

## **CRE 8**

### **CHAPTER ONE**

#### **GOD'S HELP AND SELF HELP**

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Various drugs and how they are used

The effect of drug on human body

Sexual misuse

The effects of sexual misuse

The misuse of natural resources

The view of traditional African society on the misuse

God's creation

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#### **GOD'S HELP AND SELF HELP**

The body is the temple of God

In the ancient times, Israelites worshipped God from temples

They had to travel from far and wide to go and worship God and offer sacrifices in the temple

Through the death and resurrection of our lord Jesus Christ, God lives in our bodies, only those who have accepted the salvation of Jesus Christ

Today we do not have to travel to the temple or churches to worship God

We can worship God anywhere anytime

Though we may worship God anywhere, it is still necessary to go to church to be encouraged and have our faith strengthened by others

1 corinthians 6:19-20, romans 12:1-3

St Paul teaches that:

Our bodies are the temples of God hence should be used well

We should allow God to transform our mind through the power of the holy spirit

We should offer our bodies as a living sacrifice before GOD

### **Sin makes our bodies dirty in the eyes of God**

We should avoid all sins to make our bodies remain clean(drug abuse, sexual immorality)

As Christians we should appreciate our bodies and take good care of them

Wash your body to avoid bad smell

### **Various drugs and how they are used**

A drug is a substance which when used it affects the normal functioning of the body

Medicine: these are drugs prescribed by the doctors when one is sick

Abuse: the wrong use of drugs and substances

Drug abuse: taking of drugs for non-medical purposes

### **Commonly abused drugs**

Alcohol

This drug is cheaply and readily available in cheap quantities

It is abused through drinking

It is packed in bottles, sachets, and at times in a container

Some types of alcohol used in the society include:

- Changaa
- Muratina
- Busaa
- Mnazi

Genesis 9:24 states that Noah who took some wine and took off his clothes

His son saw the fathers nakedness and laughed

When he got sober and learnt about it he cursed him

### **Effects of alcohol**

Drunkards are not able to think well

They walk in a staggering gait

Their bodies are weak to perform duties

Alcohol destroys the brain cell and liver

Alcoholic mothers give birth to babies with low weight

### **Tobacco/ cigarette**

Tobacco is abused through:

- Smoking
- Sniffing
- Chewing

People addicted to smoking are called chain smokers

### **Effects of tobacco**

Lung cancer leading to breathing problems

Mouth ulcers and sores

Causes cancer of mouth and throat

Stained teeth and bad smell from their mouth

Non-smokers who inhale the smoke are affected

### **Bhang(cannabis sativa)**

Also known as:

- Marijuana
- Grass
- Charas
- Ganja
- Hashish

It is abused through:

- Smoking
- Mixing with food and drinks

### **Effects of bhang**

Causes loss of memory

Causes cancer of mouth, brain, throat and stomach

Sense of sight and hearing are distorted

Their eyes are always red

It leads to depression and finally madness

### **Miraa (khat)**

An evergreen plant tree

Its young shoots are sold in bundles

Miraa is abused through chewing the green tender leaves

It helps one remain awake for long hours

### **Effects**

Causes lack of sleep

Damages the brains

Causes lack of appetite

Slowed performance at work

May lead to infertility

Causes mouth ulcers and stomach ulcers

## **Heroin and cocaine**

These drugs are abused through:

- Sniffing
- Injection
- Smoking

Cocaine comes from a leaf known as coca

It has no smell

It is white, crystal and is like powder

## **Effects**

They cause hallucinations

They are dangerous stimulants

Increase body temperatures and sweat a lot

They cause stroke and heart attacks

They cause liver and kidney failure

## **Inhalants(glue, petroleum products)**

These are drugs that are abused through:

- Inhaling
- Sniffing

They are put in a bottle and brought closer to the nose

## **Effects**

Cause brain damage leading to slurred speech

Breathing problems leading to nose bleeding

Sniffing causes dizziness and vomiting

Liver and kidney failure

Ephesians 5: 18

Apostle Paul teaches that:

We should not get drunk with alcohol because it has negative effects

Instead e should be filled with the Holy Spirit who influences our lives positively

Preventing drug abuse

**Educating the users the dangers of drugs through drug fighting body NACADA: national agency** for the campaign against drug abuse, ministry of education, ministry of health, parents, teachers, etc

Avoid the company of drug users

Stiff penalties should be issued to drug traffickers

Drug barons should be exposed to the public at large

Mass education through the radio, television, films, seminars, bill boards and posters

Young people should engage in active leisure and do something constructive

### **Sexual misuse**

Sex is an act of intercourse between a male and a female

Sex is sacred/ holy

Sex is ordained by God

Sexual misuse is having sex with wrong purpose

### **NB:**

Our bodies are the temple of the holy spirit and they should not be misused

People should avoid irresponsible sex behaviors

Sex is meant for married partners

### **Ways of misusing sex**

- Prostitution
- Adultery
- Homo sexuality
- Rape
- Incest
- Fornication
- Bestiality

- Prostitution

This is the act of commercializing your body for material gain

It is the work done by a prostitute

Hosea 2:5-7

It states of Gomer, Hosea's wife

She practiced prostitution

She looked for lovers who would give her food, water, clothes, olive oil and wine

God was not happy

Prostitution is shameful, sinful and degrading

We should refrain from prostitution and work honorably

## **Adultery**

This is the act of having sex outside the marriage bond

Exodus 20: 14

The seventh commandment states that "do not commit adultery"

Marriage partners need to love and respect one another

2 samuel 11: 2-15

It sates about David

He took Bethsheba, uriahs wife and committed adultery

He killed uriah trying to cover this sin

God sent prophet Nathan to warn him against these

God punished him through the death of his son

Jogn4:16

It teaches about Samaritan woman at Jacobs well

She did not have a defined husband for she had five different men

## **Homosexuality**

This is sex between two people of the same gender

God hates sexual intercourse between people of the same gender

During the times of Moses homosexuals were punished through stoning

## **Rape**

This is forced sex

Rape involves use of violence

Genesis 34:1-29

It states of Dinah Jacobs daughter who was raped by Shechem

This act caused death to Shechem and his father Hamor

Rape cases are on the rise and children are being molested

Do not leave children with people who have questionable behavior

## **Incest**

This is sexual intercourse between relatives: father, brothers, sisters. Cousins

Leviticus 18: 6-18

God forbids us from having sexual intercourse with relatives

I cor 5:1-3

It teaches that Paul was annoyed with a man who had sexual intercourse with the step mother

