

STREAMS OF LIFE

4

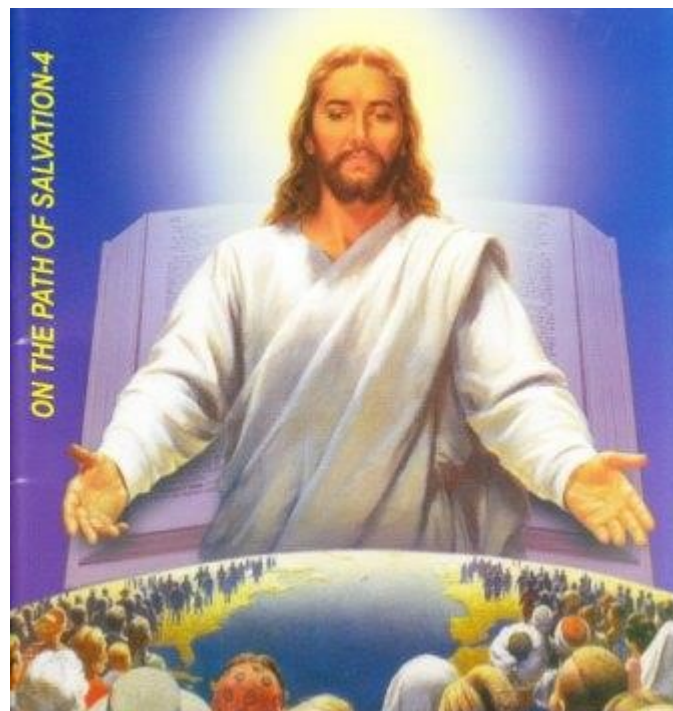
CATECHETICAL TEXTBOOK SERIES OF SYRO-MALABAR CHURCH

Year 4: Streams of Life Student Work Book

Work book based on the Catechetical Textbook Series of
the Syro-Malabar Church.

Name _____

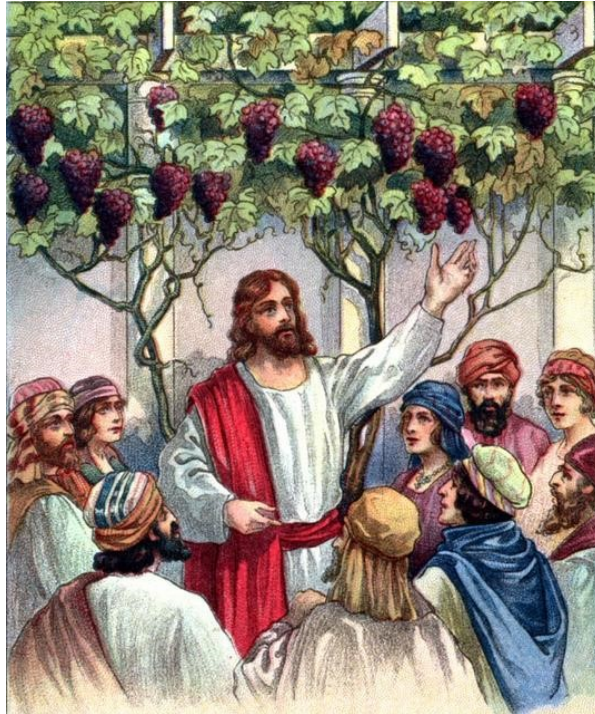
Mass centre _____



Lesson 1: Jesus, The Source of Life

Name _____

Date _____



Fill in the blanks

"I am the true _____, and My Father is the vinedresser." (John 15:1)

"He removes every branch that does not bear _____." (John 15:2)

"_____ in me as I _____ in you" (John 15:4)

"I am the vine and you are the _____" (John 15:5) "He

who abides in me, and I in him, bears much _____; for

without me you can do nothing." (John 15:5)

"If anyone does not abide in me, he is thrown out as a branch and it

_____; such branches are gathered together and thrown

into _____" (John 15:6)

Jesus asks us to abide with Him. Abide with Jesus means to remain continuously with Him just like branches remain with the wine. We can do nothing without Jesus.

List five things you can do to abide with Jesus.

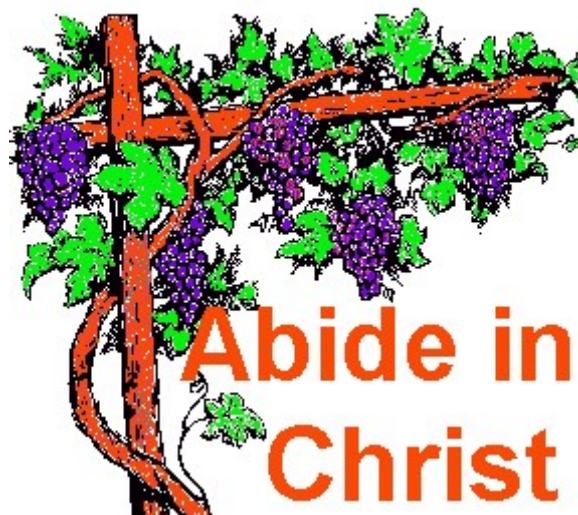
1. _____

2. _____

3. _____

4. _____

5. _____



Lesson 2: Jesus, Who Gives Life Through The Church and Lesson 3: Sacraments: Channels of Divine Life

Name _____

Date _____

Fill in the blanks

Church is the community of people who believe in _____

and obey His _____

_____ lives in the Church to make us share divine life.

What did St Paul compare Church to in 1 Cor 12:27 (First Letter of St Paul to the Corinthians Chapter 12 Verse 27)?

