

TEACHINGS OF JESUS

7

CATECHETICAL TEXTBOOK SERIES OF THE SYRO-MALABAR CHURCH

Year 7: Teachings of Jesus Student Work Book

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

Name _____

Mass centre _____



Lesson 1: To Attain Eternal Life

What was Jesus' reply when a rich young man asked Him what he should do to attain eternal life? (Matthew 19:16-17)

What was Jesus' reply when a lawyer asked Him which commandment was the greatest? (Matthew 22:34-40)

What was God's promise to Israelites if they kept the old covenant? (Exodus 19:5)



The Ten Commandants are:

1. _____
—

2. _____
—

3. _____
—

4. _____
—

5. _____
—

6. _____
—

7. _____
—

8. _____

9. _____

10. _____



All the ten commandments can be summarised into just two commandments. They are:

1. _____

2. _____

In the Old Testament, God gave the Ten Commandments in two stone tablets in Mount Sinai. Where do we keep the summary of the Commandments according to Hebrews 8:10?

What did Jesus promise if we keep the Commandments? (John 15:10)

Lesson 2: The Lord, Our God

What was Jesus' reply when a lawyer asked Him which was the most important (first) commandment of all the commandments? (Mark 12:30)

Another Bible verse about the first commandment (Exodus 20: 2-3)

Name six sins against the first commandment:

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

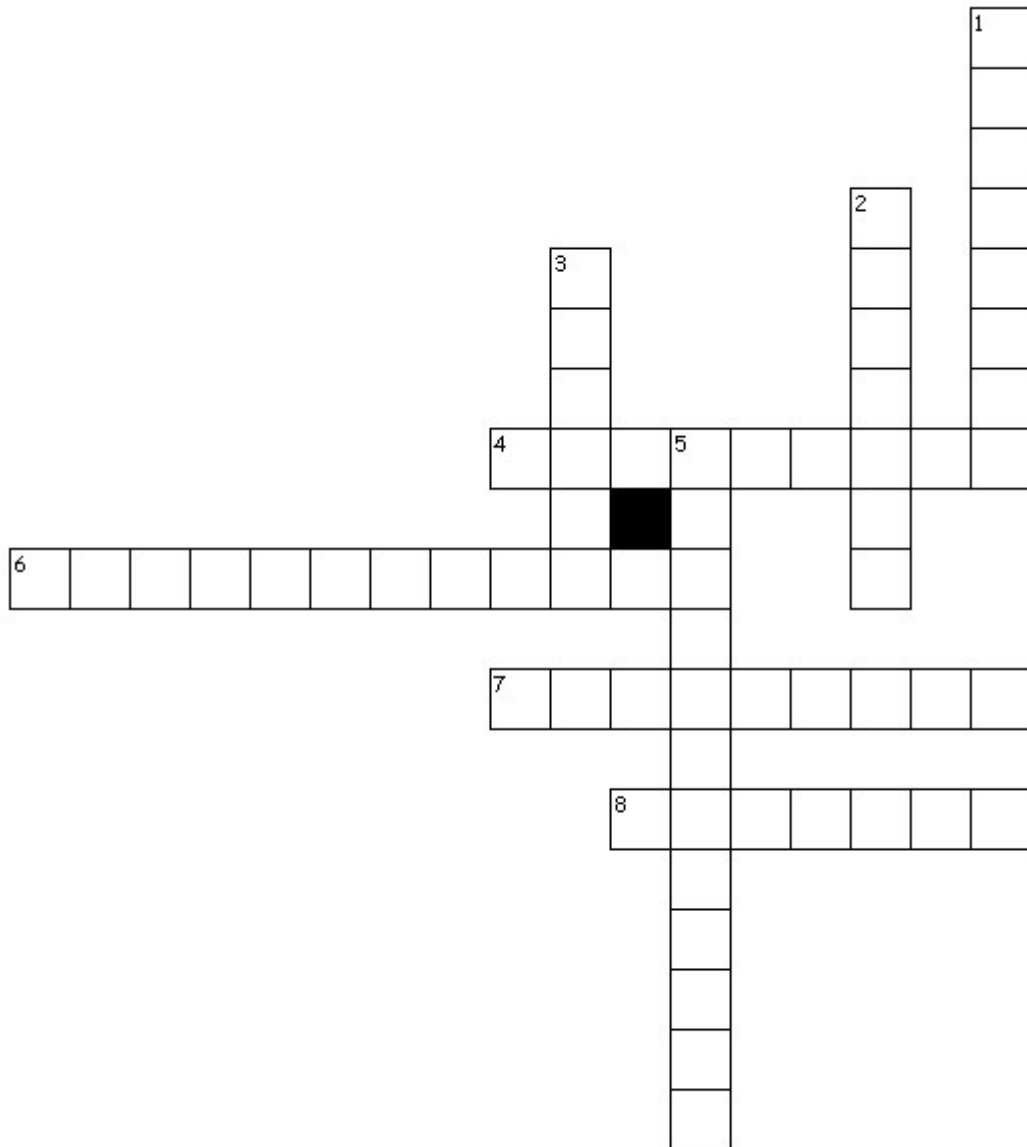
6. _____

Name the three divine virtues:

1. _____

2. _____

3. _____



Across

- 4. Abusive and irreverent acts against God
- 6. Worshipping Satan
- 7. False belief of being able to communicate with the dead
- 8. The act of denying or rejecting the existence of God

Down

- 1. Worshipping creations instead of God
 - 2. Depends on evil powers
 - 3. Excessive desire of this is a form of idolatry
 - 5. False beliefs like horoscopes, palmistry and omens
- Explain why veneration of saints is not idolatry and not a violation of the first commandment.

Complete and memorise the following prayers.

Act of Faith _____

Act of Hope _____

Act of Love _____

Lesson 3: God's Name is Adorable

The prayer Jesus taught us begins with "Our Father in Heaven, hallowed be Your name".

Explain why you cannot find a specific name for God in the Old Testament.

Copy the following Bible verses about God's name from the Old Testament.
Exodus 3: 13-14

Malachi 1: 11

What word did Jesus use to address God?

Copy at least two verses from the New Testament which describes the holy nature of Jesus' name.

Name three sins against the second commandment: (from the paragraph "The Usage of God's Name" - Page 21 and 22)

1. _____
2. _____
3. _____

Explain why cursing someone is a sin against the second commandment?

What is your baptismal name?

What is the meaning of your baptismal name?

Write a paragraph about your baptismal name saint.

Explain how you plan to follow your baptismal name saint in your life.

Lesson 4: The Day of the Lord

Explain why Jesus told the Pharisees that the Son of Man is Lord of the Sabbath.
(Luke 6:1-5)

What does Jesus encourage us to do on the Sabbath day when he healed a man with a withered hand? (Matthew 12:12)

Why do Christians celebrate Sunday as the day of the Lord or the Sabbath day?

We celebrate Sunday as the Day of the Lord in three important ways: as a day of worship, as a day of rest and as a day of mercy.

List 3 things you can do to observe Sunday as a **day of worship**.

1. _____
2. _____

3. _____

List 3 things you can do to observe Sunday as a **day of rest**.

1. _____

2. _____

3. _____

List 3 things you can do to observe Sunday as a **day of mercy**.

1. _____

2. _____

3. _____

List the names and dates of the 6 obligatory days of the Syro-Malabar church.

