COPTIC ORTHODOX DIOCESE OF THE SOUTHERN UNITED STATES

THE LORD IS MY LIGHT

Grade 3-4

www.smfsus.org

LIVEWORKSHEETS

HIS HOLINESS POPE TAWADROS II

118TH POPE OF ALEXANDRIA AND

PATRIARCH OF THE SEE OF SAINT MARK

LIVEWORKSHEETS

The Lord is My Light and My Salvation

Table of Contents	Page
St. Mark Festival Anthem- The Lord is My Light and My Salvation	2
Who is our God?	3
We Forgive – **The Unforgiving Servant**	6
The Lord is My Salvation – **St. Samuel the Confessor**	13
The Lord is My Refuge – **The Lord Meets Nicodemus**	15
The Lord is My Peace – **Daniel, A Man Greatly Beloved**	16
Memorization	20
Coptic	21
Hymns & Rituals	32

Visit the St. Mark Festival's website at www.smfsus.org
to find the material for the festival and
for guidelines and information on the tests

LIVEWORKSHEETS

The Lord is My Light and My Salvation

St. Mark Festival 2024 Anthem

Our God is eternal
Pantocrator, The Logos

All generations witness for Him
Tells of His might and His wonders

We're peaceful in His promises
We live by His commandments

Our Church fathers and martyrs
A life of Sacraments

My faith and my doctrine are glory
The Lord is my light and my salvation

Our God is One in Three
Redeemer and Holy x2

His creation gives Him praise
How this world His hands have made

Guided by His teachings
We seek Him and His blessings

Kept Tradition to this day
My Church unique and firm in faith

Unchanging the teachings and Holy
The Lord is my light and my salvation

LIVEWORKSHEETS

Who is our God?

Learning about God teaches us about the Lord of Heaven and Earth.

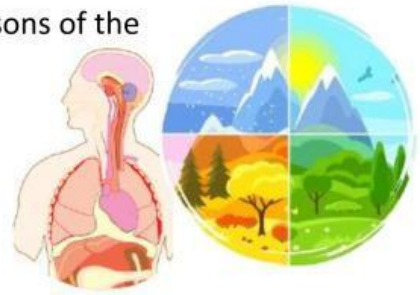
We can describe God by qualities that are shared with humans; like wisdom, power, knowledge, love, and forgiveness.

However, God is unlimited in these qualities, unlike humans. There are some other qualities that only God has.

1. Our Lord Jesus Christ is the Pantocrator:

Our Lord Jesus Christ is the **Pantocrator**, the Ruler of the Universe. He controls everything in wisdom and great order. Nothing happens without God's permission.

We see God's wisdom and order in nature, like the 4 seasons of the year, and the day and night.



Also, the human body has many systems that work together to take care of us. All these work in order and harmony.

"But you our God, are gracious and true, patient and in mercy ordering all things" (Wisdom 15:1)

In the east part of the Church, there is a semi-circle wall in the sanctuary. It looks like the open arms of our Lord Jesus Christ. We call it **"The Bosom of the Father."** It has an icon of our Lord Jesus Christ holding the earth in one hand because He is the Pantocrator. He controls the Heaven and the Earth. In His other hand, He holds a scepter because He is the King of kings.

LIVEWORKSHEETS

2. Our Lord Jesus Christ is Omnipresent:

- God is present in all places, filling the heavens and the earth.
- God is present throughout the ages; has no beginning or end.
- God cannot be limited to time, space, or knowledge, etc.

One of the shapes we build the Church is a **circle** because it has no beginning and no end, like our Lord Jesus Christ.

"Can anyone hide himself in secret places, So I shall not see him?" says the Lord; "Do I not fill heaven and earth?" says the Lord." (Jeremiah)

**"Great is our Lord,
and mighty in power,
His understanding is infinite"
(Psalm 147:5)**

3. Our Lord Jesus Christ Does Not Change:

Our Lord Jesus Christ does not change His promises or His love for us!