Jesus instituted _____ to give us divine life and to be

a living member of the Church

The Syriac word for sacrament is _____ and it

means _____

What is a sacrament?



What are the seven sacraments?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What are the three sacraments which can be received only once?

1. _____
2. _____
3. _____

What are the three sacraments of initiation?

1. _____
2. _____
3. _____

Sacraments word search: Can you identify the seven sacraments?

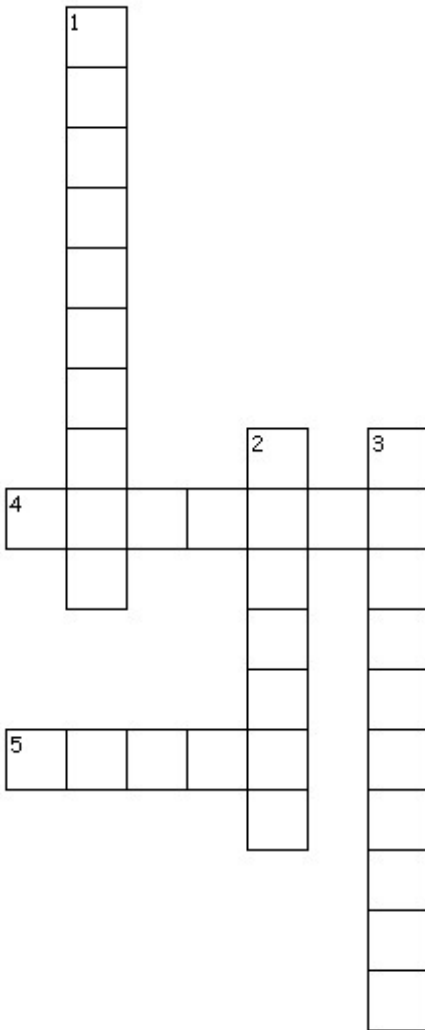
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| I | A | I | O | G | T | H | E | S | I | C | K | O | D |
| P | W | N | H | O | L | Y | O | R | D | E | R | S | I |
| C | N | G | N | A | L | Q | E | N | A | E | I | O | T |

What did Jesus tell the Samaritan woman the difference between the water in the well and the water he gives?



Sacraments Crossword



Across

- 4. Syriac word for sacraments
- 5. He lives in the church to give us divine life

Down

- 1. The first three sacraments are known as the sacraments of _____
- 2. This is the first sacrament we receive
- 3. Jesus instituted this to give us divine life

Lesson 4: Baptism: The Birth in Jesus

Name _____

Date _____

My Baptism

1. The date of my baptism _____

2. My age when I received my baptism _____

3. The name and address of the church where I received my baptism

4. My godfather _____

5. My godmother _____

6. The name of priest who baptised me

7. Names of my five family members who were present at my baptism

1. _____

2. _____

3. _____

4. _____

5. _____

8 . I was baptised in the name of _____,

_____ and _____ .

Tasks to be completed before the next class (tick the box after you have completed the task)

1. To speak to your godparents and thank them
2. Ask your godparents to continue to pray for you
3. Ask your godparents how you behaved when you received your baptism (whether you cried, whether you were clinging to your parents etc.)
4. Pray for your godparents
5. Draw a picture of your baptism below

Nicodemus was a very religious man and a leader of the Jews. He wanted to know more about Jesus and his miracles.

What was Jesus reply to Nicodemus' question? (John 3: 3)

What is original sin?

What is the meaning of the word baptism?

Ceremony of baptism begins with the priest asking three questions. Complete the questions and the answers here.

