

PART A – MULTIPLE CHOICE (1–40)

Directions: Choose the letter of the correct answer. Write the letter on the blank before each number.

_____ 1. Loving your country means showing _____ for your nation and its people.

A. respect B. anger C. fear D. laziness

_____ 2. One way to show love for your country is by _____.

A. following rules and laws B. destroying public property C. spreading lies D. ignoring responsibilities

_____ 3. A citizen who follows the rules helps maintain _____.

A. order B. chaos C. trouble D. conflict

_____ 4. Culture includes people's _____.

A. traditions and beliefs B. anger and hate C. laziness and fear D. punishment only

_____ 5. Appreciating culture means showing _____ to your heritage.

A. respect B. shame C. hatred D. carelessness

_____ 6. Respecting other cultures helps promote _____.

A. peace B. conflict C. hatred D. violence

_____ 7. Doing things to benefit others means showing _____.

A. kindness B. selfishness C. jealousy D. laziness

_____ 8. Helping others without expecting anything in return is called _____.

A. generosity B. cheating C. bullying D. disobedience

_____ 9. Working together to help others is called _____.

A. cooperation B. cheating C. fighting D. ignoring

_____ 10. Self-discipline means controlling your _____.

A. actions and behavior B. excuses C. anger only D. laziness

_____ 11. A disciplined person can behave and work in a _____ way.

A. controlled B. careless C. rude D. lazy

_____ 12. Discipline can be enforced by parents, teachers, and _____.

A. authorities B. enemies C. strangers D. bullies

_____ 13. Self-discipline helps you finish tasks on _____.

A. time B. laziness C. anger D. fear

- _____ 14. Self-discipline spells the difference between winning and _____.
A. losing B. laughing C. sleeping D. eating
- _____ 15. "Pay it forward" means _____.
A. do a good deed to another person B. pay money back only C. ignore others D. hurt people
- _____ 16. Paying it forward spreads the spirit of _____.
A. love and kindness B. anger and hate C. laziness and fear D. conflict and war
- _____ 17. Helping others creates a ripple effect that spreads to the _____.
A. community and beyond B. only one person C. no one D. enemies only
- _____ 18. "Teach them how to fish" means to teach them _____.
A. useful skills B. excuses C. laziness D. dependence
- _____ 19. Dole out means to give away _____.
A. money, food, or something else B. kindness only C. rules only D. lies only
- _____ 20. The Bible warns us not to condone _____.
A. laziness B. kindness C. generosity D. discipline
- _____ 21. Tent-making refers to activities of a Christian who receives little or no pay for _____.
A. church work B. school work C. house work D. sports work
- _____ 22. "If anyone is not willing to work, let him not eat" teaches the value of _____.
A. hard work B. laziness C. cheating D. selfishness
- _____ 23. God wants us to help others by giving material help like food, water, clothes, and _____.
A. shelter B. anger C. lies D. conflict
- _____ 24. Helping others long term provides sustainability and _____.
A. dignity B. anger C. laziness D. fear
- _____ 25. Proverbs 22:9 says: The LORD blesses everyone who freely gives food to the _____.
A. poor B. rich C. lazy D. angry
- _____ 26. A way to help for the long term is to _____ someone a skill you know.
A. teach B. punish C. ignore D. hurt
- _____ 27. Another way to help for the long term is to form a help _____.
A. squad B. enemy C. conflict D. punishment