"For I am the Lord, I do not change" (Malachi 3:6)

4. Our Lord Jesus Christ is the Creator:

God created everything around us from nothing, like the material that we use to invent things, our brain that gives us ideas, and all living creatures. Our Church teaches us to always thank God. The **Midnight Praises** are filled with prayers thanking God for His creation and love for us.

**"Who created the heavens,
Who is God,
Who formed the earth and made it" (Isaiah 45:18)**

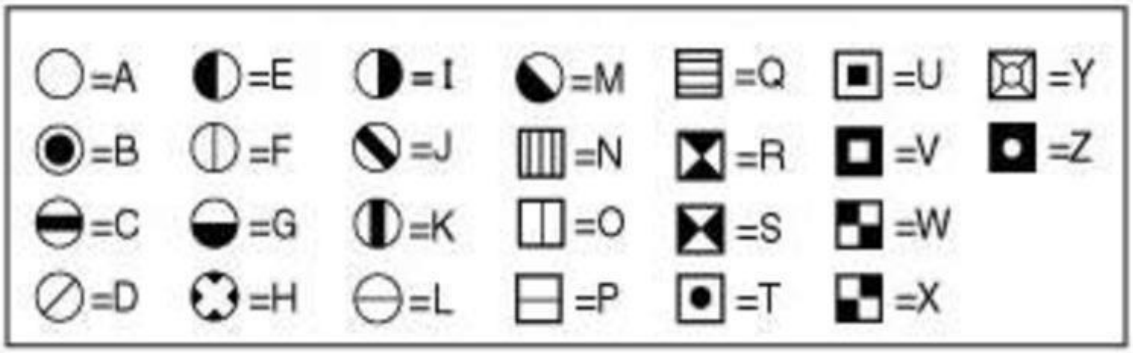
God truly loves us, we should always...

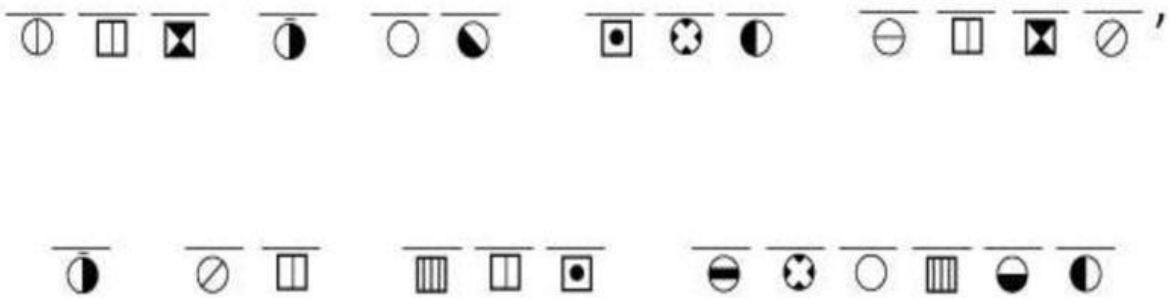
· **Thank God...** for His unlimited gifts to us
· **Ask God...** for what I need in prayers
· **Trust God...** that all His promises are true and will be fulfilled
· **Obey God...** and be like Him so everyone would glorify Him

LIVEWORKSHEETS

Our God

Use the code to uncover the message.





LIVEWORKSHEETS

We Forgive

The Unforgiving Servant

Matthew 18:23-33

Learning about forgiveness and its importance shows us that the Lord is the light to our path.

People may hurt our feelings and make us upset. Before we take any action, we must remember what the Lord Jesus Christ teaches us to do and not do as the world does.

1. **Do Not Insult:** By insulting others, we are returning the wrongdoing with another wrongdoing. The Holy Bible tells us:

"Not returning evil for evil or reviling for reviling, but on the contrary blessing." (1 Peter 3:9)

Direct insults show a lack of love, our Lord Jesus Christ commanded us to love everyone and to forgive others.

