink from the cup of Your Blood openly. Make us worthy to blend with Your purity in secret.

### Contemplate on the spiritual meanings that are in this Fraction:

1. What happens within us at the transubstantiation of the bread and the wine?
2. What do we require from God to accomplish within us through His Holy Spirit?
3. What feelings fill us when partaking of the Holy Communion?

Every time we partake of the Holy Communion we have to ask God to grant us this spiritual taste.

To taste His grace, the sweetness of His love and to make us worthy to be united with Him in secret and to blend with His purity inwardly.

### An Important Question! Why specifically bread and wine?

The bread is made from wheat. It is in the form of ears, each containing many grains.

These grains are to be crushed and ground together to become one. That explains to us the mystery of unity in Christ. We all became one dough, without separation. Also the juice of the grapes, as the vine has one root but stretches out, develops branches and many bunches, but still one vine. This has a beautiful meaning that describes how the church is one, but spreading and expanding. It also explains to us how we are all one entity without separation.

The Lord Christ Himself said: **“I am the vine, you are the branches...” (John 15:5).**

The Lord Christ took bread and not unleavened bread, as some say... and that is because:

1. The Holy Bible said it was bread.
2. There is a difference between the bread and the unleavened bread.



### What is the difference between them?

The bread has yeast, which is a symbol of our sins that the Lord Christ carried for us. The yeast also dies by entering fire. And so our sins died in the body of Christ who arose from the dead. The fire also stopped the effect of the yeast and also the Lord Christ stopped sin by presenting Himself as an offering (Romans 8:3)... which could not be found in the unleavened bread.

### Why don't we bring ready-made bread from the bakery, use it during Mass then receive Holy Communion?

Because there is a condition in making the oblation that will turn into the Body of our Lord Christ, which is:

1. It has to be made especially for that purpose, as a sign of respect for the holy sacrament.
2. It has to be made from pure flour of wheat.
3. It is made without salt. Why? Salt keeps food from getting spoiled. But the bread that will turn into the Body of the Lord does not need that because the Body of Christ did not see corruption.
4. The Psalms are read during the making of the oblation.

When was this Sacrament established? Find it in (Matt. 26:26-28).

What did the Lord Christ do in this verse (Matt. 26:26-27)?



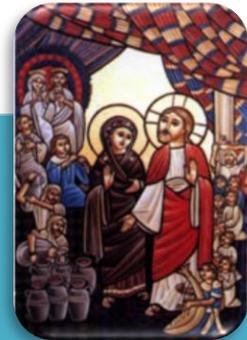
### Fifth: What is the meaning of the phrase: "Do this in remembrance of Me"

Do the bread and the wine actually transubstantiate into real body and blood or is it just a matter of commemoration?

- Some say that the Lord Christ said about this sacrament, "Do this in remembrance of Me...", then it is commemorating the Body and Blood of Christ, and an object cannot commemorate itself.
- We have to know that there is a difference between remembrance and a reminder. There are four requirements necessary for a reminder:
  1. Either the same thing, like the manna that God instructed Moses to keep in a pot made of gold, commemorating the manna ( that contradicts the idea that an object cannot commemorate itself because the manna commemorates itself).
  2. Or as a mark like the stones, when God instructed Joshua, the son of Nun, to take stones from the land of Jordan as a memorial for their crossing (Joshua 4:9).
  3. Or an image, like the Cherubim that the Prophet ordered to be made and to be put at the two ends of the mercy seat, commemorating the heavenly (Exodus 25:17-20).
  4. Or as information (or news) as Moses told the Israelites all that happened in the books of Exodus and Numbers, how God enabled him to do this for them. The four requirements necessary can either be –
    - The same which means from His Body and His Blood or
    - An image giving a picture of what happened or
    - News as describing what happened in the Holy Gospels.

The bread and the wine that the Lord Christ gave to His disciples were not commemorating an ancient event or an image or information (or news) because they were not tools of His death. Also they were not an image that illustrates Him and they were not a historical story to remind us of what happened.

And how could we commemorate the death of Christ by eating bread and drinking wine if they remained in their simple nature without transubstantiating to His true Body and Blood? So it was essential for the sacrament to commemorate the same actual thing, which means the same Body and Blood of the Lord as the manna commemorated itself.



### How do the bread and the wine change into Body and Blood?

*The impossibility or the transformation is the transfer of a thing to another.*

How did the water turn into wine at the wedding in Cana?

And how the rod of Aaron became a serpent?

And how the wife of Lot became a pillar of salt?

These miracles are not possible to be accepted by the mind as the Holy Bible says:

**"The secret things belong to the Lord our God, but those things which are revealed belong to us"  
(Deuteronomy 29:29).**

We eat bread and drink wine, but this bread and this wine, after sanctifying them during the Holy Mass, are not ordinary bread and wine but they become the Body and Blood of Christ our God.

As the apostle said: **"For we walk by faith, not by sight" (2 Corinthians 5:7).**

**Example: The bread that the Lord Christ used to eat as a child, it turned within Him to His body, as He grew little by little...**

### Sixth: The effect of the sacrament on our life

From the following references, try to extract what we benefit from the Eucharist:

1. Matthew 26:28 – Hebrews 9:22 –

3. John 6:56

6. 1 Corinthians 10:16-17

Ephesians 1:7

4. John 6:54

7. John 6:58

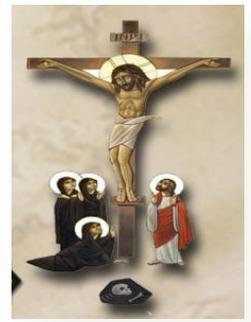
2. John 6:56

5. 1 John 1:7

## Salvation and forgiveness of sins.

❖ “In whom we have redemption through His blood, the forgiveness of sins” (Colossians 1:14).

❖ “...And washed their robes and made them white in the blood of the Lamb” (Revelation 7:14).



**1. Firmness and unity in Christ:** It is a clear promise from the Lord Christ: “He who eats my flesh and drinks my blood abides in Me and I in him” (John 6:56). So by partaking of this sacrament we become members of His Body, from His flesh and His bones, and so we abide in Him.

**2. The growth in grace and life in Christ:** “He who eats my flesh and drinks my blood abides in Me and I in him” (John 6:56). As the physical food makes the body grow and become healthy, so is the spiritual food (which is receiving the Body and Blood of the Lord in Holy Communion). It makes the spirit strong and healthy and so one grows in the grace always.

**3. It grants us the guarantee of eternal life:** “Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day” (John 6:54).

**4. The unity of the church members in one body,** “They may be one”, as St Paul the Apostle says, “The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we, being many, are one bread and one body; for we all partake of that one bread” (1 Corinthians 10:16, 17).

So as the offering transubstantiates to the Body of Christ, whilst previously was many grains of wheat, and through grinding and baking has become one bread. And as the juice of the grapes transubstantiates to the Blood of Christ, whilst previously was a multitude of grapes through pressing, has become one portion, and so all who receive this Body and Blood become one in Christ.

**5. Moving our hearts regarding our responsibility towards the world:** Where would you find this meaning in the Holy Mass? “For every time you eat of this bread and drink of this cup, you preach My death, confess My resurrection and remember Me till I come”. It is feeling a responsibility towards the world and towards every person you meet. How do we fulfill this responsibility? When they see our good deeds and subsequently glorify our Father in heaven. Each one of us who has been baptized carries within themselves the grace of the Holy Spirit and also carries Christ deep within. So before taking any action, ask yourself one question: What does Christ want me to do in this situation? We have to welcome every visitor and every person we meet, as one who is carrying a message from God. What does God want me to do with that person?

**We must receive all people as being the image of God (as they are really God’s image) so we serve and assist them.**

### Seventh: Worthiness and preparation for the sacrament of the Eucharist

Here an important question arises. What does it mean to be worthy of receiving the Lord’s Body and Blood. And when does one become worthy and deserve to receive this grace?

**True worthiness is feeling unworthy and for one to feel that he/she is a sinner. So, in order to be worthy to receive the Holy Sacrament, one has:**

1. To be Christian and Orthodox.
2. To be one who has been baptized in the Orthodox Church.
3. To believe in the sacrament and the effect of Christ’s Holy Body and Blood.

**Preparation before receiving the sacrament:**

**Spiritual preparation:**

- Through repentance and confession.
- Early attendance before the Holy Mass begins.
- To be in peace with others (Matt. 5:23-24).
- Actual faith that what is on the altar is the Lord’s Body and His Blood.



## Finally -

- Without the Eucharist, the story of Christ would have been only a historical story, because the Sacrament of the Eucharist is an extension of the sacrifice on the Cross.
- And if the Lord Christ completed the redemption on the cross without giving us His Holy Body and Blood, we would have been like the sick who could not find the remedy to heal them.
- The One who makes the ordinary bread turn within our bodies to meat, bones, blood and cells... etc is able to change the bread and the wine, that are on the altar, to a true Body and a true Blood of Jesus Christ, after being sanctified by the Holy Spirit.

## A HERO ASCENDING AND DESCENDING

### **A) ESCAPE IS HALF THE BRAVERY (1 Samuel 22:1-23)**

The word 'David' means 'beloved'. God chose him to be a king because of his inward purity and the beauty of his soul. He was a mighty man of valor and a man of war. He was fluent in his words and sweet in his Psalms. The greatest thing he possessed was having God with him, which was the secret of his strength. But King Saul envied him after David killed Goliath and the women sang for him "Saul has slain his thousands, And David his ten thousands" (1 Sam 29:5) (1 Sam 18:7). Saul also envied David because of how the people loved him, "But all Israel and Judah loved David, because he went out and came in before them." (1 Sam 18:16).