Question No 1. _____

Answer _____

Question No 2. _____

Answer _____

Question No 3. _____

Answer _____

Match the following symbols of baptism with its meaning

First Anointing

New life of grace

Second Anointing

Anointing in the Holy Spirit

Pouring of water on the head

Purification

Third Anointing

Light of the world

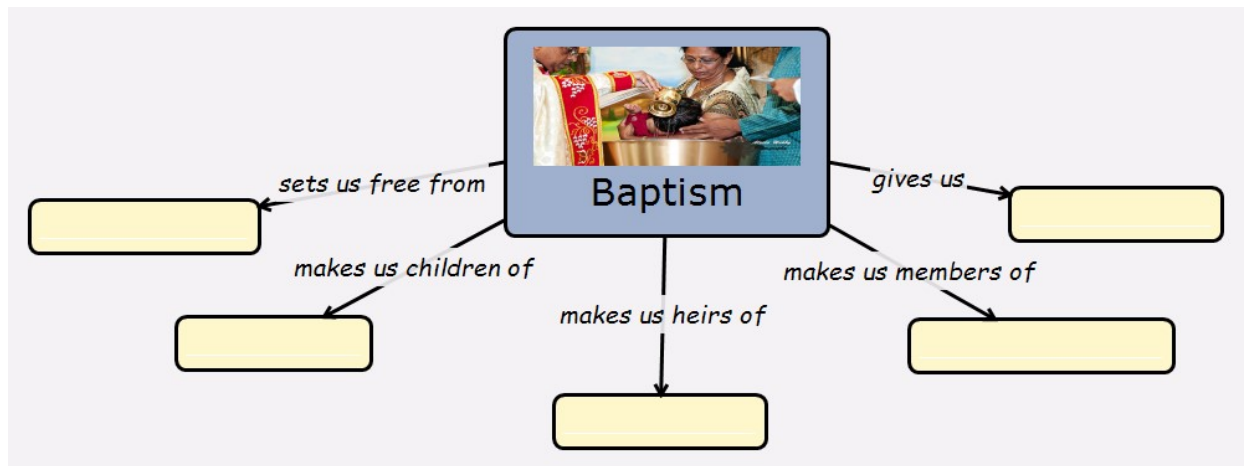
Giving white garment

Birth in the Holy Spirit

Giving lighted candle

Dying to sin and being born in Jesus

Write down the five fruits of baptism?



Nicene Creed



A creed is a statement of faith by the Church. It is a summary of the most important beliefs of the Church.

Nicaea was a Greek city which is now a city in Turkey called Iznik. In AD 325, about 250 Christian bishops came together for a meeting called the Council of Nicaea. The Nicene creed was agreed during this meeting.

Fill in the blanks to complete the Nicene Creed and memorise

I believe in one _____, the _____,

maker of heaven and earth, of all things visible and invisible.

I believe in one Lord _____,

the Only Begotten _____ of _____, born of

the Father _____.

God from God, Light from Light, true God from true God, begotten,

not made, consubstantial with the _____;

Through him all things were made.

For us men and for our _____

He came down from _____,

and by the Holy Spirit was incarnate of the _____,

and became man.

For our sake he was crucified under _____,

He suffered death and was buried,

and rose again on the _____ day in

accordance with the Scriptures.

He ascended into _____ and is seated at the

_____ hand of the _____. He will come again

in glory to judge the living and the dead and His kingdom will have

no end.

I believe in the Holy Spirit, the Lord, the giver of life,

who proceeds from the Father and the Son, who with

the Father and the Son is adored and glorified, who has

spoken through the prophets.

I believe in one, _____, _____, and _____ Church.

I confess one _____ for the forgiveness of sins

and I look forward to the _____ of the dead and

the life of the world to come.

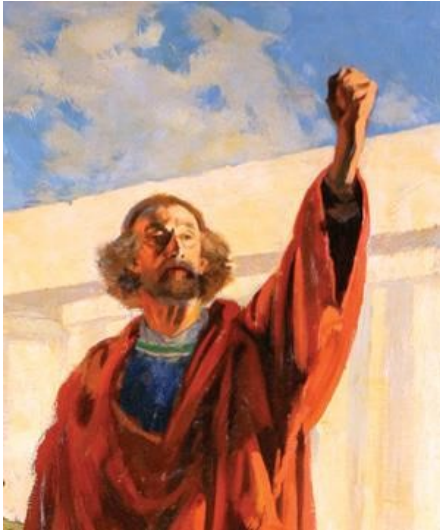
Amen.

Lesson 5: Anointing: The Anointing in the Holy Spirit

Name _____

Date _____

After Jesus had gone back to heaven, disciples of Jesus continued to pray for the Holy Spirit to come to them. On the day of Pentecost, disciples of Jesus were praying with Mother Mary in a room. Suddenly a big noise like a strong wind filled the room. They saw Holy Spirit coming to them in the form of tongues of fire.

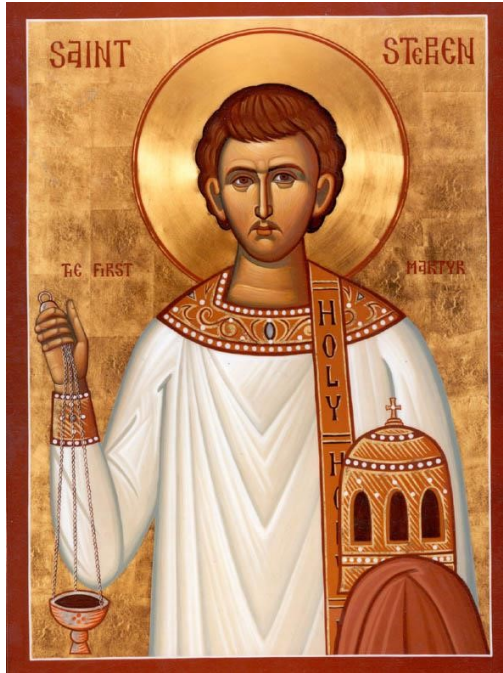


Immediately they were all filled with Holy Spirit. They felt the power and became very brave to talk about Jesus. They began to speak in different languages. Peter made a long speech telling everyone about Jesus. On that day, 3000 people came to know about Jesus and started believing in Jesus.