1. _____

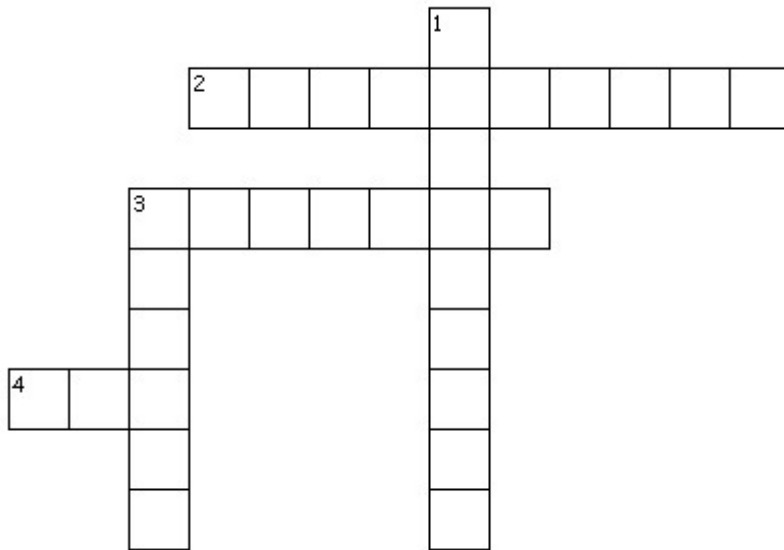
2. _____

3. _____

4. _____

5. _____

6. _____



Across	Down
2. They celebrated Sabbath from Friday sunset to Saturday sunset 3. Means rest or to put an end 4. He blessed the 7th day and made it holy	1. The Church was inaugurated on this day 3. Easter day of every week

Lesson 5: Respect Your Parents

Choose the most appropriate answer as per the fourth commandment.

We honour our parents and other authorities when we

- Love them, pray for them, and serve and obey them in a spirit of love and respect
- Do what they say because we have to, and so we grumble throughout
- Give them presents on their birthday

We must obey these authorities because:

- God has placed them over us
- Those who disobey will be punished
- It is the only way to have law and order

The greatest blessings in this world come to us through our

- Christian home
- Church

- The government

The most important thing for parents is to do for their children is to

- Bring up their kids to be dear to God
- Provide the newest games and cell phones for their kids
- See that they do their homework

List 5 things you can do to show love and respect to your parents.

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

Copy the following verses from the Bible explaining the fourth commandment.

Exodus 20:12

Colossians 3:20

Romans 13:1

Tasks to be completed before the next class

Ask the following questions yourself to find out whether you have been disobedient to the fourth commandment. If so, ask God to forgive your disobedience.

Have I been disrespectful to my parents, neglected them, or hated them?

Do I respect my authorities?

- Do I talk back or disrespect my parents, teachers, or other authorities?
- Do I fail to listen to my parents when they are talking to me?
- Do I fail to show my parents love because it does not seem "cool"?
- Do I listen to my friends more than my parents?
- Do I do my chores when I am asked to?
- Do I help with my younger brothers and sisters?

Write a small prayer to Jesus to help you remain obedient to your parents.

Lesson 6 Life: The Gift of God

Why did Cain kill Abel?

What was God's reply to Cain when he said "Am I my brother's keeper?" (Genesis 4: 8-12)

How did Jesus explain the fifth commandment "you shall not kill"? (Matthew 5: 21-22)

Why should you control your temper? (Read Proverbs 14:29; Ephesians 4:26, 27, 31)

What can help you to control anger? (Read Proverbs 14:30; Proverbs 19:11; Ephesians 4:32)



What have you learned from the account of Cain and Abel?

How should Cain have reacted when God corrected him? (Read Luke 14:11; 1 Peter 5:5-6)