He ordered this man to be expelled from the church

## **Fornication**

This is sex between two people who are not married

This is commonly practiced by young people who disobey God's commands

Young people should abstain from sex before marriage

## **Bestiality**

This is sex between man and animals



Leviticus 18:23

It states that anybody who may have sexual relations with an animal is condemned by God

### **Effects of sexual misuse**

Sexually transmitted diseases eg: syphilis, gonorrhoea, herpes, chancroid, HIV/ AIDS, etc

Early pregnancies which may lead to girls being affected physically, mentally and psychologically

School dropout for one may not remain in school and still bring up the baby

Early marriages

Death in case the girl may decide to abort and complication arise

Abortion is removal of foetus before the time of birth

Guilt and stress

### **Quiz**

State 5 effects of sexual misuse

Identify 3 sexually transmitted diseases

Give 2 reasons why we should not conduct abortion

Which king committed adultery

### **Misuse of natural resources**

A resource is an asset that can be used to generate wealth

Natural resources are found in nature. These are things like trees, water, soil, air and minerals

Human beings should be responsible and take care of the environment

Human beings use the resources to derive their livelihood

Man has misused the resources in the following ways:

#### **Deforestation**

This is cutting down of trees

This causes:

- Soil erosion

- Global warming
- Change of rain pattern
- Famine
- Drying up of water reservoirs
- Desertification

## **Mining**

This is the act of getting minerals from the earth's surface

Effects of mining include

- Open pits
- Breeding sites for mosquitoes
- Ugly sites
- Destroys fertile agricultural land
- A lot of dust from the mining area
- Mining interferes with eco-system

## **Pollution**

This is the act of making dirty or impure

Pollution is caused on:

- Land
- Air
- Water

Chemicals released into water bodies make it unfit for drinking

It also causes water borne diseases eg. Typhoid, cholera, bilharzias etc

Air is polluted by the gases of emitted from the loud noise from the music shops, vehicles

Land pollution occurs when refuse is disposed anyhow anywhere

## **Questions**

Write down 2 effects of desertification

Give three reasons why human beings take care of the environment

## **The view traditional African society on the use and misuse of God's creation**

According to TAS, God is the creator of everything

Man is in charge of all God's creation

African man considers the earth as the mother because it provides for his food

Some plants provide medicine for him

Rivers were considered as sources of water

Some places were considered sacred: God's dwelling place

In the past, environment was given special care

It was a taboo to destroy the environment

Anyone who destroyed it was punished heavily

## **The Christian teaching on the use and misuse of God's creation**

Genesis 1:11-29

All plants were created by God on the third day

On the fourth day He created heavenly bodies

On the fifth day He created animals which live in the water and the birds

On the sixth day He created all animals and man

God created everything and for a purpose

### **Christians should:**

Care for the environment

Use it responsibly

Preserve water catchment areas

Cultivate and guard it

Improve on areas already destroyed

Consider the earth to be the source of life and respect it

### **Questions**

Write four effects of misuse of God's creation

What did God mean by telling human beings to control His creation

Describe 2 ways in which people misuse animals

State one way in which rivers and lakes water is misused

### **How to respond to the misuse of God's creation**

We should join together and campaign for the restoration of the environment that has been destroyed

Educating people to avoid cultivating near the river bank and other water resources

Plant cover crops on bare land, dig terraces and build gabions in sloppy areas to control soil erosion

Dispose garbage carefully to avoid pollution

Regulate mining activities

Protect animals and give poachers stiffer punishment

Plant trees where there were no trees

Plant trees where they were cut (prof Wangari Maathai)

Prevent desertification after cutting one tree plant two

Work to do:

Pry cre pupils bk 8 page 29-31

## **CHAPTER TWO**

### **CHRISTIANITY AND TRADITIONAL AFRICAN HERITAGE**

#### **African stories of creation**

In traditional African society, different communities had their own creation stories

People in TAS believed that God is the sole creator

Human beings are the most important of God's creation

TAS stories are called myths

A myth is a story with a message

Different communities explain how they were formed:

## **Agikuyu**

People of central Kenya believe that God created the universe

He then created a man called Gikuyu

God gave Gikuyu a wife called Mumbi

They both lived at a place called Mukurwe wa Nyagathanga

They had nine daughters

Gikuyu offered sacrifices to God who offered nine handsome men to marry them

Thus the gikuyu community today

## **Akamba**

They had a God called Mulungu, Ngai, Mwatwangi

He created the first man and woman

Let them down from heaven and fell on earth

They landed on a stone on Nzai hills

God blessed them with many sheep cattle and goats

Akamba people are believed to have come from anthills

## **The Nandi**

They believe to have come from a knee

The knee belonged to a certain animal

It got swollen and finally it burst

Out of it a man and woman

They became the first parents of the Nandi

## **Biblical teachings about creation**

Genesis 1:4-13

The story of creation is illustrated in the bible

God is the sole creator

He created for 6 days the world and everything in it

He created human beings last

God gave him authority over all creation

The learners to give the order of creation

### **The relationship between the unborn, the living, the living dead and ancestors**

In TAS, life was very important because it is given by God

Every stage of life was related to the other

None of the stage was important than the other

Life has no end

Life began before birth and it continued after death

Before children were born, they were considered as part of the society

A person who has died continues to be a member of the society

In TAS, life existed in four forms,

- The unborn
- The living
- The living dead
- The ancestors

### **Unborn**

These were members of the society who were not yet born

Everybody in the society looked forward to the birth of the unborn

They were protected

Expectant mothers were given healthy food and avoided heavy duties

When children were born they became part of the family and community

They replaced the dead

Children ensured life continuity in the family, clan and community

## **The living**

The other form of life is living

It is made up of the community who are alive

Once children were born they became living members of the community

## **The living dead**

These are community members who died recently

Their physical appearance, behavior and character could still be remembered by the living members of the community

## **The ancestors**

These are the community members who died long time ago

No living member of the community could recall them

Information about them is passed by the word to the next generation

They are important for they founded the clan

They are remembered in the history of the community

## **NB:**

Ancestors and the living dead exist in form of spirit

Ancestors and the living dead influence the life of the living through dreams or visions

They are believed to be closer to God and therefore acted as mediators

They could warn people and rebuke any evil done in the family or community

In TAS. ,life began before birth, one was born, she/ he then died

Christians also have ancestors also called patriarchs

These are people whose has greatly influenced the Christians

Genesis 13: 14-18, 50: 24-25, Mathew 1:1-17

In the book of genesis, we read the origin of the people of Israel

From Abraham, Isaac, Jacob and their children

The generations that existed before the birth of Jesus that took place in the new testament