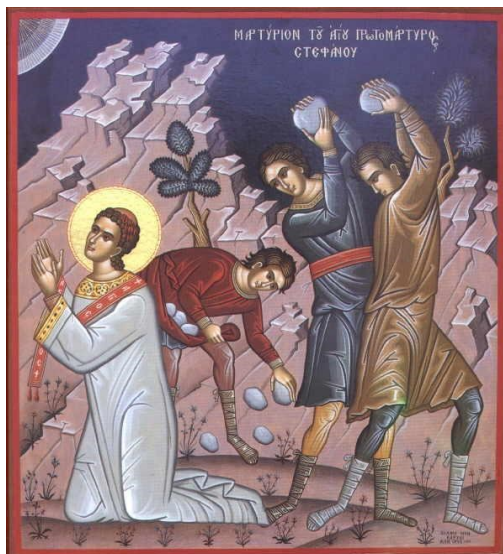
On the day of Pentecost _____ descended on the disciples of Jesus in the form of _____. This gave them _____ and _____.

Peter spoke to bravely about Jesus and _____ people believed in Jesus on the day. Other disciples went to different part of the world and started teaching about _____.

St Stephen



When more and more people started believing in Jesus, Peter and the apostles needed helpers to look after the poor people. So they appointed seven deacons and St Stephen is the most famous of these. God worked many miracles through St. Stephen. He spoke with great wisdom and grace. Many people, who heard him, became followers of Jesus.



Those who did not believe in Jesus became furious when they saw how successful St. Stephen was in preaching about Jesus. They dragged St. Stephen outside the city of Jerusalem and stoned him to death. St Stephen prayed, "Lord Jesus, receive my spirit!" and he prayed to God not to punish his enemies for killing him.

Who is the first martyr of the Church?

How did St Stephen received the courage to speak about Jesus?

St Stephen forgave his enemies who killed him. TRUE OR FALSE

St Stephen prayed for his enemies who killed him. TRUE OR FALSE

Seven Gifts of the Holy Spirit



Gifts of the Holy Spirit help us to be always ready to do God's will in our lives.

1. Wisdom
2. Understanding
3. Counsel
4. Knowledge
5. Fortitude
6. Piety
7. Fear of God

1. Ask your parents how each of these gifts from the Holy Spirit helped them to lead a Christian life.

2. Write down how each of these gifts will help you to lead a Christian life.



Wisdom - With the gift of wisdom, we see God at work in our lives and in the world. Someone who is wise can see how everything is part of God's love. Wisdom helps us understand God's plan for our lives and in the world.

Your parent's answer _____

Your answer _____



Understanding - Understanding is the gift of comprehension, or the ability to grasp the meaning of the teachings of the Church. The gift of understanding helps you be tolerant and sympathetic of others. It helps you know when someone is hurting or in need of kindness.

Your parent's answer _____

Your answer _____



Counsel (right judgment) - With the gift of right judgment, we know the difference between right and wrong, and we choose to do what is right. A person with right judgment avoids sin and is able to follow the teaching of Jesus.

Your parent's answer _____

Your answer _____



Knowledge is the gift that helps us know ourselves and the world around us. It helps us know our faith and what our faith is about.

Your parent's answer _____

Your answer _____



•Fortitude (Courage) - With the gift of courage, we overcome our fear and are willing to stand up for Jesus. A person with courage is willing to stand up for what is right in the sight of God.

Your parent's answer _____

Your answer _____



_____ Piety
(Reverence) - Reverence is the gift that helps us to see God in everything around us. It teaches how special our lives and the world we live in are. A person with reverence recognizes our total reliance on God and comes before God with humility, trust, and love.