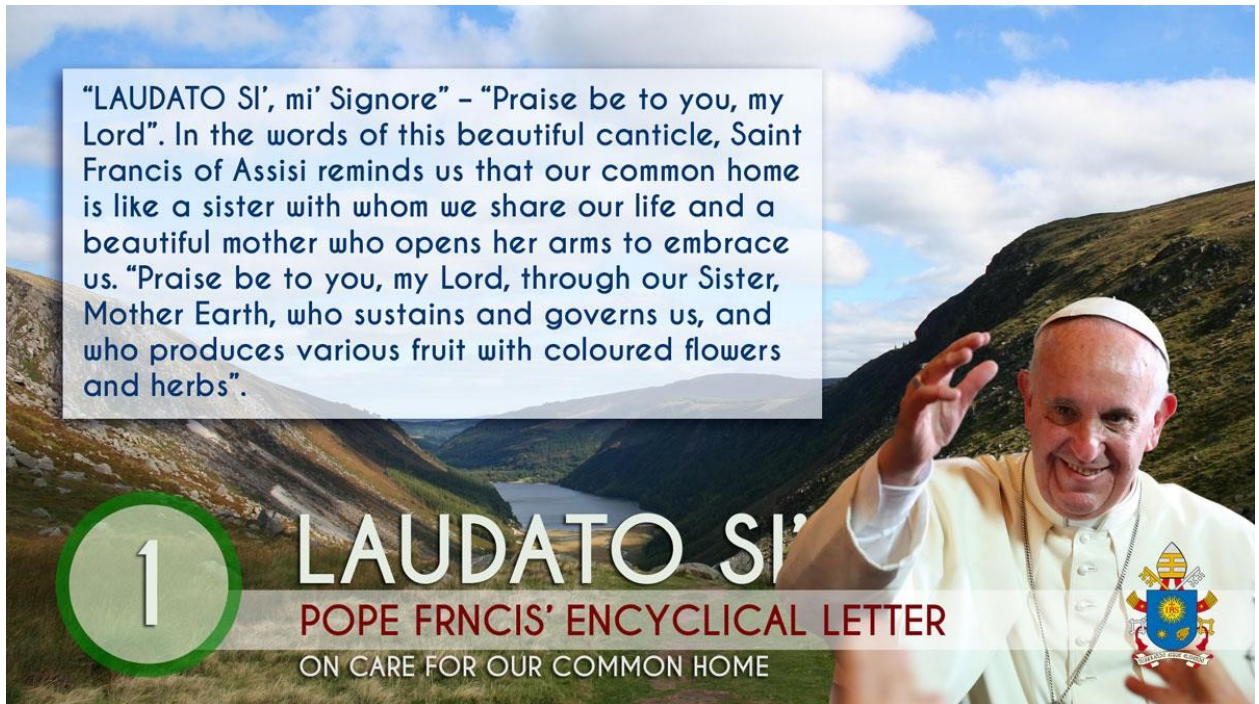
List 6 sins against human life.

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

Fifth commandment requires us to promote human life and protect our nature.

List 5 things you can do to protect your life.

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



Pope Francis reminds everyone that we cannot care for each other without caring for our common home, the Earth. Nature provides our most fundamental needs — fresh water, nourishing food, clean air.

List 5 things you can do to protect the natural world around you.

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

Tasks to be completed before the next class

Ask the following questions yourself to find out whether you have been disobedient to the fifth commandment. If so, ask God to forgive your disobedience.

- Do I love life in all its forms?
- Do I hate someone or harboured hatred in my heart?
- Did I have a fight, or try to hurt someone?
- Have I hurt someone's reputation by saying mean things about them?
- Do I fail to control my anger or my temper?
- Am I purposely mean? Do I say things to hurt people?
- Do I fail to help others when they need help?
- Do I fail to love my neighbour?

- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading them into sin?
- Have I been angry or resentful?
- Have I knowingly caused others to sin?

Write a small prayer to Jesus to help you love life in all forms and protect human life and the nature.

Watch the two videos by Catholic Relief Services.

1. CST 101 - Care for God's Creation
<https://www.youtube.com/watch?v=wSnXuCxiHXE> OR goo.gl/bkLM6R
2. Laudato Si – CRS High School Animated Brief
<https://www.youtube.com/watch?v=Fj4WSTken3w> OR goo.gl/tuEQES

Lesson 7: Sexual Holiness

How does St Paul describe your body in 1 Corinthians 6:19 and 1 Corinthians 3:16-19?

How does St Paul ask you to look after your body in 1 Corinthians 6:18-20

What does it mean to say that man is a sexual being?

God created man as male and female. He created them for each other and for love. He created them with erotic desires and the ability to experience physical pleasure. He created them to transmit life.

Being a man or being a woman is very deeply imprinted on the individual human person; it is a different way of feeling, a different way of loving. Because he intended that they should be there for each other and complement one another in love, God made man and woman different. That is why man and woman attract each other sexually and intellectually. When a husband and wife express their love for each other in bodily union, their love finds its deepest sensual expression. Just as God is creative in his love, so too man can be creative in love and give life to children.

Sexual Attraction

You are at an age now where it will start to feel more comfortable to be around the opposite sex. It may not seem as odd anymore, to have both male and female friends. In fact it's great to have friends of both sexes who share our interests and activities.

During puberty, you know that the reproductive system releases hormones. These hormones cause sexual attraction. Sexual attraction means that you see someone as appealing because of his or her physical looks and gender.

Sexual attraction can be a strong feeling and it is important for you as teenagers to learn how to handle it appropriately. When you were younger, we learned how to manage our anger and hurt, now you must also learn how to handle what we call: sexual attraction.