Abraham, Joseph and David are the ancestors of Jesus

Christians share in the life of Jesus through believing in him

### Quiz

- What is the difference between the living dead and the ancestors
- Write down three ancestors of Jesus
- Mary the mother of Jesus received the good news about the birth of Jesus in ?
- How do the dead influence the life of the living

### Continuity of life in Christianity and African traditions

Both Christians and people in TAS, believe that life is a gift from God and it has no end

There are differences between Christian understanding and traditional understanding concerning the continuity of life

Christian understanding	traditional African understanding
Christians hope to live forever with God in heaven	Life continued after death in spiritual; world which is not definite
Those who die without believing will be punished by God on judgment day. They will not receive eternal life	Evil doers are not welcome in the spiritual world. Such spirits were the evil spirits
Christians who die will resurrect and be given heavenly bodies	When the living died, they became part of the living dead They continued to live in form of spirits

### Quiz

1. How do we become a member of Christian family?
2. Where did life continue in African society?
3. \_\_\_\_\_ teaches about resurrection of the body.

### Respect for life of the unborn and the unborn

1. Life is a gift from God.



2. Expectant mothers were taken care of.
3. They were protected from any evil forces.
4. The unborn were regarded as potential human beings
5. Life begins after conception
6. Expectant mothers were not allowed to do heavy duties.
7. They were fed with a well balanced diet.

### **Psalms 139:13-16**

1. Christians teach that life begins at conception.
2. The unborn should be loved and taken care of.
3. God formed me and put every part in my mother's womb.
4. Life should be highly regarded.

Nb: both African Traditional and Christianity does not allow for abortion.

Life should be protected and valued.

### **Quiz**

1. Why is abortion a sin
2. Why do Africans regard life as sacred?
3. Memorize verse psalms 139:13-14

### **Concepts of God in African Traditional society and Christianity**

1. African tradition considers God to be as follows:-
  - a. All powerful
  - b. All knowing {omniscient}
  - c. Everywhere {omnipresent }
  - d. God is eternal – has no beginning or end.
  - e. He is the creator of the world and all that is in it.
  - f. God is a spirit.
  - g. God is merciful
  - h. God is good.
  - i. God is the father, mother, friend e.t.c
  - j. God is the provider.
  - k. God is holy

### **Christians consider God to be as follows**

Matthew 6:9, john 1:3, 6:35, 8:12, 14:6, 15:5

1. Giver of life and creator
2. God is the provider
3. God is good.

4. God is merciful
5. He is our father.
6. He is the bread of life
7. He is the provider
8. Omnipresent
9. Omniscient.
10. Omnipotent.

Nb: God manifests himself as the trinity. This means 3 persons in one- God the father, son and the Holy Spirit.

#### Quiz

1. Give similarities between African and Christian concepts of God.
2. Where do African names of God come from?
3. State 3 titles given to God in T.A.S

### **Response to God in Traditional African society**

#### **Africans responded to God through**

1. Offering sacrifices
2. Prayers
3. Consulting special people
4. Ritual cleansing
5. Dance and songs.

#### **Offering sacrifices**

- a. People worshiped God using birds and animal sacrifices.
- b. A bird or an animal was slaughtered and the blood poured out to God before people began worshipping.
- c. The sacrifice was either offered whole or a half and the other half was eaten.
- d. Birds and animals were of the same color without blemish.
- e. The colors preferred were black or white.

#### **Prayers**

- a. Traditional Africans prayed to God for help in different situations.
- b. Example, Elders prayed and blessed warriors when going for war
- c. They asked God to give warriors courage and victory.

#### **Consulting special people**

- a. These special people were seers and diviners.
- b. Diviners found out about the future events by receiving signs from the spirit world.
- c. Seers foretold about God's will in the community

- d. They also foretold the future events from the dreams they had.
- e. They also advised people on what to do if the annoyed God to please him.

### **Ritual cleansing**

- a. This is done after the death of a spouse in a community.  
Example Taita people
- b. When one spouse died they had to cleanse the living spouse.
- c. She'/he had to be taken to the river for a ritual bath.
- d. This was important for one to be accepted by God.

### **Dance and song**

- a. People sang different songs
- b. Some songs were sacred or religious.
- c. As they sung, drums were beaten to remove evil spirit.
- d. E.g the Swahili people had a ceremony called “Kupungapepo” and it was accompanied by dancing and drumming
- e. This was to get rid of the evil spirit that possessed people.
- f. Medicine men conducted the ceremony but God cured people.

### **Quiz**

1. Why did people pray in the African Traditional society
2. State 3 ways in which people worshiped in African traditional
3. Explain how people responded to God in African tradition

### **Ways of reconciling with God in African tradition society**

1. People reconcile to heal broke relationships
2. There were ways in which people offended God e.g
  - a. Refusing to offer sacrifices
  - b. Refusing to give offering after harvest
  - c. Breaking rules in the society.
3. Reconciliation ways include
  - a. Animal sacrifices
  - b. An animal was burnt as a sacrifice to him
  - c. The best animal was chosen
  - d. Animals with blemish were not allowed.
  - e. People also offered grains e.g. maize, bananas, beans e.t.c
  - f. These were taken to the shrines and left there

### **Cleansing Rituals**

- a. If one committed a sin she/he became 'dirty'
- b. She/he had to be cleansed to reconcile her/him with God.

- c. A ritual bath had to be taken using water and special herbs, which were anointed with special oil.
- d. The appropriate ritual bath was given by a medicine woman or medicine man
- e. Special types of clothes were worn to seek reconciliation with God e.g when one was sick or under a curse.
- f. The clothes were prescribed by a medicine man.

### **Prayers**

- a. Libation was poured to the ground and elders talked to ancestors to seek reconciliation with God.

### **Similarities between Christianity and African Traditional beliefs and customs**

- 1. Believe in God as the creator
- 2. Belief in life after death.
- 3. Power of covenants.
- 4. Presence of evil.
- 5. Belief in prophets and prophecy
- 6. Giving offering and first fruits.
- 7. Power of prayers.