### **TEST YOURSELF**

**Do you rejoice for the success of your brothers and friends....or do you envy them?**

St John Chrysostom said, "Tell me, you who envy, why envy your brother? Is it because he received earthly blessings? How did he get them? Aren't they from God? Then it is clear that by your envy, you make God a subject for enmity. So you sin against Him because He is the one who granted the gift. Look what an evil deed you have committed".

### **Question For Discussion**

**What is your stand if your brother was praised more than you?**

Saul turned to cunning ways in order to get rid of David. He did not want to personally hurt him, so he placed him in the front line of the army during the war, so he could be killed. (1 Sam 18:17). This plan did not work because David was brave and victorious. So Saul turned to another plan, which on the surface appeared to be a sign of love, but was intended for the death of David. Saul suggested to David to take his daughter in marriage, however the dowry was the killing of a hundred men of the enemy. David accepted and in fact killed two hundred. (1 Sam 18: 25-27)Saul began to reveal his desire to kill David to those around him, "Now Saul spoke to Jonathan his son and to all his servants, that they should kill David." (1 Sam 19:1)He attempted, on numerous occasions, to kill David himself, but David managed to escape every time. God did not deliver David to the hand of Saul. One of these attempts is mentioned in (1 Sam 24:1-22).

### **Question for Discussion**

Why did David refuse to kill Saul? Why did it touch his heart when he secretly cut off a corner of Saul's robe?

### **APPLICATION**

**1. Can you respect and appreciate despite.....**

- Respecting the Lord's anointed and those who are older than you or holding a higher position in spite of being aware of their weaknesses.

**2. Where do you stand on the principle of revenge?**

- David was given the chance to take revenge for himself on Saul, but he did not kill him because he could not stretch out his hand against the Lord's anointed. However, he left the matter in God's hand who allowed evil men to take revenge on Saul for David.
- What are God and the Holy Bible's stand on the principle of revenge? Refer to Romans 12:19

**3. Can you forgive?**

- You need to keep in mind that forgiveness has an important condition: "But if you do not forgive men their trespasses, neither will your Father forgive your trespasses." Matthew 6:15

#### 4. The principle of “The more righteous than I”

- “You are more righteous than I; for you have rewarded me with good, whereas I have rewarded you with evil.” 1 Samuel 24:17
- In your dealings with others, let all bless you and say within their heart, if not with their mouth also.....”He/ She is more righteous than I”
- Protect your tongue by not saying any evil against your brothers, because the one who says evil about their brother/sister makes God who dwells within them angry.

“Whatever anyone does to his friend, it is also done to God” – St Makarius the Great.

#### **B) WHAT IS YOURS IS SAFE (1 Samuel 30: 1-20)**

##### **1. The Amalekites took over Ziklag (1 Samuel 30: 1-6):**

David and his men went to war. When they returned they found out that the Amalekites had attacked the South, including Ziklag where David used to live at the time. They also burned the city and took the women who lived there as well as the men and children who were left, without killing anyone. But they were taken as captives and slaves. Among them were David’s two wives, his sons and daughters. So David and the people who were with him lifted up their voices and wept until they had no more energy to weep. David was greatly distressed, for the people spoke of stoning him because the souls of the people were grieved. They thought that what had happened to their women and sons was David’s fault as he left the city without protection. But David in the midst of his distress felt that God was with him. So David strengthened himself, “But David strengthened himself in the Lord his God.” 1 Samuel 30:6 if your loved ones and friends turned against you, you turn to God whose love is guaranteed. His love is firm in His Fatherhood and doesn’t change. He will support you and you will be able to gain back most of those who turned against you.

##### **2. David’s victory over the Amalekites (1 Samuel 30: 7-20):**

David asked Abiathar to bring the ephod to him, to ask the Lord if he could overtake the Amalekites and defeat them. What is an ephod? (Ask your servant) In your personal affairs which need consultation, to whom do you turn first, a friend, older brother, father, mother, your servant, your father of confession? Have you tried to consult God in your personal matters? Do not say ‘How is God going to answer me?’ Try to consult Him and you will find out how God will answer you.

David took his six hundred men and came to the Brook Besor which is a valley south of Ziklag with a spring of water. And although his men were strong and experts in warfare, two hundred of them were so weary that they could not cross the river. So they stayed behind with the possessions and David took with him only four hundred men.

God’s work with David was great because He did not only guide him through Abiathar the priest, but He also prepared for him one to show him where the Amalekites were. It was an Egyptian who was found in the field between life and death. David’s men took him and gave him food and drink. When he restored some of his strength, David asked him, “Who are you? Where are you from?” What about if you were asked this question? What would you say about yourself?

The man answered saying that he was a slave from Egypt and his friend is one of the Amalekites. But when he became sick his friend left him behind to face death. David asked him to direct him to where the Amalekites were and he agreed after he was assured that David would not kill him or deliver him to his master. And so he took him to where the Amalekites were gathered. They were celebrating by eating and drinking, after their victory. David waited till it was nighttime. And after the Amalekites went to sleep, David and his men attacked them, killing most of them except a few who fled on their camels. So David recovered all that the Amalekites had carried away and he also rescued his two wives and many spoils, so nothing was lost.

##### **3. Giving those who stayed behind their in the spoils (1 Samuel 30: 24-27):**

David returned to Brook Besor where he left two hundred of his men who were weary and could not accompany him. They went out to meet David after his victory and it was nice that David enquired about them and see how they were feeling. He did not blame them for not going with him to fight because he understood how they felt physically.

Some of his men were greedy and suggested that those who stayed behind should not have a share in the spoils and it was enough to restore their wives and daughters back to them. But David’s answer to that was wise.

Firstly, he spoke with them about the work of God as he gave them victory and materialistic gifts, protected them from evil and returned them safely. Do you know what he said?

Secondly, David disagreed with what they said and established a system that was applied for generations after him. It became a rule that the one who looks after the supplies should have an equal share in the spoils, which agrees with the law of god as in Numbers 31: 25-27. Therefore any task we do, no matter how simple, is accepted before God and has its reward.

“For your work shall be rewarded” Jeremiah 31: 16

- After his victory, David the prophet was not too occupied to ask about his brethren who were weary. He cared about everyone.....so let every person have a place in your heart.
- He spoke with the evil and cruel people in a manner full of meekness, gentleness and wisdom. He did not use the manner of a victorious leader and give orders, but rather spoke with love as a brother saying, **“Please, my brethren, do not do so wickedly!”** Genesis 19: 7. And so he showed love to all his men, even the cruel among them.
- He attributed success to God who granted them a free reward. Therefore he reproved them for considering depriving their brethren from having a share in the free gift which was not a credit to them.
- What is your evaluation of someone who plays a small role in a play or in a task in which mostly you completed?
- Would you be able to play a part which is not important or visible before people?  
Would you be convinced and satisfied with it?
- Always remember that **“He who fought the battle had the same share as the one who looked after the supplies”**. You only have to play your part in all faithfulness, no matter how important it is, without despising or trying to belittle the parts of others.

### **C) DO NOT SAY WHY BUT SEE WHAT YOU CAN DO! (2 Samuel 16: 5-14)**

Don't say 'Why did God permit that to happen?' .....you will then continue to cry over spilled milk. However you need to ask yourself how you should face this matter. Do not say 'so and so does not love me' but think about how to handle this matter..... The news reached David through one of his men that Absalom, his son, has called himself a king and many people are following him. So with a bitter soul, David fled from the face of his son. During the escape, a man named Shimei the son of Gera, from the tribe of Benjamin came out and started cursing David. He also threw stones at David and said to him, **“Come out! Come out! You bloodthirsty man, you rogue! The Lord has brought upon you all the blood of the house of Saul, in whose place you have reigned; and the Lord has delivered the kingdom into the hand of Absalom your son. So now you are caught in your own evil, because you are a bloodthirsty man!”** 2 Samuel 16: 7-8 Shimei accused him of being:

- A bloodthirsty man and that God revenged from him because of the blood of the house of Saul. But in fact, David did not fight the house of Saul in order to become a king. He even responded to the way Saul persecuted him with tolerance and he never tried to avenge from Saul or his children. He always tried to do good to them.

**ASK YOURSELF...What do you think you would have done if you were in David's place, facing this situation?**

- **Would you throw stones at people?**

- Shimei the son of Gera cursed David and threw stones at him. David saw and heard but did not respond, considering that this cursing was permitted from God. But would you throw stones at people in their absence? Maybe you would not curse by mouth, but you could judge, spread rumors and spoil that person's image, revealing their weaknesses.....

Beware, because the Holy Bible says, **“Whoever spreads slander is a fool”** Proverbs 10:18

- Would your feelings change towards someone who criticizes you? You might say 'Definitely!' ....This person needs special treatment from you. In your prayers, you need to ask God to give you grace especially to know how to deal with them. You must know that God allowed this troublesome person to be in your life to teach you lessons that you could not have learnt without their presence....to teach you patience and endurance, forgiveness and long-suffering, not to respond to an offence, to love in spite of.....

**“Know that the one who carries the dead gets paid by people but the one who carries those who are alive receive their reward from God” -One of the fathers.**

***Each person whom you endure willingly with thanks and with an open heart,  
you will receive a reward from God for enduring him/her.***

Abishai the leader asked David to let him cut off the head of Shimei the son of Gera. David refused. Why?

1. David felt that God permitted this curse so as to punish him for the sin he committed with the wife of Uriah the Hittite. And so he accepted the words of the curse as medicine for his internal depth and said, **“...let him curse, because the Lord has said to him, `Curse David.”** 2 Samuel 16:10

2. His son Absalom turned against him and took the throne by force and David refused to take revenge from him. So why would he take revenge from Shimei who only cursed him and did not take anything from him by force?