Although you cannot control whom we are sexually attracted to, you can however, control how we respond to that attraction. You are not meant to act on every feeling of attraction. Being attracted sexually to someone may make you feel like we want to become sexually active with that person. Yet, it is very important to remember that sexual activity is a precious gift that you, as Christians want to save for the person whom we will to commit ourselves to for life, in a union called marriage. It is not easy to resist becoming sexually active, until you are in a committed married relationship. However, with God's grace and our will power you can make this choice and feel really good about it too!

Read the following stories and describe how you will deal with these situations.

Mark and Mary have been friends for a long time. They are neighbours and they have played on the same church for some years. Lately, their feelings seem to have taken on a character that goes beyond their childhood friendship. They are enjoying the new feelings; Mark is trying to push the relationship into an exclusive boyfriend and girlfriend one. Mary is afraid to tell Mark that she isn't ready for that kind of relationship because she doesn't want to ruin the friendship they have shared for many years.

Joseph and some of his friends hang out at the mall after school. Sometimes they call out to the girls, from school, as they walk by. At times, their remarks can be are pretty mean and degrading. Joseph is feeling really uncomfortable and he doesn't want to participate in this activity anymore. He is afraid that his friends will think he is too immature, and they will start to pick on him.

John is a Year 8 student and really enjoys his sports with the guys. He likes girls but is not really interested in the "dating game", yet. He very much prefers to continue investing much of his time with his long time buddies and the fun they have in their sports activities. Many of his friends have a girlfriend and are putting a bit of pressure on John to get a girlfriend too.

One day after school, Theresa and her friend Josephine decided to go to the Cinema to watch a movie together. After the movie they went to Josephine's house. While they were at the house, Josephine asked Theresa if she wanted to see some very "hot" pictures she had in her mobile phone.

It's Okay to say "NO"

Here are some suggestions for saying "No" and still keeping your friends.

Know ahead of time what you will do in situations when you will need to make choices about sexual activity, drugs, smoking, or drinking.

Tell your friends what your convictions/values are. Be friendly, but firm. Be assertive.

Be honest. Tell your friend how you really feel. If you lie, you may be forced to make up more lies.

Speak only for yourself; show respect for yourself. For instance, you might say, "I'm not ready to have sex yet." "I plan to save sex for marriage."

Suggest an alternative activity. "Let's go to a movie or the mall!" There are alternatives to sexual activity that will enhance a deepening friendship.

You can always walk away. Your friend might just join you.

Be prepared to accept the fact that if you don't say "yes" your friend may reject you. If that happens, he or she really wasn't the friend that you thought they were.

St Paul says our body in the temple of God. List 10 things you can do to keep your body holy as the temple of God

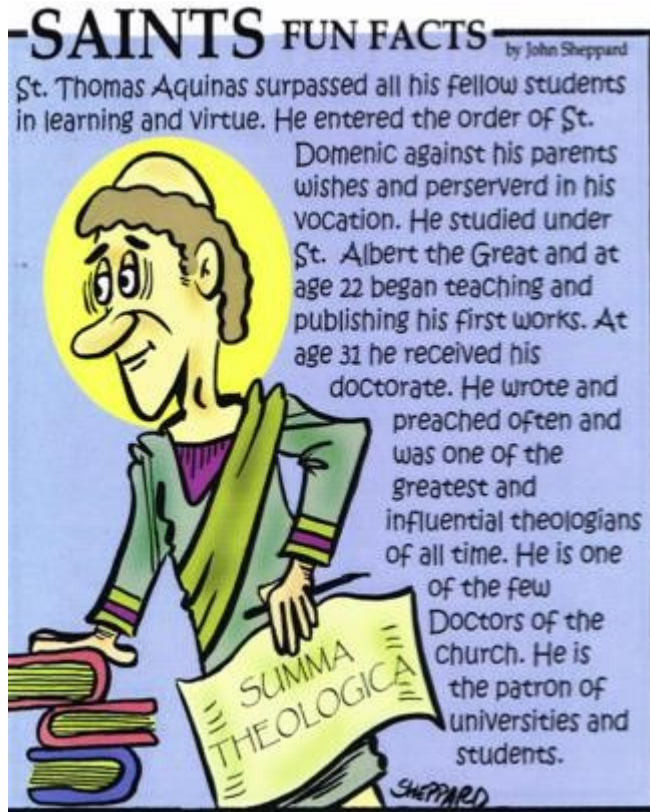
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Lesson 8: Do Not Steal

What does St Paul say about work in Ephesians 4:28?