### **The difference between Christianity and African Traditional beliefs and customs**

- 1. Belief in trinity
- 2. Belief in lesser Gods
- 3. Belief in magic and witchcraft.
- 4. Animal sacrifice
- 5. Human sacrifices.
- 6. Image of God
- 7. Places of worship
- 8. Jesus and ancestors
- 9. Baptism
- 10. Lord's supper
- 11. Tithing

## **JESUS CHRIST VICTORY OVER PAIN AND SUFFERING**

### **CAUSES OF SUFFERING**

1. Suffering is the feeling of pain, sorrow or discomfort.
2. All people experience suffering in different ways
3. Suffering is caused by:-
  - a. Natural calamities
  - b. Negligence
  - c. Sickness and death
  - d. Irresponsible sexual behavior
  - e. Armed attacks e.g. by robbers
  - f. War and ethnic clashes
  - g. Violence in homes, at school
  - h. Drug substance abuse.
4. Jesus taught that suffering can be caused by sins
5. He forgave the sins of the paralyzed man and took away his suffering.
6. Suffering can also come so that God's glory may be seen
7. Jesus took away the suffering of the blind man when He sent him to the pool of Siloam.
8. We should trust in God to overcome all forms of suffering.

### ***QUIZ***

1. The Word Siloam means?
2. Write three examples of natural calamities.

### **PAIN AND SUFFERING**

1. Pain and suffering are the same or related
2. There are three main types of suffering:
  - a. Physical suffering
  - b. Emotional suffering
  - c. Mental suffering
3. Physical suffering involves inflicting pain on the body.
4. Emotional suffering involves feelings such as guilt, sadness or joy.
5. Mental suffering relates to the mind.

6. Job suffered mentally, emotionally and physically
7. He suffered physically because he got sores all over his body.
8. He suffered emotionally because he lost the children he loved
9. Job also suffered mentally when he lost everything he owned.
10. We should remain faithful to God who helps us overcome suffering.

### ***Quiz***

1. State three types of suffering each with a valid example
2. Name another person in the bible other than Job who suffered physically.
3. Job 2:10 says\_\_\_\_\_

### **VARIETIES OF MENTAL SUFFERING**

1. Any problem that affects the mind causes mental suffering
2. Not all people who suffer mentally are mad
3. Some people may be depressed while others are retarded.
4. Mental suffering can be caused by:-
  - a. Diseases
  - b. Injury to the brain
  - c. Disturbing experiences
  - d. Being naturally born in such a state
  - e. Drug and substance abuse.
5. Jesus healed a man who suffered mentally in Gerasa territory.
6. The man had an evil spirit which made him mad.
7. He was called legion or mob because the demons in him were many
8. Jesus has the power to heal those who suffer mentally.

### ***Quiz***

1. The evil spirits in legion begged Jesus not to \_\_\_\_\_
2. Mad people are also called \_\_\_\_\_
3. To be possessed means \_\_\_\_\_

### **VARIETIES OF PHYSICAL SUFFERING**

1. Physical suffering occurs when pain is inflicted in the body.
2. Physical suffering can be caused by :-
  - a. Injury
  - b. Deprivation

- c. diseases
  - d. Brutality
  - e. War
  - f. Poverty
  - g. injustice
3. Jesus taught the parable of the rich man and Lazarus.
  4. The rich man lived in great luxury and comfort
  5. Lazarus had sores on his body and no food to eat
  6. The rich man did not show love and concern for Lazarus.
  7. Lazarus competed with dogs for left over's from the rich man's table.
  8. Lazarus trusted in God and ended up being rewarded in paradise.

### ***Quiz***

1. List down four examples of suffering
2. The \_\_\_\_\_ of \_\_\_\_\_, the first Christian martyr made him suffer physically.

### **VARIETIES OF EMOTIONAL SUFFERING**

1. People suffer emotionally when they feel rejected or unloved.
2. Other cause of emotional suffering may include :-
  - a. Conflict between friends or relatives
  - b. Failure in exams
  - c. Harassment and bullying
  - d. Loss of loved ones
  - e. Breakdown in relationship
  - f. Unemployment or loss of a job.
  - g. Poverty.
3. When people suffer emotionally they cry or weep.
4. Emotional suffering can be overcome through prayer and moral support.
5. It can also be dealt with through guidance and counseling.
6. Jesus was tried both by Pirate and Sanhedrin.
7. He suffered emotionally because of the false accusations brought up against Him.
8. Like Jesus, we should always trust in God to help us overcome suffering.

### ***QUIZ***

1. Which actions of the soldiers made Jesus suffer emotionally?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

2. Jesus persevered because his suffering had \_\_\_\_\_

## **JESUS CHRIST TRIUMPHS OVER PAIN AND SUFFERING**

1. Jesus underwent pain and suffering
2. He persevered suffering in humility and silence
3. He accepted his suffering to save mankind from sin.
4. Jesus was the final sacrifice for the deliverance of man
5. He suffered to accomplish a mission which was the will of God.
6. Prophet Isaiah referred to Jesus as the suffering servant.
7. While on the cross Jesus said the following things
  - a. Eloi Eloi Lama Sabachthani
  - b. Father forgive them for they do not know what they are doing.
  - c. Behold your mother, behold your son.
  - d. Today you will be with me in paradise
  - e. I am thirsty
  - f. Father, into your hands I place my spirit.
  - g. It is done it is finished.
8. Christians remember Jesus victory over pain and suffering during Easter.

### ***Quiz***

1. The man who repented after he was crucified with Jesus was \_\_\_\_\_
2. After Jesus' death, the centurion said \_\_\_\_\_

## **THE PURPOSE OF SUFFERING**

1. Suffering is worthwhile when it has a purpose
2. Africans suffered as they fought for independence
3. Jesus died in order to save us from our sins
4. Jesus died physically but resurrected from the dead.
5. Christians share the experience of Jesus through baptism.
6. We share the privilege of Noah, who together with his family was saved from the flood.
7. When we suffer because we are Christians, we shall be rewarded. Christians should not suffer for immoral things.
8. Apostle Peter taught that those who suffer for Christ glorify God.
9. In suffering Christians should trust God because He keeps His promises.

### ***Quiz***

1. A martyr is \_\_\_\_\_



2. \_\_\_\_\_ was the first Christian martyr
3. Jesus sweat blood in the \_\_\_\_\_ of \_\_\_\_\_

### Martyrdom

1. A martyr is a person who suffers or dies for their faith.
2. Through history, many people have died or suffered because they refused to denounce their faith.
3. Kabaka Mwangwa's rule in the Buganda kingdom led to the death of many Christians.
4. Among those who died were Charles Lwanga, Joseph Mukasakizito and Mathias Mulumba.
5. There is a shrine dedicated to the martyr at Namugongo
6. Stephen was the first Christians martyr
7. He was one of the seven deacons
8. The seven deacons were
  - a. Philip
  - b. Nicanor
  - c. Prochorus
  - d. Nicolaus
  - e. Permenas
  - f. Timon
  - g. Stephen
9. Stephen was opposed by the Libertines, the synagogue of freed men.
10. Jesus promised us the holy spirit to help endure suffering.