2. **Do Not Quarrel:** Do not decide to ignore them and stop talking to them. Our Lord Jesus Christ tells us:

"Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother." (Matthew 18:15)

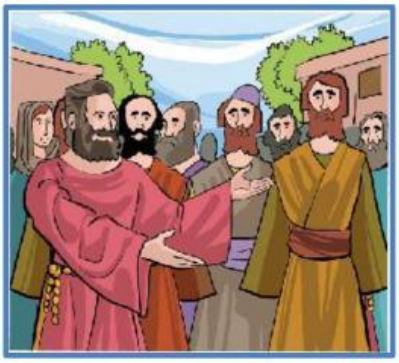
3. **Do Not Gossip:** Saying bad things about people with your friends causes others to dislike them.
4. **Do Not Ignore Your Feelings:** Our Lord Jesus Christ wants us to express our feelings without hurting others.

"Be angry, and do not sin. Do not let the sun go down on your wrath." (Ephesians 4:26)

LIVEWORKSHEETS

A master had a servant who owed him 10,000 denarii and he could not pay it. The servant asked his master to give him some time. The master had compassion and forgave his debt.

But the servant went out and found another servant who owed him 1,000 denarii and could not pay him back. He would not forgive him and put him in prison.



When the master found out what his servant did, he was angry because he did not forgive a small debt even though his big debt was forgiven. He sent him to be tortured until he paid back his debt.

The master is our Lord Jesus Christ. When we forgive others, He will forgive our sins; and whoever does not forgive, his sins will not be forgiven.

When you forgive, it will show your strength in rejecting any thoughts of revenge or quarrel in you.

How to forgive and reconcile:

1. Go and tell your friend your feelings: tell them that what they did upset you (without being angry).
2. Listen to what they say and understand their point of view.
3. Point out what they did wrong nicely and tell them to be careful in the future.
4. Forgive and reconcile. Apologize if you spoke in anger or did something to hurt them.
5. Confess your mistake to your Father of Confession.

If they do the same thing again; talk to them again. If they still don't stop their wrongdoing tell someone who can help you solve the problem like a servant, teacher, or parent.

LIVEWORKSHEETS

Forgiving Others

Write the verse Matthew 18:15

What does this verse mean?

How can you forgive others?

1.

2.

3.

4.

5.

What are 3 things you **should not** do if someone upsets you?

1.

2.

3.

What happens when we do not forgive?

LIVEWORKSHEETS

The Lord is My Salvation

St. Samuel the Confessor

Synaxarion- 8th day of the Coptic Month of Koiahk (Dec. 17)

The story of St. Samuel the Confessor teaches us to stand firm in the faith and know that the Lord is our salvation.

St. Samuel was born in the villages of the diocese of Masil. His father Arselaos was a priest and his mother Quosmane raised him in the Christian faith. They taught him to pray, fast, and go to church and he was ordained a deacon. When he grew up, he refused to get married. He wanted to become a monk and devote his life to God.

After his mother departed, his father saw a vision. An angel told him that his son would be a great monk and would have many disciples.

Later, his father also departed, and St. Samuel decided to make his dream come true, he sold all his possessions and gave all his money to the poor. Then he went to the desert of Scetes.

St. Samuel did not know where to go, he prayed to God to guide him. An angel appeared to him and guided him to **St. Macarius' Monastery**.

LIVEWORKSHEETS

He became the disciple of St. Agathon and stayed with him for 3 years until St. Agathon departed.

Then St. Samuel was ordained a priest for St. Macarius' Monastery.

At that time, the Roman emperor was trying to force the Christians of Egypt to accept a false teaching called **Leo's Tome** (it was a letter from Leo, a bishop of Rome). This letter said that our Lord Jesus Christ cannot be both Man and God at the same time **(which is not the correct faith)**.