Your parent's answer _____

Your answer _____

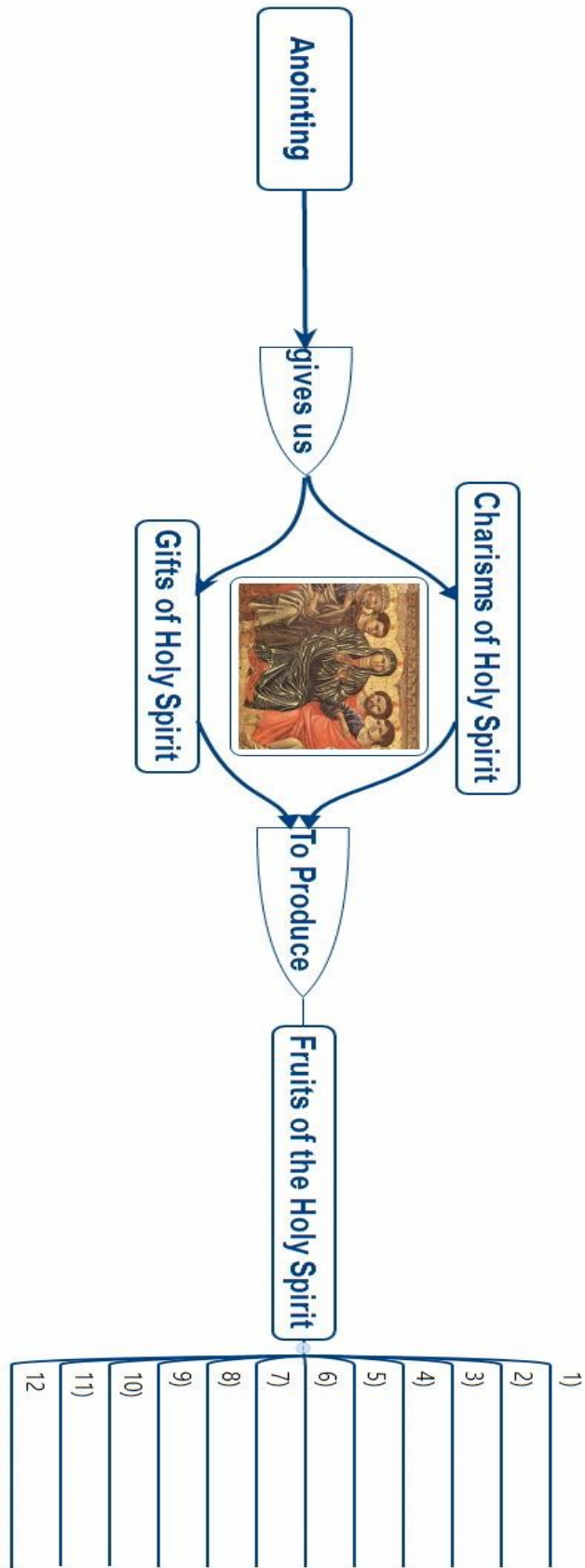


Fear of the Lord (awe of God) - With the gift of wonder and awe is the ability to be amazed by things in life. It helps us to know that we are always in God's presence. God created the beauty of the universe but also listens to us, cares for us, and loves us.

Your parent's answer _____

Your answer _____

Write a prayer to the Holy Spirit.



Can you identify the seven gifts of the Holy Spirit

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | D | D | E | D | F | Y | S | P | Y | K | G | J | P |
| D | K | K | N | O | W | L | E | D | G | E | C | D | I |
| T | U | B | U | G | A | F | J | D | W | V | O | Z | L |
| U | Y | P | U | E | F | O | R | T | I | T | U | D | E |
| G | H | I | K | S | J | Z | D | Z | S | S | N | A | A |
| W | F | E | A | R | O | F | G | O | D | Z | S | D | S |
| S | B | T | B | U | D | G | H | V | O | A | E | H | J |
| Y | F | Y | Z | D | X | J | D | S | M | B | L | D | T |
| V | A | R | S | A | H | D | J | B | A | X | A | H | R |
| W | U | N | D | E | R | S | T | A | N | D | I | N | G |
| C | R | I | F | N | E | I | F | S | S | A | T | U | Y |
| J | G | D | F | Q | E | W | Q | B | H | F | O | D | H |

Write down how you will be able to use the 12 Fruits of the Holy Spirit in your daily life.

| | |
|---|--|
| Love - We show love by our devotion to God and caring our neighbours. | |
| Joy - We live with true happiness when we follow Christ. | |
| Peace - We receive inner peace we experience God in our hearts. | |

| | |
|--|--|
| Patience - We show patience by treating others with tolerance. | |
| Kindness - We show kindness by treating others kindly. | |
| Goodness - We show goodness by avoiding sin and doing right things. | |
| Faithfulness - We are faithful when we live by the teachings of Jesus. | |
| Meekness or Gentleness - Gentle people act calmly. | |
| Self control - We exercise selfcontrol by working to overcome the temptations. | |
| Holiness - We show holiness by being pure in our thoughts, words and dress. | |
| Chastity – We show chastity by having good thoughts in our hearts. | |

| | |
|---|--|
| Endurance – We show endurance by remaining focussed in following Jesus. | |
|---|--|

Lesson 6: Holy Eucharist: The Life Giving Sacrifice

Name _____

Date _____

Sacrifices in the Old Testament before Jesus' time

The name of Abraham's son _____

What is the name of the mountain where Abraham took his son to offer him as a sacrifice to

God? _____

What did Abraham offer as a sacrifice to God when God prevented Abraham from offering his son as sacrifice?

In the Old Testament, the purpose of offering sacrifice were

- to worship God
- to ask pardon for the sins
- to thank God
- to receive blessings from God
- all of the above

Life giving sacrifice in the New Testament

Who sacrificed himself to take away the sins of everyone?

What is the greatest expression of the love of God to all of us?

Memorise and copy John 3:16

Jesus sacrificed himself on the cross

- to reconcile us with God the Father
- to set us free from sin
- to give us divine life
- all of the above

Fill in the blanks

On the pascal feast day (on the night before Jesus offered himself as a sacrifice on the cross), Jesus said

“This is my body _____”

Then he took the cup, thanked his Father, blessed it and gave it to his disciples and said “ _____

Then Jesus said “ _____

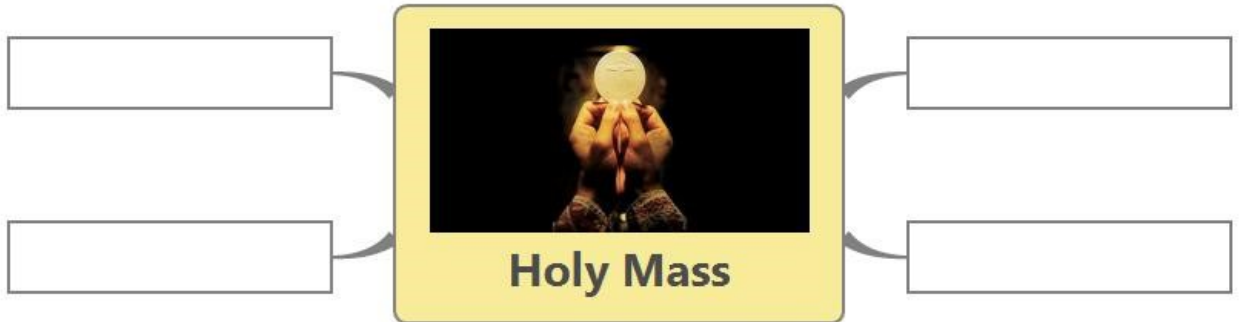
The meaning of the word Kurbana is _____

or _____ .