### *Quiz*

1. Mention ten North African Martyrs
2. Acts 7:60 says \_\_\_\_\_

### **CHRISTIAN SUFFERING TODAY**

1. Some Christians suffer rejection from their friends and relatives.
2. They are considered traitors because of forsaking their traditional way of life.
3. Some people are sent away from home after responding to the call for salvation.
4. Persistent prayer and faith in God strengthens one's resolve to follow Christ.
5. The bible teaches that Christians should share in Christ suffering.
6. God rewards those who remain faithful even when persecuted.
7. God also saves people from danger and provides them with their needs.
8. We should pray for Christians undergoing persecution.

## *Quiz*

1. State three types of suffering
2. The words spoken by Stephen similar to those spoken by Jesus were

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## Unit 4

### **LIVING THE CHRISTIAN FAITH**

#### **THE MEANING OF PRAYER**

1. Prayer is communicating with God
2. There are two types of prayers namely:
  - a. Private prayer
  - b. Public prayer
3. During prayer Christians hold a conversation with God.
4. In prayer, one talks to God and also listens to Him.
5. There are four elements of prayers
  - a. Adoration
  - b. Confession
  - c. Thanksgiving
  - d. Supplication
6. Adoration involves praise and worship
7. Supplication involves petition and intercession
8. Petition is a prayer on behalf of oneself.
9. Intercession is a prayer on behalf of others.
10. Prayers should be made in faith and humility.

#### ***Quiz***

1. Confession should be accompanied by \_\_\_\_\_
2. The parable of \_\_\_\_\_ teaches about humility in prayer.

#### **PRIVATE AND PUBLIC PRAYERS**

1. Prayer is a conversation with God.
2. There are public and private prayers
3. Private prayer is when one converses with God
4. It is called individual or solo prayer
5. Public prayer is made in a group
6. It is also called communal or corporate prayer

7. Public prayer is made aloud
8. Such prayers are made in schools, homes or churches
9. Public prayers are also made during occasions such as
  - a. Church services
  - b. Weddings
  - c. National holidays
  - d. Christian holidays
10. God answers public and private prayers.

### ***Quiz***

1. State the meaning of the following Christian groups abbreviations
  - a. C U
  - b. YMCA
  - c. YWCA
  - d. C A
2. Acts 2:42 says \_\_\_\_\_

### **ANSWERS TO PRAYERS**

1. God listens to and answers prayers
2. We know God has answered our prayers when what we pray for happens
3. Christians expect answers to both public and private prayers
4. God can answer prayers in three ways namely:-
  - a. Yes
  - b. No
  - c. Wait
5. God answers prayers according to his will
6. When God answers “no” it might be that we prayed for something that can harm us
7. God answers “wait” when the time is not appropriate for our requests.
8. Saul consulted a medium at Endor when God failed to answer his prayers.
9. God was angry with Saul because of his disobedience.
10. We should obey God so that our prayers get answered.

### ***Quiz***

1. Write a prayer before exams \_\_\_\_\_
2. State four elements of prayers

### **DIFFERENCE BETWEEN PRAYER AND MAGICIANS**

1. Magic is manipulating forces in the universe to achieve results.
2. It can be used for good or evil purposes
3. Consulting magicians comes from lack of trust in God.
4. Traditional Africans used magic to produce :-
  - a. Wealth
  - b. Luck
  - c. Success
  - d. Good health.
5. Magi creates dependence on magicians who may control victims to their detriment.
6. Prayer, unlike magic has positive effects on a Christian.
7. It is guided by the free will of a Christian
8. Christian prayers lead to peace and reconciliation with God, oneself and others
9. Simon of Samaria used magic to do wonders.
10. He tried to buy the Holy Spirit using money which offended God.

#### Quiz

1. The words magician utter are called \_\_\_\_\_
2. Magicians cast \_\_\_\_\_ on their victims.

### **THE RELATIONSHIP BETWEEN FASTING AND PRAYER**

1. Fasting and prayer are Christians practices.
2. Fasting is voluntarily denying oneself food and spend time in prayer.
3. It involves self denial and disciplined commitment
4. Fasting intensifies the effects of prayers
5. Jesus taught his disciples to be humble when praying and fasting.
6. He taught that fasting should not be done for a public show.
7. One can fast to pray for personal or individual needs.
8. Fasting can also be done to intercede for others.
9. Genuine fasting is rewarded by God.
10. Prayer and fasting brings one nearer to God.

#### Quiz

1. State three bible personalities who went without food for forty days
2. Jesus taught that prayer and fasting should be done in \_\_\_\_\_

### **SELF – DENIAL IN SERVICE TO OTHERS**

1. Self-denial is depriving oneself of certain things so as to serve others.
2. Fasting is an example of self-denial in order to pray.

3. Christians also sacrifices money and other resources to serve God.
4. Christians also sacrifice their time to serve
  - a. The aged
  - b. Destitute children
  - c. Prisoners
  - d. People living with HIV/AIDS
5. Jesus taught that following Him is about self denial
6. He taught that Christians must put the interest of others before their own.
7. Following Jesus involves carrying the cross daily.
8. The cross is a symbol of suffering.

#### Quiz

1. List five ways through which Christians demonstrates self-denial
2. Celibacy means \_\_\_\_

#### **FAITH IN DAILY ACTIONS**

1. Christians face many challenges that require them to demonstrate their faith.
2. A committed Christian should trust in God even in difficult circumstances.
3. Christians can demonstrate their faith by :-
  - a. Obeying God's commandments
  - b. Observing set rules and regulations
  - c. Reporting crime to lawful authorities.
  - d. Being role models
  - e. Helping the needy.
  - f. Self-denial
  - g. Practicing honesty and integrity.
4. The bible teaches that Christians should offer themselves as a living sacrifice.
5. They should dedicate themselves to God's service
6. Christians should please God in all they do.
7. They should allow God to transform them inwardly to be like Him.
8. We should emulate the example of patriarchs who had total faith in God.

#### **Quiz**

1. \_\_\_\_\_ was considered blameless and walked with God

2. God called \_\_\_\_\_ a man after my own heart.

## **THE MEANING OF LIVING FAITH**

1. Living faith involves actions dictated by gospel values.
2. Gospel values include :-
  - a. Honesty
  - b. Integrity
  - c. Love
  - d. Mutual caring
  - e. Sharing
3. Apostle James teaches that Christian's faith should be meaningful.
4. Living faith is accompanied by actions
5. It involves practically showing concern for the needy.
6. Faith without action is dead.
7. James also taught that Christians should confess their sins to one another.
8. A prayer made in faith by arighteous person has power to heal.
9. Jesus taught that it is more blessed to give than to receive
10. We should demonstrate living faith in all we do.