How does St Paul emphasize the importance of keeping the seventh commandment in 1 Corinthians 6:10?

What are the difference between public wealth and personal wealth?



How did St. Thomas Aquinas describe the idea of justice?

After Jesus told the parable of the good Samaritan, he asked us to "Go and do the same."

List 5 things you can do to obey Jesus' instruction.

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

List 4 sins against the 7th commandment:

1. _____
2. _____
3. _____

4. _____
Lesson 9: Speak the Truth

What does St Paul say about speaking truth in Ephesians 4:25 and Romans 3:4?

List 5 sins against the 8th commandment:

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

What is the importance of respecting the privacy of others?

Why is flattery a sin against the 8th commandment?

Lesson 10: Ninth Commandment

What does Jesus say about marriage in Matthew 19:6?

What does St Paul ask husband to do in Ephesians 5:25?

What is meant by the "Indivisibility of Marriage"?



Lesson 11: The Tenth Commandment

Name the three virtues that help you to conquer greed and describe how you will practice them in your daily life.

1. _____

2. _____

3. _____

The story of Naboth crossword (Page57)

Across

4. The place where Naboth lived

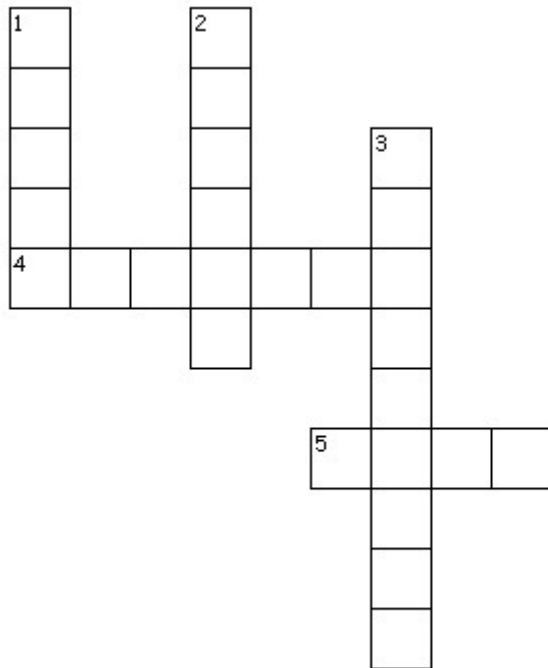
5. The king of Samaria

Down

1. The book of the Bible where you read the story of Naboth 2.

The name of the prophet sent by God to speak to Ahab

3. What did Queen Jesabel accuse Naboth of?



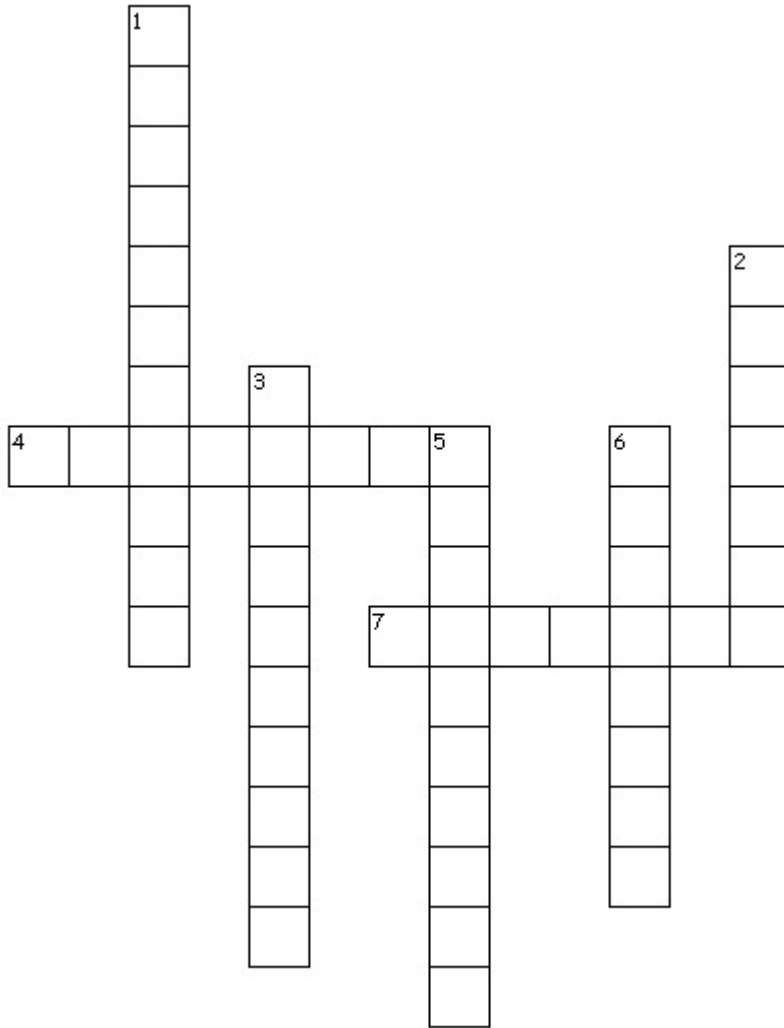
Why is destruction of nature a sin against the 10th commandment?