Holy Mass is the sacrifice offered to _____ by

the Church along with _____ through the priest.

List the four fruits of the Holy Mass



Lesson 7: Holy Eucharist: The Bread of Life

Name _____

Date _____

Fill in the blanks

When Israelites became very hungry while travelling from

_____ to _____, God gave them
_____ from heaven. It was _____ in
colour and tasted like _____.

It gave them _____ to travel towards
_____.

Jesus instituted the Holy Eucharist to nourish and strengthen our

_____. In the Holy Eucharist

Jesus gives us His own _____ and _____

in the form of _____ and _____.

The Gospel According to John 6:35

When did Jesus institute the Holy Eucharist?

What is the meaning of Passover or Paschal?

Why did Israelites celebrate the feast of Passover in the Old Testament?

What is the difference between the Passover in the Old Testament and the Passover in the New Testament?

Copy the passages from the Gospel where Jesus tells us about the Holy Eucharist

The Gospel According to Matthew 26:26-30

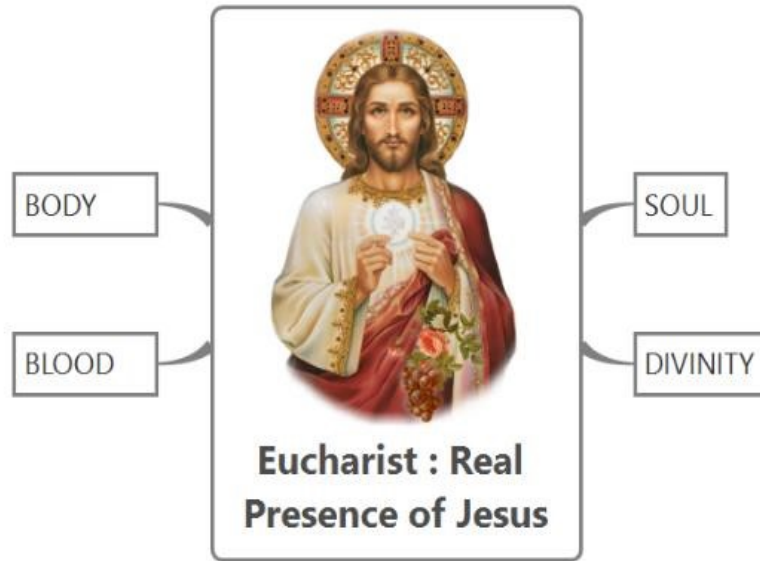
The Gospel According to John 6:54

The Gospel According to John 6:55

The Acts of the Apostles 2:46

The First letter of Paul to the Corinthians 10:17

The Gospel According to John 6:56



My First Holy Communion

1. The date of my First Holy Communion _____

2. My age when I received my First Holy Communion _____

3. The name and address of the church where I received my First Holy Communion

4. The name of priest who gave me My First Holy Communion

7. Names of five people who prepared you to receive your First Holy Communion

1. _____

2. _____

3. _____

4. _____

5. _____

Tasks to be completed before the next class (tick the box after you have completed the task)

1. Thank and pray for your parents for preparing you for your First Holy

Communion

2. Pray for priest who prepared you to receive your First Holy

Communion

3. Pray for others who prepared you to receive your First Holy

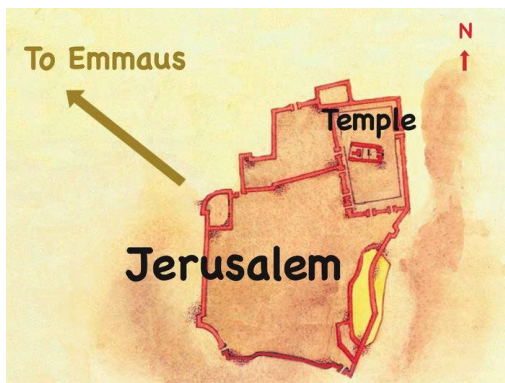
Communion

Lesson 8: To Receive Jesus Worthily

Name _____

Date _____

On the road to Emmaus (Lesson 8 Pages 43 - 44)



Why were the two disciples of Jesus gloomy when they were travelling to Emmaus?

The disciples did not initially recognise him on their way to Emmaus.
How did they finally recognise Him?

Three essential preparations to receive Holy Communion

Fill in the blanks

1. To be in a state of _____
2. To fast at least _____ hour before receiving the Holy Communion.
3. To have proper _____

Fill in the blanks

To get forgiveness of mortal sins through the sacrament of
_____ before receiving the Holy Communion.

When we receive Holy Communion we must remember to live in
communion with _____ and _____

Read and copy the Bible passage about how to prepare ourselves
properly before receiving the Holy Communion.

The First letter of Paul to the Corinthians 11:27-28

Write a prayer to help you prepare to receive Holy Communion

Lesson 9: Let Us Get Reconciled

Name _____

Date _____

What is a sin?