### ***Quiz***

1. The crippled beggar at the Beautiful gate was healed by \_\_\_\_ and \_\_\_\_
2. State three reasons for fasting
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

# **SOCIAL PROBLEMS AND CHRISTIAN VALUES**

## **CHRISTIAN VALUES**

### **A. JUSTICE**

1. Justice is the quality of being fair and acting according to what is right.
2. It involves condemning what is wrong and uphold what is right.
3. Justice brings peace and harmony among people.
4. Prophet Jeremiah condemns the injustice of :-
  - A. Killing innocent people
  - B. Mistreating foreigners
  - C. Mistreating widows and orphans.
5. Amos challenged the injustice in courts.
6. He spoke against oppressing the poor
7. Amos also condemned selling people in slavery.
8. He also condemned false scales and overcharging customers.
9. Apostle James condemned the rich who deny their laborers their wages.
10. He also condemned those who murder innocent people.

#### **Quiz**

1. Corruption in courts was condemned by \_\_\_\_\_
2. Prophet Micah condemned the injustice of \_\_\_\_\_

### **B. FAIRNESS**

1. fairness is the value of being just and impartial
2. it involves doing things according to laid down rules and regulations
3. Fair people treat others as they would like to be treated.
4. Joseph's brothers treated him unfairly because his father loved him.
5. They sold him to the Ishmaelite and he ended up in prison.
6. Jesus refused to condemn a woman who had been caught in adultery,
7. He treated her fairly and advised her to stop her immoral life.
8. God expects us to treat all people with justice and fairness

#### **Quiz**

1. State two reasons why Joseph was Jacob's favorite son
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. \_\_\_\_\_ suggested that they should throw Joseph into a well



3. \_\_\_\_\_ convinced his brothers to sell Joseph to the Ishmaelite.

### **C. HONESTY AND INTEGRITY**

1. Honesty and integrity are important Christian values
2. Honest people tell the truth and do not steal.
3. Integrity is the quality of being honest and having strong morals
4. People of integrity are upright, honest and sincere.
5. They are just and honest in their behaviour.
6. Prophet Elisha had a dishonest servant called Gehazi.
7. Gehazi wanted to benefit financially from Elisha's miracle
8. He ended up getting leprosy together with his descendants
9. God wants us to uphold justice and integrity
10. We should tell the truth to all people at all times.

#### **Quiz**

1. Namaan got healed of his leprosy by \_\_\_\_\_
2. \_\_\_\_\_ and \_\_\_\_\_ lied to the holy spirit
3. \_\_\_\_\_ is the father of lies.

### **NEPOTISM**

1. Nepotism is the vice of showing favoritism to one's relatives.
2. It makes family members receive privileges they do not deserve.
3. Nepotism at the workplace may result in the following :-
  - a. Bitterness and rivalry
  - b. Lack of love and concern
  - c. Frustration and hopelessness
  - d. Lack of teamwork
  - e. Disrespect\poor work output.
4. Jesus refused to show nepotism in his ministry
5. He refused his mother and his brothers undue recognition.
6. Jesus refused to grant James and John the right to sit beside Him in his kingdom
7. To Jesus, leadership meant service to others not gaining special favour.

#### **Quiz**

1. The earthly brothers of Jesus were \_\_\_\_\_
2. James and John the sons of \_\_\_\_\_ were also known as \_\_\_\_\_

## **TRIBALISM (ETHNICITY)**

1. Tribalism is the unfair treatment of people from other tribes.
2. It involves granting unwarranted favours to members of one's tribe.
3. Tribalism comes from mistrust among members of different ethnic communities.
4. It causes bitterness, pain and suffering to its victims.
5. Jesus was denied water by a Samaritan woman because he was a Jew.
6. He however gave the Samaritan woman life-giving water.
7. Jesus taught his disciples not to discriminate against anyone.
8. He was a universal savior as shown by the miracles of
  - a. Healing the ten lepers
  - b. Healing the centurion servant
  - c. Healing a Canaanite woman's daughter.

### ***Quiz***

1. To whom did Jesus say, "it is not good for me to take children's food and give it to dogs" \_\_\_\_\_
2. The fear and hatred for people from other countries is called \_\_\_\_\_

## **CORRUPTION**

1. Corruption is practiced by those who lack honesty and integrity.
2. It involves giving and receiving bribes.
3. Bribes are given as money or service offered in return of a favour.
4. Corruption is caused by :-
  - a. Greed
  - b. Selfishness
  - c. Desire to quick riches
  - d. Indiscipline.
5. Corruption is prevalent when:-
  - a. People win elections unfairly
  - b. Police take handouts to flout traffic rules
  - c. Justice is denied to court of laws
  - d. Students are to schools they don't deserve.
6. Corruption can be overcome through
  - a. Refusing to give or receive bribes.
  - b. Reporting corruption to relevant authorities
  - c. Creating awareness\supporting anti-corruption efforts.

7. The ethics and Anti-Corruption commission is charged with fighting corruption.
8. Jesus accepted Zacheus who denounced his former corrupt way of life.

### ***Quiz***

1. State two reasons why tax collectors were hated
2. Define corruption

## **MISMANAGEMENT OF RESOURCES**

1. Resources are assets that are used to generate wealth
2. There are three types of assets namely :-
  - a. Natural resources
  - b. Man-made resources
  - c. Human resources.
3. Natural resources are mismanaged through:-
  - a. Pollution
  - b. Over-mining
  - c. Pouching.
4. Man-made resources are mismanaged by:-
  - a. Vandalism
  - b. Fraud and embezzlement
  - c. Neglect
  - d. Arson
5. Human resources are people who can be mismanaged through:-
  - a. Being overworked and underworked
  - b. Being denied promotion
  - c. Being underpaid
  - d. Being deployed outside their profession
6. The bible teaches us to value all resources
7. We should take care of all resources.

### ***Quiz***

1. List four natural resources
2. NEMA stands for \_\_\_\_\_

## **UPHOLDING CHRISTIAN VALUES IN OUR LIVES**

1. Christian values are virtues and principals that are worthy of upholding

2. They include
  - a. Justice
  - b. Honesty
  - c. Fairness
  - d. Integrity
  - e. Responsibility
  - f. Humility
  - g. Generosity
3. Most Christian values are universal
4. They are derived from the teachings of Jesus.
5. They lead to forms of conduct that are universally considered worthwhile.
6. Apostle Paul taught the Ephesians to be patient, humble and loving.
7. Christian values show that one has matured in faith.