3. David considered this curse as a chance to humble himself before God, as a way of obtaining God's mercies.

**Do not get upset with those who do wrong by you but accept it as from the hand of God. Examine yourself, maybe you have sinned against God. Find an excuse for those who hurt you and forgive them.**

**This means that when we find ourselves in a difficult situation, we should examine our behavior.**

**Maybe it is a punishment for a sin that we have committed. Then we should repent and ask forgiveness from God.**

**"It may be that the Lord will look on my affliction and that the Lord will repay me with good for his cursing this day."  
2 Samuel 16:12**

David showed his followers that he accepts God's judgment and that he is content to receive the curse from Shimei, hoping that God may have mercy on him, acknowledge his humiliation and reward him for his submission to God, his patience and his endurance.

**"He who cannot endure a word of criticism, how can he endure the word of praise?"  
- A father of the wilderness.**

**Prayer: Give me O Lord, the width of David's heart**



**D) "Let us fall into the hand of the Lord" (2 Samuel 24:14)** David asked Joab, the leader of his army, to count the people, so as to know the number of men of war. But God was displeased. Why? (Although counting the people in order to know the organize work is not a sin). Discuss with your servant. God sent Gad the prophet to give David a choice of one of three punishments:

- Seven years of famine to come upon his land.
- To flee for three months before his enemies
- Three days' plague in the land.

David said to Gad the prophet, **"I am in great distress. Please let us fall into the hand of the Lord, for His mercies are great; but do not let me fall into the hand of man."** 2 Samuel 24:14 David chose to fall into the hand of the Lord because even if He punished His children, it would be with the Father's gentleness and kindness. God may punish man, but then He will have mercy on him and restrain the punishment. But man has a hardened heart, he would punish with no mercy or pity. So the Lord sent a plague upon Israel and destroyed seventy thousand men. Then David cried out to the Lord saying, **"Surely I have sinned, and I have done wickedly; but these sheep, what have they done? Let Your hand, I pray, be against me and against my father's house."** 2 Samuel 24:17. And the angel stretched out His hand over Jerusalem to destroy it, but the Lord said to him, **"It is enough; now restrain your hand."** 2 Samuel 24:16.

And God heard the cry of David although he had sinned. And the angel of the Lord was by the threshing floor of Araunah the Jebusite, because David was going to erect the altar to offer burnt sacrifices to the Lord, that the plague may be withdrawn from the people. David wanted to buy the threshing floor from Araunah who said to him, **"Now Araunah said to David, Let my lord the king take and offer up whatever seems good to him. Look, here are oxen for burnt sacrifice, and threshing implements and the yokes of the oxen for wood. All these, O king, Araunah has given to the king. And Araunah said to the king, May the Lord your God accept you. Then the king said to Araunah, No, but I will surely buy it from you for a price; nor will I offer burnt offerings to the Lord my God with that which costs me nothing."** 2 Samuel 24:22-24

**And the reconciliation between David and the Lord was accomplished. This is because, an altar was erected to the Lord, a sacrifice was offered and it was accepted by God, therefore reconciliation took place.**

**APPLICATION:** Where would you find the lessons mentioned below in the situations discussed? Note that some of the lessons are incorrect and require correction.

THE LESSON	AGREE/DISAGREE	SITUATION THAT PROVES IT
1. Each person is exposed to sin, no matter how holy he/she is.		
2. Sensitive, righteous souls, if they sin, quickly returns and repents.		
3. The forgiveness of God does not contradict His punishment.		
4. God does not back away from His stand.		
5. The love of the shepherd to his sheep. Where did it show?		
6. We can offer to God a sacrifice for free.		
7. To fall in the hand of the Lord is better than to fall in the hand of man.		
8. Reconciliation with God takes place through the sacrifice which is a symbol of the atoning sacrifice of the Lord Christ.		

#### E) DAVID AS A MODEL OF LOYALTY (1 Samuel 18: 1-5)

“Now when he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.” 1 Samuel 18:1 Jonathan, the son of Saul, was present during the talk between David and King Saul, his father, after David killed Goliath, so he loved him as his own soul. Although Jonathan was brave, a man of war and a crown prince, he still loved David who was honored by the people and by the men of the royal palace more than his father. Although his father warned him that David will rob him of his position in the kingdom, Jonathan still loved his friend because of his courage. To Jonathan, his friendship with David was far greater than the throne of the kingdom. He expressed that love inside him by giving David the robe which he was wearing, his armor and even his sword, bow and belt. What was even greater was Jonathan’s revelation to David of Saul’s plot to kill him so as to save him. Jonathan and David made a covenant of love and friendship with each other and remained loyal to one another till the end, even after Jonathan’s death.

#### WHAT WERE THE CONDITIONS OF THIS FRIENDSHIP?

- 1) There was one aim, the love of God and zeal for His name. That showed in Jonathan fighting the Philistines and David killing Goliath.
- 2) Both were ready to sacrifice their life, each for the sake of the other. It also showed in the way Jonathan defended David before Saul, his father.
- 3) The love between them was sincere and from the heart. It remained firm, without changing or decreasing with time or circumstance. Jonathan was born to rule while David was called to rule. Both were great heroes and leaders of the army. But in spite of that, each looked at the other with respect, admiration and true love till death. Their love for each other became an example referred to by all generations. Discuss with your servant the qualities that you would like to find in your friend.

“Friendship cannot be strong unless you form a unity with your friend through love that is poured in us through the Holy Spirit.”  
– St Augustine.

David’s loyalty to this friendship was revealed when he mourned for Jonathan when he died along with his father Saul. He took hold of his own clothes and tore them and fasted until evening (2 Samuel 1: 11-19) and he said “I am distressed for you, my brother Jonathan; You have been very pleasant to me; Your love to me was wonderful, Surpassing the love of women.” 2 Samuel 1:26. He loved David even though this love made his father Saul angry and with the knowledge that David will become king instead of him. Yet he did not resist him or try to kill him and get rid of him. On the contrary, he would have loved to see David sitting on the king’s throne and for him to be second to him.

b. David was also loyal to Saul in spite of all that he had done to him. He even mourned over him saying, **“How the mighty have fallen....Saul and Jonathan were beloved and pleasant in their lives, and in their death they were not divided. They were swifter than eagles. They were stronger than lions.”** 2 Samuel 1:19, 23

It was a tradition at the time that the new kings was to kill all the descendants of the previous king, lest they resist him and ask for the throne for themselves. But David understood that he did not become king through the hand of man but through the hand of God.

c. After the death of Saul and Jonathan, David did not forget his promise to Jonathan. So he began to ask about who is left from the house of Saul to show them kindness, for the sake of Jonathan. When he heard about Mephibosheth who was lame in his feet, David called him to restore to him the fields of his grandfather Saul. He even asked him to eat bread at his table continually, like a member of his family (2 Samuel 9: 1-3).

*Loyalty Is A Noble Characteristic...*

- **Be loyal to your parents**
- **Be loyal to your friends**
- **Be loyal to all those who do you good or offend you**
- **And before all else, be loyal to your God**

From your point of view and after a quick run-down of the situations in the life of David the prophet, what was the main reason that made God say about David that he is a man after His own heart? **“I have found David the son of Jesse, a man after My own heart, who will do all My will.”** Acts 13:22

## **SOMETHING IS NECESSARY FOR SOMETHING!**

### **Balance Your Virtues and Your Relationships will Succeed**

Virtue is a position between extravagance and carelessness. It means balancing between excessive extravagances and declining carelessness. That is to say, one has to act in moderation. No exaggeration in reaching excessiveness or careless to the extent of negligence. Exaggeration is not acceptable whether positive or negative. It means that you should be in a middle position between extreme strictness and extreme easygoingness to consider “The middle path saved many”. So what is required is the balance in behavior. How beautiful is the old Egyptian saying: “Do not be soft to be pressed or dry to get broken”. Life is a balance between the self and others... And as much as we can succeed with these two, we also succeed in our life and our relationship with others. Look for this balance in all aspects of your life.

### **Life is a Balance:**

Many are those who, in their spiritual life, go to the extreme right or to the extreme left, swinging between the two opposites. And only a few are those who maintain this balance and remain firm in it. Balance contains within it much wisdom, because it has understanding of what should be, but without exaggeration. Balance enables one to be firm, because exaggeration that is built on rashness could not remain firm and how easy for it to turn to the opposite. Therefore, one needs balance. The majority of people, or at least most of them, is singled by one virtue.

They leave the rest of the virtues as they believe that this is the spiritual life. But the spiritual life is not only one virtue, but a complete whole that is called the virtue. In all that complete whole, there is no quality that contradicts the other qualities. Are you balanced in your virtues?

### **Your role model:**

Maybe you could not find your real role model among those around you. But there is the wonderful model of the perfect personality, the Lord Jesus Christ, to Him be glory. Some imagine that the Lord Christ is only loving, meek and gentle. He feels for the suffering of humanity, so He heals their sickness. They imagine Him only as a gentle lamb, **“A bruised reed He will not break, and smoking flax He will not quench”** Matthew 12:20. But we find that in Him, the opposite is also gathered in amazing harmony. In Him, there is love with wisdom and justice, His gentleness tunes with courage, long suffering keeps company with being positive and with other virtues. And in all these qualities together, His feelings spring from a heart that is full of kindness and love for you and for every human being.

### A. Wise Love

Each person needs to love others and to be loved by them. That is how reciprocity of love satisfies our need for safety, happiness and satisfaction. People's love for you is considered as a wealth that is stored for you. Therefore the longer our life gets, the more the need for this reciprocated love. It is like food for the body. And so the commandment said, "Love one another" (1 Peter 1:22). Your feelings of happiness increases or decreases as your love for others and their love for you increases or decreases. The amazing thing is that this happiness becomes reflected on your face and in your actions and also in your approach to life and your endeavor. Your friendship with others, with whom you reciprocate love, gives you strength. Each friend you gain is a protecting armor for you. Love is not just words but life, "Let us not love in word or in tongue, but in deed and in truth" (1 John 3:18).