- _____ 28. A person who appreciates culture will show _____ to others' traditions.
A. respect B. mockery C. hatred D. selfishness
- _____ 29. Traditions are passed down from one _____ to another.
A. generation B. enemy C. punishment D. mistake
- _____ 30. Helping others strengthens friendships and _____.
A. relationships B. hatred C. violence D. anger
- _____ 31. Being honest and fair is a sign of being a _____ citizen.
A. responsible B. careless C. lazy D. rude
- _____ 32. Festivals are part of a community's _____.
A. culture B. problem C. punishment D. conflict
- _____ 33. A person who benefits others shows _____.
A. compassion B. disrespect C. dishonesty D. cruelty
- _____ 34. Self-discipline helps you manage your _____.
A. time B. anger only C. excuses D. laziness
- _____ 35. People who cannot control anger often get into _____.
A. trouble B. peace C. kindness D. success
- _____ 36. Dole outs last only for a _____.
A. short time B. long time C. lifetime D. forever
- _____ 37. Helping people for the long term empowers them to rise above their _____.
A. poverty or bad situation B. happiness C. success D. blessings
- _____ 38. Proverbs 28:27 says those who give to the poor will lack _____.
A. nothing B. everything C. anger D. fear
- _____ 39. Being proud of your country's achievements is an example of _____.
A. patriotism B. disrespect C. cheating D. bullying
- _____ 40. Culture helps people develop _____ in their identity.
A. pride B. jealousy C. hatred D. violence
-

PART B – TRUE OR FALSE (41–60)

Directions: Write **TRUE** if the statement is correct. Write **FALSE** if it is incorrect.

41. _____ Loving your country means taking care of public property.

42. _____ A patriotic person spreads lies about the country.
43. _____ Culture includes food, music, and traditions.
44. _____ Appreciating culture means being ashamed of who you are.
45. _____ Helping others creates a positive ripple effect in the community.
46. _____ Self-discipline means you can behave and work in a controlled way.
47. _____ Discipline is something we must all learn because it is for our own good.
48. _____ Self-discipline spells the difference between winning and losing.
49. _____ "Pay it forward" means do a good deed to another person.
50. _____ Dole outs last only for a short time.
51. _____ "Teach them how to fish" means giving instant help only.
52. _____ The Bible warns us not to condone laziness.
53. _____ "If anyone is not willing to work, let him not eat."
54. _____ God wants us to help others by giving material help like food, water, clothes, and shelter.
55. _____ Helping others long term provides sustainability and dignity.
56. _____ A generous person will prosper; whoever refreshes others will be refreshed.
57. _____ A person who benefits others shows cruelty.
58. _____ Traditions are passed down from one generation to another.
59. _____ Self-control is one of the fruit of the Spirit.
60. _____ Helping others makes the world a worse place.

PART C – IDENTIFICATION (61–75)

Directions: Write the correct answer on the blank.

61. _____
 62. _____
 63. _____
 64. _____
 65. _____
 66. _____
 67. _____
 68. _____
 69. _____
 70. _____
 71. _____
 72. _____
 73. _____
 74. _____
 75. _____
-

PART D – FILL IN THE BLANKS (76–90)

Directions: Write the correct word/s to complete each sentence.

76. Self-discipline molds us to who and what we hope to _____.
 77. Self-discipline spells the difference between winning and _____.
 78. Paying it forward spreads the spirit of love and _____.
 79. Dole outs last only for a short _____.
 80. "Teach them how to fish" means to teach them useful _____.
 81. The Bible encourages us to help the poor, but it also warns us not to condone _____.
 82. God wants us to help others by giving material help like food, water, clothes, and even _____.
 83. God also wants us to help those who are physically capable of working by giving them opportunities to provide for _____.
 84. This is a long term kind of help that provides sustainability and _____ for those who receive them.
 85. "If anyone is not willing to work, let him not _____."
 86. The LORD blesses everyone who freely gives food to the _____.
 87. Those who give to the poor will lack _____.
 88. Helping others makes us feel happier, more balanced, and instills a greater sense of purpose, completeness, and _____.
 89. A way to help for the long term is to _____ someone a skill you know.
 90. Another way is to form a help _____.
-

PART E – ENUMERATION (91–98)

Directions: Enumerate what is asked.

91–94. Give four ways to help for the long term.

91. _____
92. _____
93. _____
94. _____

95–98. Give four Bible verses listed in the lesson about helping the poor and needy.

95. _____
 96. _____
 97. _____
 98. _____
-

PART F – ESSAY (99–100)

Directions: Answer briefly and clearly.

99. What did you learn from the stories of Diether Ocampo and Christian Seso about “Paying it forward” and “Blessed to be a blessing”?

100. Explain the meaning of the saying: “Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime.”