### *Quiz*

1. List three social evils that affect our society today
2. Which vice was EACC established to curb?

## **UNIT 6**

### **JESUS FREES AND COMMANDS THE MEANING OF CHRISTIAN FREEDOM**

1. Freedom is the state or condition of being unrestrained.
2. It does not mean doing as one wishes
3. True freedom must be accompanied by responsibility
4. Truly free people respect and obey lawful authority
5. They do not allow themselves to be enslaved by immoral things.
6. Jesus death on the cross set Christians free
7. Human being however still has freedom to choose their destiny.
8. God grants us the free will to choose life or death.
9. Each choice we make have consequences

10. We should protect or freedom by living according to Jesus' teachings.

### **Quiz**

1. Galatians 5:1 says \_\_\_\_\_
2. We may be free to do anything but \_\_\_\_\_

### **JESUS SHOWS HIS OBEDIENCE TO GOD**

1. Jesus is God's only son
2. He is the first born of creations
3. He was born of virgin Mary who had conceived through immaculate conception
4. The baby Jesus was always obedient to his earthly parents
5. He grew up gaining favour with God and men.
6. He obeyed his heavenly father and accomplished his mission on earth
7. He restrained Peter who wanted to protect him using violence.
8. Jesus was obedient to his father even unto death
9. He condemned anyone who came in the way of God's will.
10. We should emulate Jesus obedient to lawful authority.

### **Quiz**

1. Peter cut the ear of \_\_\_\_\_ was a servant of \_\_\_\_\_
2. "Those who live by the sword shall also die by the sword". These words were said by \_\_\_\_\_ to \_\_\_\_\_

### **JESUS REACTION TOWARDS FREEDOM**

1. Jesus taught his disciples to obey his commandments
2. He said that those who obey his commandments would know the truth
3. Those who know the truth, Jesus said, would be st free.
4. True freedom, Jesus taught, comes from being informed
5. Everyone who sins is a slave of sins.
6. Jesus' teaching makes people free by taking away sin and immorality
7. we should work to inform people about Jesus and quality life
8. Such people will make informed choices.
9. We should desire to achieve true freedom.
10. We should also help other to make the most informed decisions.

### **Quiz**

1. John 8:31-32 says \_\_\_\_\_

2. True freedom must be accompanied by \_\_\_\_\_

## **JESUS CHRIST'S RESPECT FOR AUTHORITY**

1. Jesus grew up as an obedient child
2. When he was eight days old, he was circumcised according to the law of Moses.
3. When Jesus was forty days old he was presented at the temple for dedication.
4. He attended the Passover feast in Jerusalem when he was twelve years old/
5. Jesus was baptized by John the Baptist so as to fulfill God's wish.
6. He began his ministry in Galilee and had twelve disciples.
7. Jesus taught his disciples to respect lawful authority.
8. He supported payment of taxes and sent Peter to pay temple tax
9. The Pharisee tried to trap Jesus on the issue of paying taxes.
10. He evaded their trap and said " give to Caesar what belongs to Caesar and to God what belongs to God"

### **• Quiz**

1. State three accusations brought against Jesus before Pilate, the governor
2. When Jesus was born, who was the Roman Emperor?

## **PERSONAL FREEDOM**

### **PERSONAL FREEDOM IN RELATION TO OURSELVES**

1. It is important to use our personal freedom wisely
2. Our freedom of action should be exercised in a cautious manner
3. Freedom should never be a stumbling block to others
4. All Christians should exercise freedom by being of good character
5. Freedom should never be misused to cover up evil
6. We should commit ourselves to God in all we do.
7. We should not engage in drug abuse or immorality.
8. We should use our freedom to serve God and others.

### **Quiz**

1. List two other words which mean the same as freedom
2. According to Apostle Peter, freedom should not be used \_\_\_\_\_

## **PERSONAL FREEDOM IN RELATION TO AUTHORITY**

1. Christians should submit to lawful and relevant authority.
2. Lawful authorities are instituted by God.
3. Those who oppose lawful authority oppose God and will be punished.
4. Christians should be peaceful, friendly and law abiding.
5. They should not talk ill of anyone especially those in authorities.
6. Instead, Christians should support and pray for their leaders
7. They should also show concern genuinely for everyone.
8. God is pleased when we use our personal freedom to support those in authority.

### ***Quiz***

1. Romans 13:1 says \_\_\_\_\_
2. Who are the lawful authorities in a
  - a. School
  - b. Church
  - c. District
  - d. County
  - e. Country

### Personal freedom in relation to parents and the community

1. Children exercise personal freedom depending on the environment
2. If parents are too strict children may be fearful.
3. Lenient parents allow children to exercise personal freedom
4. Such children are able to express their opinion on family issues.
5. Children should not use their personal freedom to disrespect parents.
6. Jesus used his personal freedom to grow up as an obedient child.
7. He chose to remain in the House of God but also obeyed his parents.
8. Jesus ended up being loved by his parents, other people and God.

### ***Quiz***

1. Jesus attended the Passover in \_\_\_\_\_ when he was \_\_\_\_\_ years old.
2. Jesus responses to Satan in the second and third temptations were
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

## **LOYALTY TO THE STATE**

1. Christians should be loyal to their country and those in authority.
2. They can show their loyalty by:
  - a. Respecting the law of the land
  - b. Paying taxes
  - c. Reporting crime to authorities.
  - d. Promoting peace and justice
  - e. Participating in community development.
  - f. Creating awareness on the constitution.
3. The bible encourages us to obey lawful authority.
4. It is our Christian duty to pray for those in authority.
5. Christians should be willing to participate in census and fulfill other civic responsibilities.
6. God will always reward those who dutifully respect the rule of law.

### ***Quiz***

1. Name two founding fathers of Kenya
2. The loyalty pledge exhorts us to be loyal to
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
3. Titus 3:1-2 says \_\_\_\_\_

## **UNIT 7**

### **FAMILY, LOVE AND MARRIAGE**

#### **TYPES OF FAMILIES**

1. A family is a group of people who are related by:-
  - a. Blood
  - b. Marriage
  - c. Adoption.
2. There are two types of families namely :-
  - a. Nuclear family
  - b. Extended family.
3. A nuclear family is made up of:-
  - a. Father
  - b. Mother
  - c. Children
4. An extended family is made up of:
  - a. The nuclear family



- b. Other relatives.
- 5. A Christian nuclear is complete even without children
- 6. Family members should love and respect one another.
- 7. God established families and wants them to stay united.