#### How Do You Gain The Love Of Others?

Your heart on the scale

1. Concentrate on the person when they are talking to you.
2. Be quick to save him/her from critical situations.
3. Sharing in joys and in sorrows.
4. Protect their reputation and secrets. Do not spread rumors against them.
5. Wish him/her good and rejoice in their success.
6. Be very honest in all your dealings with them.
7. Make sure to be courteous to him/her with a sweet word, a gift and a smile.
8. It is essential to take care of your outside appearance, your clothes and your behavior, so others can be comfortable with you. But let this love be in the circle of Christ, the God of love.



Love should be practiced with wisdom because wisdom in love gives it depth and truth so it would not stray and turn to pamper and harmful kindness. Some look at love as fondness and giving continually, without wisdom or control, and sympathy that encourages the continuation of doing what is wrong with no care. Balance in love includes within it much wisdom because wise love gives inner strength. So one becomes able to overcome himself first, before gaining victory over others. His love is also strong in his thought and in his action. Strong here does not mean becoming aggressive towards others. Because aggression is a sign of weakness and not strength. The person who is aggressive does not have the power to control their nerves or their will. So do not let your love be with simplicity lest people deceive you and ridicule you.

### B. Positive Long-Suffering

#### What does long-suffering mean?

It means clearness of the self and the mind that makes one able to endure the demands of life without complaining. Long-suffering enables us to face different trials that we experience daily, such as people's talk, pain, illness and provocative friends. The fruit of long-suffering is the continuation of good work without despair and not expecting quick results. Long-suffering means being patient, but that has to be done with enthusiasm, and that is being positive...

#### What does being positive mean?

It means to hasten to do useful work, to build for others and to always offer love. In other words, for the Christian person to live according to the verse that says, "Whatever you want men to do to you, do also to them" (Matt. 7:12). And it is the exact opposite of being negative, which means to relax and be careless in one's work, which indicates selfishness.

#### How could one be positive with long-suffering?

How wonderful is the positive attitude of the sun and the salt and how effective they are in the environment that surrounds them. The sun does not make a sound or clamor to announce that it is about to illuminate the world and disperse darkness. But this silent effect nobody could deny. The same with the salt. It gives food an acceptable flavor quietly and with no noise, with an effective task, that is, being positive.

- Do not despair in your weakness but always ask for God's help. He will raise you up from your fall and act according to the saying, 'I will pray no matter what happens to me'.
- Do not despair in the ill way your friends treat you, which you do not appreciate. You continue treating them with wise love.
- Do not despair in problems, but be positive in the way you deal with them, "Instead of cursing darkness, light a candle".

- Do not despair in your prayers that are not answered quickly. It is enough that God heard your prayers and He will answer at the right time. There are prayers that are not to be answered.
- Learn the art of listening and do not interrupt the one who is speaking to you, then you will gain the souls of many.
- Do not forget in your prayer to ask for long-suffering that is blended with a positive attitude with your long-suffering God. **“In your patience possess your souls” (Luke 21:19)**. Therefore, the Holy Bible commands us saying, **“But he who endures to the end will be saved” (Matt. 10:22)**. The rash person quickly falls a victim of restlessness, impatience and disturbance which would trouble him psychologically and therefore may lose their inner peace.
- The first person that needs you to be patient with is yourself... Be patient with your weaknesses. That does not mean to submit and stop trying, but it means that: **“Those who come He shall cause to take root in Jacob” (Isaiah 27:6)**. The Holy Bible teaches us that: **“The ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience” (Luke 8:15)**. To bear fruit in our life needs patience and longsuffering but with diligence, work and being positive, not with inactivity. Discuss with your servant situations in the Holy Bible to illustrate positive long-suffering.

### C. The Gentle Courage

A farmer travelled from his village to the central district to sell butter that his wife makes. Each piece was like a big ball and weighed about one pound. The farmer sold the butter to the grocery and bought what he needs, sugar, oil and tea then he returned to his village. The grocer began to store the butter in the fridge. Then it came to his mind to weigh one piece. He found out that it was only 9 ounces. He weighed another piece and it was the same and all the pieces of butter that the farmer sold to him. On the following week, when that farmer came as usual to sell the butter, the grocer greeted him shouting, “I am not going to deal with you anymore... You are not an honest man... Each piece of butter that you sold to me was only 9 ounces... I paid you for a pound for each!” The farmer shook his head sadly and said... How did the farmer defend himself?

How do you defend yourself? With courage that might cause you to lose your gentleness or with gentleness that might make people think that you were wrong... When was Christ brave? His courage did not make Him lose His gentleness.

Gentleness is the key to the door of knowledge because God teaches the meek.

**“The humble He guides in justice and the humble He teaches His way” (Psalm 25:9).**

Gentleness is the ability to learn, diversify and change... It is flexibility, the desire and hunger to always learn and practice.

Gentleness enables the word of God to change our thoughts, our feelings and our wrong decisions.

From the story, select the characteristics of the gentle person: **“Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls” (Matthew. 11:29).**

#### Characteristics Of The Gentle Person

1. The gentle person is kind, calm and peaceful.
2. The voice of the gentle person is not sharp and he does not shout.
3. He is a person who always seeks the love of people, and deals easily with others.
4. He does not revolt against people and does not agitate them but calmness spread in the soul.
5. He does not get angry with anyone, no matter what happens, and would not rest if somebody was angry with him.
6. He has a gentle, cheerful smile with which he meets people and listens to them.
7. He lives in peace with people because he does not examine their features or their actions. He does not allow himself to examine the deeds of people; therefore he does not fall into judging others.
8. He is like a rock, and does not shake, no matter what happens, but quietly surrenders the matter to God. He would say with the Psalmist, **“Though an army should encamp against me, my heart shall not fear; though war should rise against me, in this I will be confident” (Psalm 27:3)**. One of the spiritual fathers said: “It is easy for you to move a mountain from its place but it is not easy to move the gentle person from his calmness”
9. He does not lose his temper or take revenge for himself. He also does not resist evil. He stays away from anger, is patient and has a big heart.
10. He gives soft answers to hard questions.



**But what is gentleness which is mixed with courage? It is Gentle Courage.**

**“Gentleness is a rock on the shore of the sea of anger.  
It breaks all the waves that beat against it but it does not move or become agitated**

## From the following verses, select what is understood by gentle courage:

- Is strong with no violence in his nature and gentle with no weakness in his self.
- Is wise, who has disciplined people with his/her restraint. Having love and affection in their voice.
- Has a pure and honest style and a chaste tongue with clean/pure words.

It is know that goodness is the common characteristic of the gentle. But when the situation calls for gallantry, courage or witnessing for the truth, he would not refuse in order to remain gentle. But if he refuses to face the situation with courage, his gentleness would not be real. It becomes slackness in his nature and misunderstanding to the meaning of gentleness.

The gentle person, who is kind and calm, is not a dead body that does not move. If necessary he moves with strength towards what is good and towards others. That would not be against his gentleness. But the lack of taking action would be a kind of laziness and he would be blamed for it. He could even become a mockery in peoples' eyes.

The gentle is not always negative, but he witnesses for the truth without refraining. He could also interfere to solve the problems of others, if it was within his ability to do so.

He would solve problems quietly, according to his nature and within his duty.

One of the characteristics of the gentle is that he does not say much. But in this matter, he places before himself the saying of King Solomon the Wise:

**“A time for every purpose under heaven: A time to keep silence, And a time to speak...” Ecclesiastes 3:1,7**

Therefore he speaks when it is better to speak and he keeps quiet when it is better to remain silent. And when he talks, his words are effective and with strength. And when he remains silent, his silence also would have strength. But he would not keep quiet when it is necessary to speak, as he feels that he could be judged for the silence.

The gentle person does not insult anyone, and at the same time, does not expose himself to be insulted. He does not return offence with an offence, but he respects people and he acts in a way that makes them respect him. He is on a level above doing wrong. He does his best to avoid mistakes. But if somebody does him wrong, that person's conscience will rebuke him and he will also be rebuked by others. Is it possible for the gentle person to get angry without contradicting his gentleness?

What is your opinion about the saying, “It is not my problem, let me mind my own business”.

## Situations from the Holy Bible where gentleness was mixed with courage:

1. Cleansing the Temple and rebuking the scribes and the Pharisees (John 2:14-16).
2. The way the Lord Christ acted towards an adulterous that was caught in the very act (John 8:7).
3. The way the Lord Christ acted towards the High Priest during His trial (John 18:19-23).
4. The way the Lord Christ acted when questioned by Pilate (John 18:23-37).
5. The way John the Baptist acted towards Herod and Herodias (Matt. 14:1-4).
6. The way St Paul the Apostle acted during his trial before Felix (Acts 24:22-27).
7. The way Abram acted towards those who took Lot captive (Genesis 14:14-16).
8. The way David acted towards Goliath (1 Sam. 17:4-47).
9. The way Moses acted towards the people when he found them worshipping the calf (Exodus 32:19-26).



## How Do I Become Gentle?

- In your daily speech, stay away from a raised voice and try to make your voice light and calm.
- Train yourself to have calm features because the angry person, his anger shows on his face, in his eyes and in his frown.
- Try to control all your movements, not only the movement of your hands. Be calm in the way you sit and the way you walk. Do not look as being enraged or anxious.
- Train yourself to use calm words when angry, because the gentle heart is gentle in everything: in his voice, his features, his words, his nerves and his movements.
- In your prayers, do not forget to ask for gentleness from your gentle God. If one of your brothers/sisters carried out a badly chosen action or did something with negligence, do not get angry with him/her and become furious, whether within you or on the outside. But you must endure their mistake. Remember that all through your life, you have committed many sins. You are a human being with weaknesses. And God has long suffering and much patience and is full of mercies. He forgives you as he forgives all people for all their sins.