His Humanity and Divinity Never Separated

God was incarnate and born from the Virgin St. Mary and became man.

The Lord Jesus Christ has one nature from two natures. He is perfect human and perfect divine and He united His humanity with His divinity without mingling or confusion or alteration.

A messenger came carrying Leo's Tome and asked all the monks to sign it accepting the wrong teaching.

However, the monks refused to sign it.

The messenger returned to have the monks sign it again, St. Samuel stood up courageously ripped the letter, and encouraged the other monks not to change their orthodox faith.

The messenger became so angry that he ordered St. Samuel to be beaten and tortured.

LIVEWORKSHEETS

One of the strikes hit his right eye and he lost his eye. Then he was taken out of the monastery. An angel appeared to him and told him to live in the Qalamoun Mountain. He went there and built a monastery.

St. Samuel was ready to defend his faith and the true orthodox teachings!

While he was in the Qalamoun Mountain, the Barbarians attacked the monastery and kidnapped St. Samuel. (Barbarians did not worship God, they worshiped the sun). They asked St. Samuel to worship and offer incense to their god, the sun. When St. Samuel refused, the chief of the Barbarians became very angry and ordered St. Samuel to be beaten.

God was always with him and encouraged him.

One day the son of the chief of the Barbarians became sick. St. Samuel prayed for him, and God healed him. The chief was very happy and apologized for all that he had done to St. Samuel.

He rewarded St. Samuel and allowed him to return to the monastery. The monks were so happy to see him again and thousands of monks became his disciples.

St. Mary appeared to St. Samuel and told him, "This place shall be my home forever," and from that day they never attacked this monastery ever again.

He stayed in this monastery until his departure on the 8th day of the Coptic month of Koiahk (December 17) and his body is in his monastery until today.

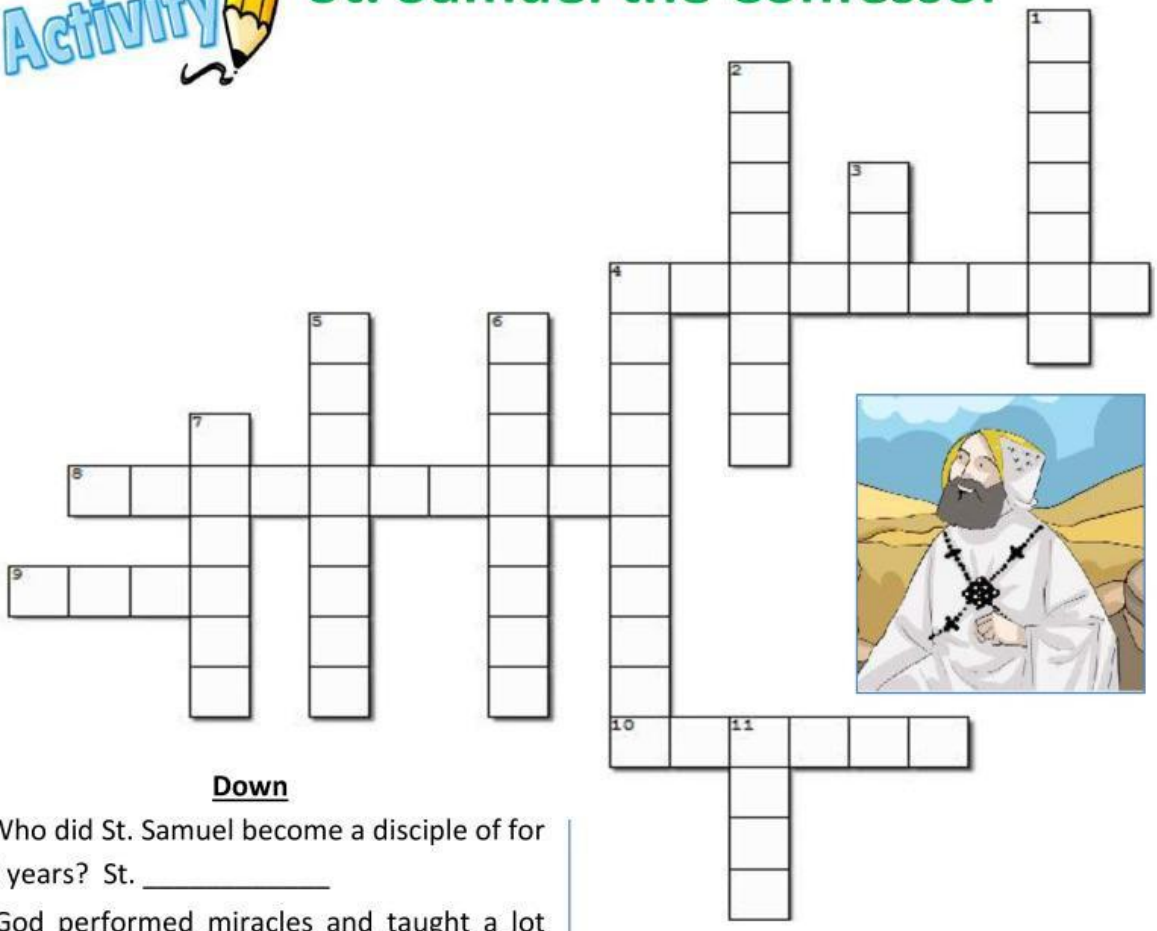
A confessor is a saint who suffers persecution and tortures for the faith, but not martyred, this is why we call him **St. Samuel the Confessor**. St. Samuel was always ready to defend the faith and lost his eye while defending it. He obeyed the verse:

"Uphold my steps in Your paths, that my footsteps may not slip" (Psalm 17:5)

LIVEWORKSHEETS

Activity

St. Samuel the Confessor



Down

1. Who did St. Samuel become a disciple of for 3 years? St. _____
2. God performed miracles and taught a lot with His _____.
3. What did St. Samuel lose when he defended the faith? His _____.
4. The Roman emperor was trying to force the _____to accept false teachings.
5. God also ate, slept, bore sufferings, and felt thirst and hunger with His _____.
6. The name of the monastery an angel guided him to? St._____
7. What did St. Samuel do for the child that was sick?
11. What did St. Samuel want to do when he grew up? Become a _____

Across

4. A saint who suffers persecution and tortures for his faith.
8. Who attacked the monastery?
9. Who protected the monastery? St._____
10. He was ready to defend the faith? St. _____

LIVEWORKSHEETS

The Lord is My Refuge

The Lord Meets Nicodemus

John 3:1-5

This story teaches us the importance of baptism and its necessity for our salvation; that the church with all her rites is our refuge.

Nicodemus was a Pharisee and a member of the Sanhedrin. The Pharisees considered themselves righteous and the most knowledgeable in the Law of Moses. Many were surprised that our Lord Jesus Christ was able to do all these miracles, and they wondered who He might be.

Nicodemus also didn't know how the Lord Jesus Christ was doing these miracles. One day Nicodemus decided to go and meet with Him. He asked Him about everything that was confusing him. Nicodemus said to Him,
"We know you are a teacher sent by God; for no one can do these signs that You do unless God is with him."

Our Lord Jesus Christ gave him a strange answer. He told him to change his thinking. He said, **"Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God." (John 3:3)** He wanted to teach him something more important, to enter the kingdom of God, we must be born again. But Nicodemus understood something totally different. Nicodemus thought that the person had to re-enter his mother's womb to be born again. Our Lord Jesus Christ meant that the new birth would be of water and the Spirit (baptism), not that the person would go into his mother's womb again.

"Most assuredly I say to you, unless one is born of water and the Spirit, he cannot enter the Kingdom of God." (John 3:5)

LIVEWORKSHEETS