Across

- 4. The virtue opposed to the capital sin of anger
- 7. The virtue opposed to the capital sin of jealousy

Down

- 1. The virtue opposed to the capital sin of gluttony
- 2. The virtue opposed to the capital sin of lust
- 3. The virtue opposed to the capital sin of greed
- 5. The virtue opposed to the capital sin of laziness
- 6. The virtue opposed to the capital sin of pride



Lesson 12: The Greatest Commandment

During the last supper, Jesus gave his disciples a new commandment. A commandment of love which is the summary of all his teaching. What is this commandment? (John 13:34)

What was Jesus reply when one of the Pharisees, a lawyer, asked him the question "Teacher, which commandment in the law is the greatest?" (Matthew 22:34-40)

List 5 things you can do to express our love for God:

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

List 5 things you can do to express our love for our neighbours:

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



5. _____

Jesus tells us that we should be able to love our enemies if we are to love all our neighbours. Copy the following Bible passages where Jesus asks us to do this?

Matthew 5:43-44

Luke 6:27-29

How did Jesus show that he is able to love his enemies?



“So I want to turn your attention to this subject: Loving Your Enemies. It’s so basic to me because it is a part of my basic philosophical and theological orientation—the whole idea of love, the whole philosophy of love.”

Martin Luther King at Dexter Avenue Baptist Church, Montgomery, Alabama, on 17 November 1957

List 5 things you can do to love those who hurt you:

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

List the 7 spiritual Acts of Mercy

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

EXTRAORDINARY JUBILEE OF MERCY

DEC. 8, 2015 - NOV. 20, 2016



"IT WILL BE A HOLY YEAR OF MERCY."
-POPE FRANCIS

Lesson 13: The Precepts of the Church

List the 5 precepts of the Church:

1. _____

2. _____

3. _____

4. _____

5. _____

Lesson 14: Formation of conscience

What is conscience?

What does St Paul teach us about conscience?

List 4 things you can do to form a good Christian conscience:

1. _____

2. _____

3. _____

4. _____

Lesson 15: Evangelical Counsels

Where do we find the Sermon of the Mount in the Bible?

Another name for the eight beatitudes?

List the 8 beatitudes:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



Have you ever walked in darkness? You did not know what dangers might be on either side of you or in the path ahead. It is so easy to get lost in the dark. You might have imagined terrible thing happening. So it is easy to understand why Jesus used darkness as a symbol of evil, mistakes, confusion, fear and trouble.

What is Jesus asking you to be in the world and among your friends in Matthew 5:14?

Why is Jesus asking us not to worry about food, clothes and various other things people always worry about? Find the answer in Matthew 6:32-33.

In Matthew 7:24-27 Jesus uses the parables of two men who were building houses. Who did Jesus compare somebody who listen to his words and obey them?

Who did Jesus compare somebody who listen to his words and not obey them?

What is Jesus asking us to do through this parable?