# WORDS FROM HIS HOLINESS POPE SHENOUDA

## Our Lord Jesus Christ is Our Model Teacher

The Lord Christ is "Holy" (which means that His holiness is unlimited). But He gave us, through the Holy Spirit, nice fruits (**Galatians 5:22**) which are:

**Love, joy, peace, long suffering, kindness, goodness, faithfulness, gentleness and self-control.**

There is no book more beautiful than the book of His Holiness Pope Shenouda III "Fruit of the Spirit", in which he presents a detailed spiritual study of these fruit.

The following are some of the sayings of His Holiness:



### 1. Love:

- ❖ "Many people lived a life of repentance on the outside but did not live in love that is from within. So they formed a relationship with God that is based on formalities and rituals. But there was no love between them and Him and so they failed".
- ❖ "Enter to the depth of love and love never fails".
- ❖ "With love man lives in joy always, rejoicing in the Lord who leads him to victory".

### 2. Joy:

- ❖ "We have to observe here that there is a difference between pleasure and joy".
- ❖ "Pleasure relates to the body and its senses. But true joy is for the spirit".
- ❖ "True joy is rejoicing in the Lord. The joy of being in the presence of the Lord and in His fellowship".
- ❖ **"Rejoice in the Lord always. Again I will say, rejoice!" (Philippians 4:4).**

### 3. Peace

- ❖ "Peace with God and peace from God".
- ❖ "Peace with people".
- ❖ "Inner peace in the heart between man and himself".
- ❖ "Do not let dispute come because of you".
- ❖ "Be patient with long suffering".



### 4. Long suffering:

- ❖ "God Himself has long suffering and is patient".
- ❖ "He is very patient when dealing with sinners".
- ❖ "People have certain manners that they need to change to long suffering".
- ❖ "With long suffering, we would not become angry with sinners".
- ❖ "Contemplate the tree and how it does not give fruits except after years".

## 5. Kindness:

- ❖ “If you are not kind in your dealings, then you are not religious at all”.
- ❖ “The heart that is full of kindness does not rebuke much”.
- ❖ “He wins people by his kindness”.

## 6. Goodness

- ❖ “Negative goodness is staying away from sins”.
- ❖ “As for positive goodness, it is represented in the beatitudes in the New Testament”.
- ❖ “Man is required to deal with the two types together” keeping far from sins on the negative side and acting in all virtues on the positive”.

## 7. Faithfulness:

- ❖ “There is faithfulness in dogma and faithfulness in practical life”.
- ❖ “True faithfulness shows clearly in our practical life, in our dealings and in our relationship with God and with people”.
- ❖ “That is the practical faith”.

## 8. Gentleness:

- ❖ “The gentle person is usually loved by all people on this earth so he gains this earth here and the land of the living there.”
- ❖ “Gentleness has been the mark of Christians since the beginning”.
- ❖ “The gentle person is the kind and peaceful one”.
- ❖ “He is the quiet person in everything”.

## 9. Self Control:

- ❖ “A chaste tongue is gentle and well-mannered”.
- ❖ “Chastity of the body is keeping it from all bad carnal lust”.



# Memorization

## MATTHEW 5:1-12

### Memorizing a Specific Text From the Holy Bible

*Our Lord Jesus Christ delivered it while on a mountain, and the mountain is a symbol of the heavenly because of its height.*

**5:1** And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. **2** Then He opened His mouth and taught them, saying: **3** Blessed are the poor in spirit, For theirs is the kingdom of heaven. **4** Blessed are those who mourn, For they shall be comforted. **5** Blessed are the meek, For they shall inherit the earth. **6** Blessed are those who hunger and thirst for righteousness, For they shall be filled. **7** Blessed are the merciful, For they shall obtain mercy. **8** Blessed are the pure in heart, For they shall see God. **9** Blessed are the peacemakers, For they shall be called sons of God. **10** Blessed are those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven. **11** Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. **12** Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

## Bible verses proving the Divinity of our Lord Jesus Christ

*(Memorize 15 of the following verses)*

### 1. The Eternal Christ

"Then they said to him: "Who are you?" And Jesus said to them; just what I have been saying to you from the beginning". John 8:25  
"Most assuredly, I say to you, before Abraham was, I AM" John 8:58  
"I am the Alpha and the Omega, the First and the Last," Rev 1:11  
"I, Jesus ... I am the Root and the Offspring of David, the Bright and Morning star." Revelation 22:16  
"I am the Alpha and the Omega, the Beginning and the End, the First and the Last" Revelation 22:13

### 2. The Omnipresent Christ *(who is everywhere at all times)*

"No one has ascended to heaven but He who came down from heaven, that is, the Son of Man who is in heaven" John 3:13  
"For where two or three are gathered in My name, I am in the midst of them." Matthew 18:20  
"I am with you always, even to the end of the age." Matthew 28:20

### 3. The All Knowing Christ

"... Lord, You know all things;" John 21:17  
"... Jesus knew from the beginning who they were that did not believe, and who would betray Him" John 6:64  
"Jesus therefore, knowing all things that would come upon Him, went forward," John 18:4

### 4. Christ the Judge

"For the Son of Man will come in the glory of His Father with His angels, and then He will reward each one according to his works" Matthew 16:27  
"For the Father judges no one, but has committed all judgment to the Son" Revelation 2:23 "I will give to each of you according to your works." John 5:22

## 5. The Infallible Christ

"Which of you convicts Me of sin? And if I tell the truth, why you do not believe Me" John 8:46

"I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me?" John 14:30

"For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him" 2 Corinthians 5:21

"For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin" Hebrews 4:15

"Who committed no sin, nor deceit found in His mouth" 1 Peter 2:22

## 6. Christ the Creator

"All things were made through Him, and without Him nothing was made that was made" John 1:3

"He was in the world, and the world was made through Him and the world did not know him" John 1:10

"He is the image of the invisible God, the origin of all creation" Colossians 1:15

"but we have one God, the Father, from whom are all things, and we for Him; and one Lord Jesus Christ, through whom are all things and through whom we live." Colossians 1:16

"For by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him." 1 Corinthians 8:6

## **The Agpeya- The Midnight Prayer –First Watch**

*The midnight prayer refers to the second coming and the Day of Judgment. It consists of three services, referring to how the Lord Christ prayed three times at Gethsemane. In it, we wait for the coming of the Lord Christ; therefore the church gets us up to pray: "Rise children of light."*

## Psalm 70

*David asks God to save him from the invisible enemies "envy of the devils".*

"Make haste, O God, to deliver me! Make haste to help me, O Lord! Let them be ashamed and confounded who seek my life; Let them be turned back and confused who desire my hurt. Let them be turned back because of their shame, who say, "Aha, aha!" When others cause us pain, we raise our voice to God alone, entreating Him to make haste and help us. He is the only One who is able to fill our life with joy. "Let all those who seek You rejoice and be glad in You, And let those who love Your salvation say continually, Let God be magnified!" Many times our prayers end up full of requests for us and for others and we forget to give thanks to God for all He gave us. All those who long for You, O Lord, rejoice when they see their victory complete with You and those who love Your salvation know that Your right hand saved them, not with a sword or an arrow but with Your strength. "But I am poor and needy; Make haste to me, O God! You are my help and my deliverer"

## The Gospel (Matt. 25:1-13)

*The Lord gave us this parable in order to be wise and get ready for the Lord's coming. Number 5 is a symbol for man.*

Then the kingdom of heaven shall be likened to ten virgins who took their lamps and went out to meet the bridegroom. "Now five of them were wise, and five were foolish. "Those who were foolish took their lamps and took no oil with them, "but the wise took oil in their vessels with their lamps. "But while the bridegroom was delayed, they all slumbered and slept. "And at midnight a cry was heard: 'Behold, the bridegroom is coming; go out to meet him!' "Then all those virgins arose and trimmed their lamps.

"And the foolish said to the wise, 'Give us some of your oil, for our lamps are going out.' "But the wise answered, saying, 'No, lest there should not be enough for us and you; but go rather to those who sell, and buy for yourselves.'

"And while they went to buy, the bridegroom came, and those who were ready went in with him to the wedding; and the door was shut. "Afterward the other virgins came also, saying, 'Lord, Lord, open to us!' "But he answered and said, 'Assuredly, I say to you, I do not know you.' "Watch therefore, for you know neither the day nor the hour in which the Son of Man is coming. Glory be to God forever. Amen.

**Sayings of the Fathers:** Memorize 10 of the following sayings:

1. "Let us learn how to endure without grumbling and denial for what happens to us because God knows what is good for us". (St John Chrysostom).
2. "Be indifferent to what people have, people will love you". (Mar Isaac).
3. "Those who live with integrity will see the power of God work in their life and be comforted". (St John Chrysostom).
4. "Do not let yourself love or hate a thing from the first look, but examine it carefully in your mind, because many a time evil is hidden behind deceitful appearance". (St Theophan the Hermit).
5. "Remember that the time in your hand is valuable. The hour will come when you will search for it but would not find it. Therefore spend all the time of your life in a way that pleases God". (St Theophan the Hermit).
6. "Respect all because they are the image of God. Be humble to all and to please all within what is good. Do not despise a man. And above all things, keep your peace and be on good terms with all". (St Theophan the Hermit).
7. "Do not look, speak or act in a thoughtless manner, but train yourself to act calmly and with dignity in your movements and outside deeds. Then you will achieve inward peace easily and with no difficulty". (St John Chrysostom).
8. "Virtue occupies a middle position and it was said that mature courage is the way between daring and cowardice". (St John Casian).
9. "Do not slacken in your work lest you become in shame when you stand among your companions; and do not be without a favor on your journey then you will be alone on the side of the road". (St Isaac the Syrian).
10. "When the soul is full of the fruit of the Holy Spirit, it becomes completely comforted from sorrow, trouble and weariness. It would also put on wideness, peace and joy from God. And in her heart, a gate will be opened to love all people". (St Isaac the Syrian).
11. "If you heard one slandering another, run away as if you are escaping from a poisonous snake, till he becomes ashamed and learns not to say such things once more". (St Jerome).
12. "If you are not able to shut the mouth of the one who speaks evil about another, at least keep your mouth from sharing in that matter". (Mar Isaac the Syrian).
13. "Anger destroys even the intelligent and a gentle response dismisses anger. A word that hurts would stir up anger. Everything depends on your decision: to stir up anger or to act quietly". (St John Chrysostom).
14. "As you have done it shall be done to you" (Obadiah 15), this is the order of nature. Everyone receives the same treatment that he did to others and will be equally rewarded according to what he did". (St Cyril the Great).