What is a mortal sin?

What is a venial sin?

How do we receive forgiveness for mortal sins?

How do we receive forgiveness for venial sins?

Read and copy the following Bible passages about forgiveness.

The Gospel According to John 20:23

The Gospel According to Matthew 5:23-24

Contrition and the Sacrament of Reconciliation

Contrition (noun) - The state of feeling very sorry for our sins with a decision not to sin again

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Saviour Jesus Christ suffered and died for us. In His Name, My God, have mercy.
Amen

OR

O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace, I will not sin again. Amen.

Tasks to be completed before the next class (tick the box after you have completed the task)

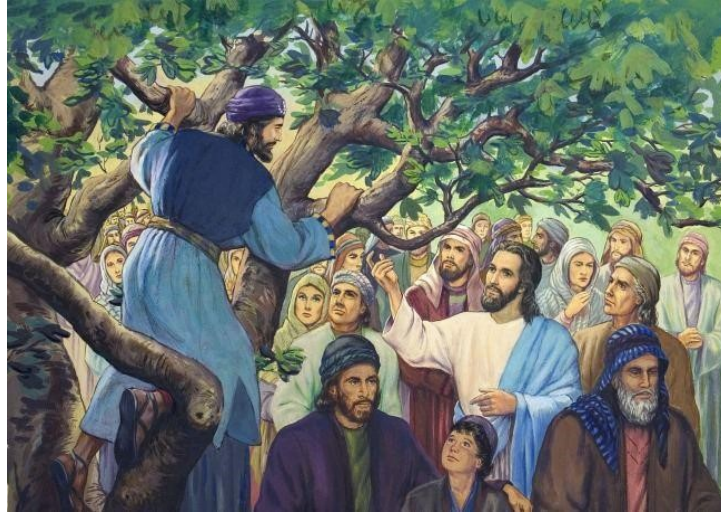
1. Learn one of the two prayers above
2. In silent prayer, think over the day and say sorry for any sins that you have committed

Lesson 10: The Sacrament of Reconciliation

Name _____

Date _____

Zacchaeus and Reconciliation (Pages 53 - 54)



What did Zacchaeus do for a living?

Why couldn't Zacchaeus see Jesus?

How did Zacchaeus see Jesus?

What did Jesus tell Zacchaeus?

What did Zacchaeus do after he listened to Jesus's words?

How did Zacchaeus receive forgiveness of his sins?

Sacrament of Reconciliation (Pages 54 to 56)

Reconciliation means becoming friends again

Sacrament of reconciliation is the sacrament that forgives our _____

strengthens us not to _____ and reconciles us to _____
and _____

What are the five conditions to receive the sacrament of reconciliation?

1. _____
2. _____
3. _____
4. _____
5. _____

What are the fruits of the Sacrament of Reconciliation?

- Forgiveness of sins
- Grace not to commit the sins again
- Inner peace and joy
- All of the above

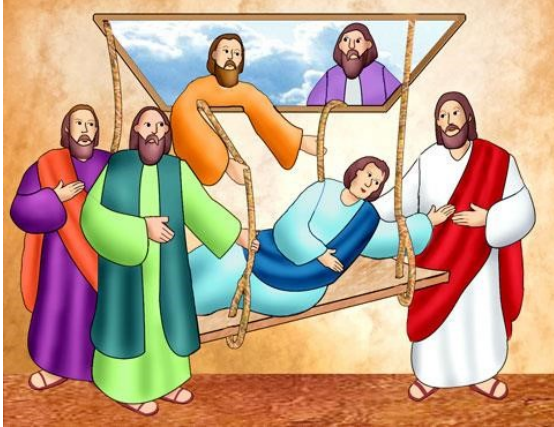
Tasks to be completed before the next class (tick the box after you have completed the task)

1. Say sorry to your parents if you have disobeyed them during the week
2. Ask your parents how they felt when you said sorry

Lesson 11: The Anointing of the Sick

Name _____

Date _____



A paralysed man can not move or walk. In those days, a paralysed man would lay on a mat all day. In order to go anywhere, he would need to be carried by others.

Why did his friend take the paralysed man to Jesus?

Why was it difficult for them to reach Jesus?

- They could not afford to pay the fees to see Jesus
- Jesus lived in a big castle and was always surrounded by soldiers
- Jesus was surrounded by a big crowd of people listening to him
- All of the above

How did they solve this problem?

What was the first thing Jesus said to the man on the bed?

What two things did Jesus do for the paralyzed man?

F_____ his sins and h_____ his body.

What did the crowd do when they saw this miracle?

What would you have done if you were also in the crowd?

The paralyzed man had four very good friends who “stuck together” to help him get to Jesus. How can you bring your friends to Jesus? Ask your parents to help you to find at least four things you can do to bring your friends to Jesus.

1. _____

2. _____

3. _____

4. _____

Now think about the last time you weren't well. How did you get better? Did you pray God to make you better?

Ask your parents for the names of at least one person in your family who is not well and write a small prayer to Jesus asking Him to make them feel better.

Lesson 12: The Holy Orders

Name _____

Date _____

Copy the Bible passage where Jesus appoints 12 disciples to preach the Good News and gives them authority to drive out demons. (Mark 3:14-15)

Fill in the blanks

Jesus is the _____ who sacrificed His life for the sheep.