# Coptic

## Coptic Alphabet

### Notes:

- The Coptic Language consists of 32 letter: 24 consonants, 7 vowels (a o w i u e h), and 1 letter only used as a number (,)
- The mark written ( ` ) is called a jenkem. If used with a consonant, it is pronounced like a short e, and if used with a vowel, the vowel is pronounced separately.

Vowels for (e) sound	Vowels for (o) sound	Vowels for (a) sound
e- -h- i- u	o -w	a



Letter	Name	Pronunciation	Word	Meaning
A a	Alpha	Short a, as in the word “and”	Are\	Keep (memorize)
B b	Veta	v, if followed by a vowel	Bwk	servant
		b, if not followed by a vowel	Twb\	ask
G g	Ghamma	g, as in God, if followed by (e-h-i-u)	`Genoc	race
		n, if followed by (g-k-x-[])	Aggeloc	angel
		gh, otherwise	Gravh	book
D d	Delta	d, if used in a proper name	Adam	Adam
		th, as in the word “this”, otherwise	Do[a	glory
E e	Ei	Short e, as in the word “get”	`Emi	knowledge
< ,	Soo	Only used for the number 6	<?? `njwm	6 books
Z z	Zita	z	Zw`h	life
H h	Ita	Long e, as in the word “need”	Kat\ht	precious
Q q	Theta	t, if it follows c or ]	` }qe\	Gate / street
		th, as in the word “thank”, otherwise	Qelhl	rejoicing
I i	Iota	Short e, as in the word “kid”	Iwi	wash
K k	Kappa	k	Keli	knee
L l	Lavla	l	`Wli	lift
M m	Mi	m	`Mnai	here
N n	Ni	n	Na\;	believe
{ [	Ksi	ks (k+s)	`A[ioc	deserving
O o	O	Short o	`Avot	cup

Letter	Name	Pronunciation	Word	Meaning
R r	Ro	r	Ran	name
C c	Cima	s	Cunxwrin	absolve
T t	Tav	t	"a`t\h	Before (in front of)
U u	Epsilon	v, if it follows a or e	}au	cat
		oo, as in the word "food" if it follows o	Ouw]	willing
		i, otherwise	Yuxh	soul
V v	Phei	f	` Viwt	The father
X x	Kei	k, in Coptic words	Xw ebol	remit
		sh, in Greek words, if followed by e-h-i-u	Xere	hail
		kh, otherwise	Xoroc	chorus
Y y	Psi	ps (p+s)	`Yaria	Small fish
W w	Oo	Long O, as in the word "oil"	Wik	bread
} ]	Shai	sh	` }kelkil	bell
F f	Fai	f	Fwci	axe
"	Khai	kh	Wn'	life
\	Hori	h	hp	hidden
J j	Ganga	j, if followed by e-h-i-u	Jerjer	play
		g, as in the word "God", otherwise	Jash	left
S s	Tchima	ch, as in the word "check"	Si	take
::	Ti	ti (t+i)	Mou;	call

## How to differentiate between Coptic & Greek letters?

Letters usually come in Greek words: ( g d z [ y ) but could come in Coptic words

Example: **Yuxh** = soul (Greek)      **li[** = veil (Coptic)

Letters that come in Coptic words only: ( ] f ´ \ j s )

Example: **Si** = take      **]ourh** = censer

The letter \ comes only in Coptic words, but sometimes it can be used before a Greek word to express the H.

Example: **\irhnh** = peace

## The Past Tense

Use		Indicates an event that happened and completed in the past			
Letter (the symbol)	The subject is a name	In affirmative: a		In negative: `mpe	
The letter is attached to the word indicating the person	Affirmative	I	Ai	We	An
		You (singular masculine) You (singular feminine)	Ak Are	You (plural)	Areten
		He She	Af Ac	They	Au
	Negative	I	`mpi	We	`mpen
		You (singular masculine) You (singular feminine)	`mpek `mpe	You (plural)	`mpeten
		He She	`mpef `mpec	They	`mpou

The affirmative sentence could be formed according to 1- the subject if it is a clear name in the sentence or it is an article (absent) or 2- both together:

- 1- The subject is a clear name: the man came = ` A pirwmi `i
- 2- The subject is absent: (he) came = Af`i
- 3- A name & an article together: the man (he) came = Pirwmi af`i
- 4- An article & a name: came (I mean) the coming of the man = Af`i `nje pirwmi
- 5- The negative sentence: He did not know the word = ` Mpefcwoun `mpicaji

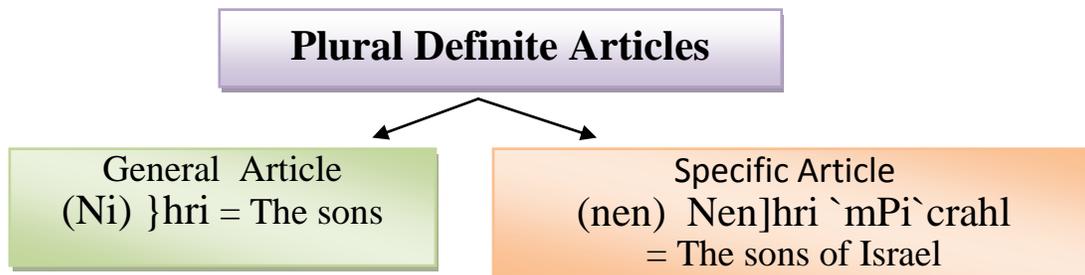
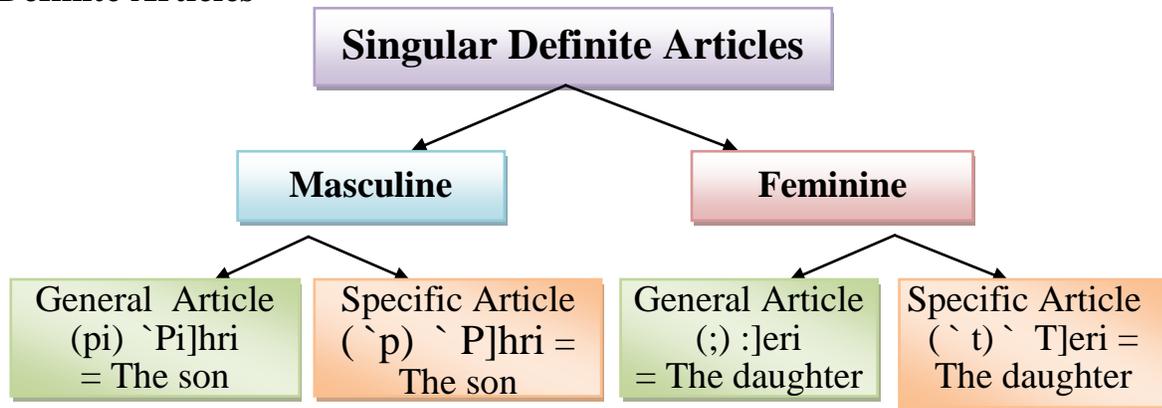
## Hymn Bwl `ebol (loose, remit) from the Agpeya & the Liturgy prayers:

Bwl `ebol xw `ebol `aricunxwrin nan V: `nnenparaptwma >	Loose, remit, and forgive us, O God, our iniquities
Nhetanaitou 'en penouw] > Nem nhetanaitou 'en penouw] an >	Which we have committed willingly and which we have committed unwillingly
Nhetanaitou 'en ou`emi > Nem nhetanaitou 'en oumetat`emi>	Which we have committed knowingly and which we have committed unknowingly
Nhet\hp nem nheqouwn\ `ebol > P_ Ek`exau nan `ebol	The hidden and the manifest. O Lord, remit for us

### Conversation:

<b>Qmau</b>	Nane toou`i	<b>The mother</b>	Good morning
<b>P]hri</b>	Nane toou`i tamau	<b>The son</b>	Good morning, my mother
<b>Qmau</b>	Twnk pa]hri	<b>The mother</b>	Rise (wake up) my son
<b>P]hri</b>	:ouw] `nta`enkot `nou kouji	<b>The son</b>	I want to sleep a little
<b>Qmau</b>	Xnawck> twnk `ntek`]hl `mpatek jenak `etekanzhb	<b>The mother</b>	You will be late, rise (wake up) to pray before you go to your school
<b>P]hri</b>	Nanec tamau aitwnt	<b>The son</b>	Fine my mother I will rise (wake up)
<b>Qmau</b>	Mare V: ]wpi nemak `nchou niben	<b>The mother</b>	May God be with you all the time

### Part 1: Definite Articles



Notes:

- The definite articles are different in words beginning with b.i.l.m.n.o.r

`p	→	`v	Example	`pcon	The brother	`viwt	The father
`t	→	`q		`tcwni	The sister	`qmau	The mother

Very important: The specific article `v is specified for words having multi-meaning:

Iwt = Father or barley	`viwt = The father	Piiwt = The barley
Iom = Sea or winepress	`viom = The sea	Piiom = The winepress

## Part 2: Indefinite Articles

ou for singular nouns, and \an for plural nouns

Example: Ourwmi = a man                      |anrwmi = men

		Sample words					
Ourwmi	A man	`pka i	The earth	Ouparqenoc	A virgin	`tpolic	The city
\anrwmi	men	`vna;	The faith	\anparqenoc	virgins	`qmau	The mother
Pi`ctauroc	The cross	nimwit	The ways	; irhnh	The peace	Nenkap `nte ;kuqara	The strings of the harp

## The Object

If the object is a noun or a pronoun, the **verb** is attached to the object by the letter `n

(Note that the `n changes to `m before ( b m p v y )

Example	`A V: qamio `n`tve	God created the heavens
	Afkwrff `m`vmou	(He) abolished death

**Some exceptions:** We use the letter `e instead of `n / `m with some specific verbs:

### 1- Verbs indicating the action of senses or for the soul:

Ka;	Understand	Nau	see
Na\;	believe	cwtem	hear

### 2- Verbs indicating a speech action:

; o	Ask	Mou;	Call
`cmou	bless	\wc	praise

### 3- Some verbs indicating a moving action:

Jari	Hit	Kim	Move
Kw;	Surround	\iou`i	Put down

**Examples:**

Acnau `epiaggeloc	(she) saw the angel
Ten`cmou `e `Vnou;	We praise God

If the object is a detached pronoun, the **pronoun** is attached to the letter `n / `m or `e

The `m becomes `mmo , and the `e becomes `ero

`mmoi	`eroi	I	`mmon	`eron	We
`mmok	`erok	You (singular masculine)	`mmwten	`erwten	You (plural)
`mmo	`ero	You (singular feminine)			
`mmof	`erof	He	`mmwou	`erwou	they
`mmoc	`eroc	She			

Examples:

` A Maria mici `mmof	Mary gave birth to Him
` A `Vnou; qamio `mmoc	God created her
Acnau `erof	Saw him
\wc `erof	Praise Him

The sentence could be formed in different ways:

Au`i]I `mPi`xrioc	They crucified Christ
Au`i]i `mmof	They crucified Him
` A niIodai `iji `mPi`xrioc	The Jews crucified Christ
` A niIodai `iji `mmof	The Jews crucified Him

### The 1<sup>st</sup> 2 paragraphs of the Hymn of the Three Young Men

Ariyalin `evhetafajf `e`rhi `ejwn ouo\ aukocf  
aftwnf afkwrf `m`vmou af; ]o]f  
\wc `erof `ari\ou`o sacf.

O sing unto Him who was crucified, buried and resurrected, who trampled and abolished death. Praise Him and exalt Him above all.

Bw] `mpirwmi `mpaleoc ouo\ jwl\ `mpiberi  
eu`kleoc ouo\ `e`wnt `emega`eleoc  
\wc `erof `ari\ou`o sacf.

Take off the old man, and put on the new and superior one, come closer to the Greatness of mercy. Praise Him and exalt Him above all.

### Conversation:

`viwt	Nane rou i	The father	Good evening
`t]eri	Nane rou i paiwt	The daughter	Good evening my father
`viwt	Qwn pep econ&	The father	Where is your (singular feminine) brother?
`t]eri	"en ;ek`klhci`a	The daughter	In the church
`viwt	Eqbe ou&	The father	Why?
`t]eri	`mvoou piqwou; `nnipef]em]i `n;ek`klhci`a eqbe pi]em]i	The daughter	Today is the meeting of the servants of the church for the service
`viwt	Nanec, ;\oker	The father	Fine, I am hungry
`t]eri	;nacob; `n;`re`nxwlem	The daughter	I will bring food quickly
`viwt	:]ep`\mot`ntotk	The father	Thank you (singular)
`t]eri	`Mmon`\li paiwt	The daughter	You're welcome my father



# Hymns and Praises



## The Hymn during the distribution of the Holy mysteries on weekday liturgies of Great Lent Pimairwmi (Coptic)

Pimairwmi `n`agaqoc Pasoic Ihcouc ;;\o `erok `mper\it cajash `mmok nem nibaempi `nrefernobi.	O Good One and Lover of Mankind, my Lord Jesus, I beg You, cast me not to Your left, with the goats the sinners.
Oude on `mperjoc nhi je ;cwoun `mmok an ma]enak `bol \aroi `w vhetcebtwt `mpi`xrw m `n`ene\.	And likewise say not to me, "I never knew you; depart from Me, O you prepared for the everlasting fire."
:`emi gar 'en oumeqmhi je anok ourefernobi ouo\ na`\bhoui throu et\wou ceouwn\ `ebol `mpek`mqo.	For I know in truth, that I am a sinner, and all my evil deeds, are manifested before You.
:jw `n`t`cmh `nte pitelwnhc eiw] `ebol eijw `mmoc je Vnou; xw nhi `ebol je `anok ourefernobi.	With the voice of the tax collector, I cry out and say, "O God forgive me, for I am the sinner."
Aiernobi aiernobi Pasoic Ihcouc xw nhi `ebol je `mmon bwk `naternobi oude `mmon soic `natxw `ebol.	I have sinned I have sinned, O my Lord Jesus forgive me; for there is no slave without sin, nor master without forgiveness.
Moi nhi Psoic `noumet`anoi`a `e`pjintaermet`anoin `mpate `vmou ma`]qam `nrwi 'en nipulh `nte `amen;.	Grant me repentance, O Lord, so that I repent before death shuts my mouth inside the gates of Hades.
Ouo\ on `nta; logoc 'a nai throu `etaiaitou pi`krihc `mmhi Ihcouc `nqof eqna;\ap `eroi.	And also that I may give an account for all that I have done, O true Judge Jesus, who will judge me.
Ouref]en\ht pe pacwthr ef`e]en\ht 'a peflaoc \wc `agaqoc ouo\ `mmairwmi nai nan kata pekni];`nnai.	Compassionate is my Savior, who shall have compassion upon His people, as a Good One and Lover of Mankind, have mercy upon us according to Your great mercy.

## Doxology for Saturday and Sunday Liturgy of Great Lent (English)

Your mercies O my Lord will I praise, forever and ever, and from generation to generation, I will declare Your truth with my mouth.

+ My lawless deeds have covered my head, and have weighed me down, O God hear my sighs, and cast them away from me.

Make me like the publican, who had sinned against You, You had compassion upon him, and forgave him his sins.

+ Make me like the harlot, whom You had redeemed, You saved and rescued her, for she was pleasing to You.

Make me like the thief, who was crucified at Your right hand, he confessed to You, and likewise saying.

+ "Remember me O my Lord, remember me O my God, remember me O my King, when You come into Your kingdom."

For You O my Savior, accepted his confession, You were compassionate upon him, and sent him to Paradise.

+ Likewise I am a sinner, O Jesus my true King and God, have compassion upon me, and make me as one of them.

For I know that You are good, compassionate and merciful, remember me in Your mercy, unto the ages of the ages.

+ I ask of You O my Lord Jesus, rebuke me not in Your anger, and likewise in Your wrath, chasten me not for my ignorance.

For You desire not the death of a sinner, but rather that he return and live, have pity upon my weakness, and look not upon me in anger.

+ I have sinned O Jesus my Lord, I have sinned O Jesus my God, O King count not the sins that I have committed.

I entreat You O my Savior, let Your mercies come upon me, and save me from the distresses that come upon my soul.

+ Send me not to the fire, for my ignorance as was done to Sodom, and likewise destroy me not, as was done to Gomorrah.

But deal with me, O my Lord as You dealt with the Ninevites, for they repented, and You forgave them their sins.

+ But may Your mercies, come upon me speedily, that I may proclaim with those people, with an unceasing voice.

Therefore I entreat You, O Lord God my Savior, judge me not, I the weak and sinful.

+ But rather absolve and remit, my many trespasses, as the Good One and Lover of Mankind, have mercy upon us according to Your great mercy.

### Conclusion of prayers for Great Lent Cwmatoc ke `hmatoc (Coptic)

Cwmatoc ke `hmatoc monogenhc Qeou metalabontec autw eucharicthcwmen.	The Body and Blood of the only-begotten God; having partaken, let us give thanks to Him.
Do[a Patri ke Uiw ke Agio Pneumati.	Glory be to the Father and the Son and the Holy Spirit.
Cwmatoc ke `hmatoc monogenhc Qeou metalabontec autw eucharic thewmen.	The Body and Blood of the only-begotten God; having partaken, let us give thanks to Him.
Ke nun ke `a`i ke ic touc `e`wnac ton `e`wnwn. Amhn.	Now and forever and unto the age of all ages. Amen.
Vai pe picwma nem pi`cnof `nte pimonogenhc `nnou; nai `etansi `ebol `n`htou maren]ep`mot `ntotf maren\wc nem niaggeloc nem nitagma `nte `psici nem `pxoroc `nte ni`qmhi enw] `ebol enjw `mmoc	This is the Body and Blood of the only-begotten God; having partaken, let us give thanks to Him. Let us sing praises with the angels and the orders of the Highest and the choir of the righteous proclaiming and saying: O You who fasted for us forty days and forty nights, accept our fasting and forgive our lawlessness. Through the prayers and intercessions of our lady, � Saint Mary.
Je vh`etafernhteuin `e`rhi `ejwn `n`me `n`e\o`ou nem `me `n`ejor\ ]wp `erok `n;nhtcia xw nan `ebol `nnen`anomia \iten nitwb\ nem ni`precbia `nte tensoic `nnhb Maria.	
Cw; `mmon ouo\ nai nan. Kurie `elehcon Kurie `elehcon Kurie euloghcon `amhn. Cmou `eroi `cmou `eroi ic ;metanoia xw nhi `ebol jw `mpi`cmou.	Save us and have mercy upon us. Lord have mercy, Lord have mercy, Lord bless Amen. Bless me, bless me, behold the repentance, forgive me, say the blessing.