B_____ are the successors of the apostles.

Priests are appointed by b_____ by

placing their hands on the candidates and

praying for them.

Holy Order is the s_____ that appoints p_____

and d_____ to serve people by preaching the

G_____, administration of s_____,
s_____ (leading) the flock (people)

A priest

- is specially chosen from the people.
- is appointed for the service of the people.
- lives and serves in the presence of God
- All of the above

The three main duties of a priest are:

1. _____
2. _____
3. _____

Who is the eternal priest? (Page 63 Last Paragraph)

What is the sacrament which allows us to receive a share of the
priesthood of Jesus? (Page 63 Last Paragraph)

What is name of the priesthood we all share with Jesus as Christians?

List 4 ways in which we can fulfil the responsibilities of priesthood we
received from Jesus? (Page 63 Last Paragraph)

1. _____

2. _____

3. _____

4. _____

What is a ministerial priesthood?

The name of the present Pope:

The name of the present Major Archbishop of the Syro-Malabar Church:

The name of the present bishop of your diocese:

The name of the Syro-Malabar chaplain of your diocese:

Names of two other priests you know:

1. _____

2. _____

Write a prayer which you can say often and in which you Jesus to help the priests to fulfil their responsibilities.

Lesson 13: Matrimony

Name _____

Date _____

Who are our first parents?

Why did God decide to give a suitable partner for Adam? (Genesis2:18)

What did Jesus tell the Pharisees to explain that marriage is holy and cannot be broken? (The Gospel According to Matthew 19:4-6)

Marriage

is a sacrament

- You need a man and a woman to form a family in marriage
- cannot be broken
- all of the above

What are the two very important things which should be there between the husband and the wife in a marriage (Page 67)?

1. _____

2. _____ Four rites or a ceremonial acts which happen during a marriage ceremony: (Page 67, last paragraph)

1. _____

2. _____

3. _____

4. _____

What is the most important rites (a ceremonial act) which happen during a marriage ceremony (Page 67, last paragraph)

In a family, parents are the representatives of _____. God protects and blesses the family through _____. (Page 68)

Which family is a model for all Christian families?

What advice does St Paul gives to children in his letter to Ephesians? (Page 68)

Matrimony



Sacrament of Christ's Love

Lesson 14: Sacramentals

Name _____

Date _____

Name _____

Sacramentals are prayers and services instituted by the church to strengthen us and prepare us to receive the grace through a sacrament.

Three important differences between the Sacraments and the Sacramentals – Fill in the blanks.

1. Sacraments are instituted by _____

Sacramentals are instituted by _____

2. Sacraments give grace of themselves if we fully participate in the ceremony

Sacramentals strengthen us and prepare us to receive the _____ through a sacrament.

3. The number of _____ always remain as 7.

The church can change the number of _____.

The most important sacramental is _____.

Blessing of the holy Myron is done by a _____.

Holy Myron is used in _____.

Name four other sacramentals (page 71 and 72)

1. _____

2. _____

3. _____

4. _____

Lesson 15: Prayer

Name _____

Date _____

Solve the anagrams to fill in the blanks.

Prayer is _____(ANKGTIL) with God.

5 reasons to pray to God

1. Worship

In a prayer of worship we _____ (RCLAEDE) God's love and greatness.

2. Praise

In a prayer of praise we _____(LYOFIRGI) God's goodness and greatness of everything he created in the universe.

3. Thanksgiving

In a prayer of thanksgiving, we _____ (EERMMBRE) all the gifts, graces and blessings we received from God.

4. Petition

In a prayer of petition, we ask _____ (VOIENREGSFS) for our sins and ask for the _____ (GEISLSBSN), help and gifts we need in our daily life.

5. Intercession

In a prayer of intercession we pray for _____ (HANEOTR) person or community. We also seek the help of _____ (ISNSTA).

Remember: Holy Mass is the greatest prayer available for us and it contains all the five prayers mentioned above.

The prayer Jesus taught us is the _____ (ROU ATRFHE) and it is known as _____ (ODLR'S YRREAP).

You can find the prayer Jesus taught us in Gospel according to _____ Chapter _____ verses _____ to _____

Why do we pray in different ways?

Sometimes we _____ (S L E C O) our _____ (Y E ES) or _____ (D O L F) our _____ (S N A D H) so we

won't be thinking about other things.

Sometimes we pray _____ (U T O) _____ (O U L D) so
others can hear our prayers.

Sometimes we _____ (ENKLE) down on our _____ (G S L E)
to show our respect to God.

Community Prayer and Personal Prayer

When we pray as a community, we call it Community prayer.

The Gospel According to Luke 11:10 and Luke 11:13

Write a
personal prayer using the prayer plan below. Do not copy the same sentence in examples
given.

Purpose:

Call God by name:
(Eg: Gracious God,
Father in Heaven or
Dear Jesus)

Make a sentence about God:
(Eg You always hear our prayers; You are kind and good; You know all our needs.)

Share your thoughts with God: (Eg Today I praise for your wonderful creation; Help me be kind to others; Thank you for my family and friends; I need your help today because...)

Make an ending for your prayer: Eg Amen; I make this prayer through Jesus Christ your Son. Amen)