### Allhlouia during the distribution of the Holy Mysteries of Great Lent for weekdays (without Psalm 150)

Do[a ci Kurie do[a ci.	Glory to You O Lord, glory to You.
Allhlouia al al al.	Alleluia, alleluia, alleluia, alleluia.
A Ihcouc Pi`xrioc ernhcteuin `e`rhi `ejwn `n`me `n`e\o`ou nem `me `n`ejwr\.	Jesus Christ fasted on our behalf forty days and forty nights.

### The Hymn before the selection of the Lamb Apinau ]wpi (Coptic – First two verses only)

`A pinau ]wpi xa nimh] `ebol. Mare nica' viri `ebol mare nicovoc qw`ou; ]aron eu`ermhneuin 'en ni`gravh eqouab.	The time came to send the multitude away. Let the scribes write, let the wise men assemble, and reveal what is in the holy Scriptures.
`Ere pi`cmou `n;`Triac eqouab, `Viwt nem `p]hri nem pi`Pneuma eqouab...	The blessing of the holy Trinity, the Father and the Son and the Holy Spirit

## The Hymn Nefcen; for the days Liturgies during the Great Lent (Coptic)

<p>Nefcen; 'en nitwou eqouab `aPsoic mei `nnipulh `nte Ciwn `e\ote nima `n]wpi throu `nte Iakwb afcaji `eqbh; `n\an `\bhoui eutaihout ;baki `nte Vnou; Allhlouia.</p>	<p>His foundations are in the holy mountains; the Lord loves the gates of Zion more than all the tents of Jacob. Glorious things have been spoken of you, O city of God. Alleluia.</p>
<p>Ciwn ;mau najoc je ourwmi nem ourwmi af]wpi `n'htc ouo\ `nqof petsoci af\icen; `mmoc ]a `ene\ Allhlouia.</p>	<p>“Mother Zion” a man shall say, and a man was born in her, and the Most High Himself has founded her forever. Alleluia.</p>

## Tenqhnou (Coptic – Long tune)

<p>Tenqhnou `e`p]wi ni]hri `nte piouwini `nten\wc `ePsoic `nte nijom.</p>	<p>Arise, O children of the Light, let us praise the Lord of Hosts.</p>
<p>]opwc `ntefer`\mot nan `m`pcw; `nte nenyuxh. "en `pjin`qren`o i `eraten `mpek`mqo cwmatikwc.</p>	<p>That He may grant us the salvation of our souls. Whenever we stand before You in the flesh.</p>
<p>Aliou`i `ebol \iten pennouc `mpi\unim `nte ;eb]i.</p>	<p>Cast away from our minds the slumber of sleep.</p>
<p>Moi nan Psoic `noumetrefernumvin \opwc `ntenka; `nten`o i `eraten `mpek`mqo `m`vnau `nte ;`proceuxh.</p>	<p>Grant us sobriety, O Lord that we may know how to stand before You at times of prayer.</p>
<p>Ouo\ `ntenouwrp nak `e`p]wi `n;do[ologia `eter`prepi ouo\ `nten]a]ni `e`pxw `ebol `nte nennobi eto] do[a ci vilan`qrwpe.</p>	<p>And ascribe unto You the befitting glorification and win the forgiveness of our many sins: Glory be to You, O Lover of mankind.</p>
<p>]hppe de ``cmou `ePsoic ni`ebiaik `nte Psc? do?...</p>	<p>Behold; bless the Lord, all you servants of the Lord, Glory...</p>
<p>Nhet`o i `eratou 'en `phi `mPsc? 'en niaulhou `nte `phi `mPennou; do?...</p>	<p>You who stand in the house of the Lord; in the courts of the house of our God: Glory...</p>
<p>`N`\rhi 'en ni`ejwr\ fai `nneten]ij `e`p]wi nheqouab ``cmou `ePsc? do?...</p>	<p>By night lift up your hands, O you saints and bless the Lord: Glory...</p>
<p>Psc ? ef`e``cmou `erok `ebol 'en Ciwn vh`eta fqami`o `n`tve nem `pka i do?...</p>	<p>The Lord bless you from Zion who made heaven and earth: Glory...</p>
<p>Mare pa;]o 'wnt `mpek`mqo Psc? maka; nhi kata pekcaji do...</p>	<p>Let my cry come near before You, O Lord; give me understanding according to Your word. Glory...</p>
<p>Ef`e`i `e'oun `mpek`mqo `nje pa`a[i`wma kata pekcaji matan'oi do?...</p>	<p>Let my supplication come before You; deliver me according to Your word: Glory...</p>
<p>`Ere na`cvotou bebi `nou``cmou `e]wp ak]an</p>	<p>My lips shall utter praise, for You teach me Your</p>

`tcaboi `enekmeqmhi do? ...	statutes: Glory....
Palac ef`e`erou`w `en nekcaji je nekentolh throu \anmeqmhi ne do?...	My tongue shall speak of Your words for all Your commandments are righteousness: Glory...
Marec]wpi `nje tekjij `e`vna\met je nekentolh aier`epiqumin `erwou do?...	Let Your hand become my help, for I have chosen Your precepts: Glory....
Aisi]]wou `mpekoujai Psoic ouo\ peknomoc pe tameleth do?...	I long for Your salvation, O Lord, and Your law is my delight: Glory....
Ec`ewn' `nje tayuxh ouo\ ec`e`cmou `erok ouo\ nek\ap eu`eerbo`hqin `eroi do?...	Let my soul live, and it shall praise You; and let Your judgments help me: Glory...
Aicwrem `m`vrh; `nou`ecwou `eaftako kw; `nca pekbwk je nekentolh `mpierpouw] do?...	I have gone astray like a lost sheep; seek Your servant, for I do not forget Your commandments: Glory...
Do[a Patri ke Ui`w ke `agi`w Pneumati do?...	Glory be to the Father, and the Son and the Holy Spirit: Glory...
Ke nun ke `a`i ke ic touc `e`wnac tw `e`wnwn amhn do?...	Now and forever and unto the age of all ages, Amen: Glory...
Pi`wou `mViwt nem P]hri nem Pipneuma eqouab icjen ;nou nem ]a `ene\ `nte ni`ene\ throu `amhn do?...	Glory be to the Father, and the Son and the Holy Spirit, now and forever and unto all ages, Amen: Glory...
Pi`wou nak pimairwmi `n`agaqoc xere tekmau `mparqenoc nem nheqouab throu `ntak do?...	Glory be to You, O Good One, the Lover of Mankind. Hail to Your Mother, the Virgin, and all Your saints: Glory....
Do[a ci `omonogenhc `agi`a Triac `ele`hcon `hmac do?...	Glory be to You, O Only-Begotten One, O Holy Trinity, have mercy upon us: Glory...
Mareftwnf `nje Vnou; maroujwr `ebol `nje nefjaji throu marouvwt `ebol `a`t\h `mpef\o `nje ouon niben eqmoc; `mpefran eqouab do?...	Let God arise and let all His enemies be scattered and let all that hate His holy Name flee from before His face: Glory....
Peklaoc de maref]wpi `en pi`cmou `e\anan]o `n]o nem \an`qba `n`qba eu`iri `mpekouw].	As for Your people, let them be blessed, a thousand thousand fold and ten thousand ten thousand fold, doing Your will.
Psoic ek`e`aouwn `nna`cvotou ouo\ `ere rwi jw `mpek`cmou.	O Lord, open my lips and my mouth shall show forth Your praise.

# Rituals

## 1. The Hymn during the distribution of the Holy mysteries on weekdays' liturgies of Great Lent

### **Pimairwmi (Coptic)**

This hymn is calling for God's mercy and love to keep us as His children. We admit our sinful nature to Him, and offer repentance. It is said after chanting Psalm 150 in the Lenten weekday tune. Also, its lyrics are used as an additional Lent doxology.

## 2. Doxology for Saturdays and Sundays' Liturgy of Great Lent (English)

The doxology for Lenten weekends recounts our repentance once again. There are also short stories within the verses of repentance that remind us of what examples to take during the Great fast. It is said after the introduction to the doxologies.

## 3. Conclusion of prayers for Great Lent Cwmatoc ke `ematoc (Coptic)

To conclude the liturgy during the weekdays of the Great Lent, we say this hymn instead of the normal "amhn allhlouia". It brings out our thankfulness for God letting us partake of the Holy Communion just prior to the conclusion of the liturgy.

## 4. Allhlouia during the distribution of the Holy Mysteries of Great Lent for weekdays (without Psalm 150)

For the weekdays of the Great Lent, the introduction of Psalm 150 is different from the annual tune. It is a very special tune, unique to other hymns. It has bits from the "cmou `psoic" of the midnight praises. After the introduction with the first verse, the rest of psalm 150 is chanted.

## 5. The Hymn before the selection of the Lamb Apinau ]wpi (Coptic – First two verses only)

During the fasting days, this hymn replaces the hymn "al el korban". It is said while the priest is in the sanctuary after choosing the oblation, and before turning to the congregation to say "glory and honor". This beautiful tune is also repeated on the Apocalypse night with different lyrics.

## 6. The Hymn Nefcen; for the days Liturgies during the Great Lent (Coptic)

During the weekdays' liturgies in the Great Lent, after the priest lays the Proserpine on the altar, the congregation sings cwqic `amhn in the fast tune then sings this hymn. Nefcen; is said before the whole congregation does metanias and before absolution of the servants is prayed. The hymn is from Psalm 87:1-3.

## 7. Tenqhnou (Coptic – Long tune)

To start off energetically in the midnight praises we sing this hymn. The tune is very upbeat and works well to set us up for the praises ahead. It tells the congregation to arise, and "let us praise the Lord".