### ***Quiz***

1. Name members of the extended family other than the nuclear family
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
2. List two complete biblical families.

### **FACTORS CONSIDERED WHEN CHOOSING A MARRIAGE PARTNER.**

1. Marriage is a legally recognized union between a man and a woman.
2. The legal union between marriage partners makes them one.
3. There are various factors considered when choosing a marriage partner.
4. These factors include :-
  - a. Maturity
  - b. Self-discipline
  - c. Good character
  - d. Respect
  - e. Family background
  - f. Hard work
5. When choosing a marriage partner, one should not consider :
  - a. Physical beauty
  - b. Wealth
  - c. Sexual demands
6. Factors when choosing whom to marry are considered during courtship
7. The bible teaches that a sensible wife is only given by God.
8. Joseph was engaged to Mary and married her according to God's law.

## **Quiz**

1. List two types of families
2. List three things that join family members.

## **MARRIAGE**

### **BENEFITS OF A CHRISTIAN MARRIAGE**

1. A Christian marriage has many benefits
2. The couple is given guidance and counseling.
3. Marriage partners are taught about their responsibilities in advance
4. A Christian wedding is conducted in public and has many witnesses
5. The wedding gives one a sense of belonging when it is conducted in his/her church.
6. Prayers said during a Christian wedding bestow blessings on the couple.
7. Wedding rings are an outward mark of a Christian marriage.
8. \ Marriage certificate given during a Christian wedding makes it legal.
9. Christian marriages are recognized by God and the state.
10. A Christian marriage is monogamous and gives one a sense of security.

### **Quiz**

1. The bible teaches that whoever God has put together \_\_\_\_\_
2. List three Christians virtues that bind marriage partners
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

### **FACTORS CONSIDERED WHEN GETTING MARRIED**

1. Marriage is voluntary and binding for a man and a woman to become one.
2. It is a lifelong commitment that should be entered in sobriety.
3. There are several factors one should consider when getting married.
4. These factors include
  - a. Religious background.
  - b. Likes and interest
  - c. Age of a partner
  - d. Family background.
  - e. Level of education
  - f. Economic background
5. Abraham organized for his son Isaac to get a good wife.

6. Abraham servant prayed before choosing Rebecca for Isaac.
7. Christians should pray for God's guidance when choosing a marriage partner.

### ***Quiz***

1. Match the following bible personalities with their wives
  - a. Amram \_\_\_\_\_
  - b. Aquila \_\_\_\_\_
  - c. Nabal \_\_\_\_\_
  - d. Mahlon \_\_\_\_\_
2. Dowry is \_\_\_\_\_

### **ESSENTIAL NEEDS OF A FAMILY**

1. A family has member who have essential needs
2. The essential needs of a family can be classified as
  - a. Physical needs
  - b. Social needs
  - c. Spiritual needs
3. Physical needs include food, water, shelter and clothing.
4. Social needs of a family include:-
  - a. Security
  - b. Love
  - c. Acceptance
  - d. Self esteem
5. The need for God stands above every other need of a family.
6. Family members need to live with hope and assurance of eternal life.
7. Jesus taught that human beings cannot live on bread alone.
8. Just as we need food for physical growth, we need the gospel for spiritual well-being.

### ***Quiz***

1. Give examples of the following
  - a. Basic need
  - b. Secondary needs
  - c. Tertiary needs
2. The word essential means \_\_\_\_\_

### **OBSTACLES TO A GOOD MARRIAGE**

1. There are many factors that may lead to failure in a marriage
2. Some of the factors include
  - a. Unfaithfulness
  - b. Childlessness
  - c. Communication breakdown
  - d. Mistrust
  - e. Different likes and interest
  - f. Poverty
  - g. Interference from the extended family.
  - h. Alcoholism and drug abuse
  - i. Un- forgiveness and intolerance
  - j. Failure to pay dowry.
3. Marriage partners should strive to overcome all obstacles.
4. God values the institution of marriage
5. No one should separate those whom God has put together,

### ***Quiz***

1. Partners who have marriage problems should go for \_\_\_\_\_ and \_\_\_\_\_
2. The first marriage was ordained by \_\_\_\_\_ in \_\_\_\_\_
3. List three factors considered when choosing a marriage partner
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

### **TRADITIONAL AFRICAN VIEW ON LOVE AND MARRIAGE**

1. Africans traditionally valued and respected the marriage institution
2. Marriage was an obligation and every African was expected to marry.
3. African marriage was mainly for child-bearing or procreation.
4. An African family was not complete without children.
5. Africans valued chastity and sex before marriage was considered immoral.
6. African marriage extended kinship bands; one got more relatives.
7. An African marriage raised the status of a couple.
8. Polygamous unions were encouraged in African marriage eradicating adultery and prostitution.
9. Polygamy also raised the status of the first wife and the husband.
10. The bible teaches that riches can be inherited but a sensible wife comes from the Lord.

### ***Quiz***

1. State three reasons why children were valued in African communities
2. Dowry is also known as \_\_\_\_\_

## **CHRISTIAN TEACHING ON LOVE AND MARRIAGE**

1. A Christian marriage is highly valued.
2. The marriage unit forms the foundation of a strong nation
3. Among the Christian teaching on marriage are:-
  - a. Marriage was established by God
  - b. Courtship should be pure and mature
  - c. Fornication is not allowed
  - d. Procreation should be within marriage
  - e. Love and faithfulness are the cornerstones of marriage.
  - f. The wife should submit to the husband.
4. The bible teaches that God ordained marriage from the very beginning.
5. Celibacy is a gift from God but it is not for all people.
6. Apostle taught that marriage partners should honour their roles towards each other.
7. Widows and widowers can remarry to avoid temptations.

### ***Quiz***

1. Define courtship
2. List two types of sexual immorality.
3. Husbands should love their wives just as \_\_\_\_\_

## **QUALITIES OF A GOOD PARENT**

1. A good parent provides the basic needs of his or her family.
2. Such parent advises children concerning good conduct and character.
3. A good parent provides both formal and non-formal education.
4. Good parents provide security and protection for their families.
5. Children should get love and attention from their parents.
6. Parents should give directions to their children in all matters especially about God.
7. The bible teaches that children are a gift from God.
8. Family members should always be committed to the family cause.
9. Jesus admonished his disciples for barring children from him.

10. He said “let the children come to me”

### *Quiz*

1. List three biblical parents and their children
2. Mathew 19:14 says \_\_\_\_\_

## **THE QUALITIES OF A GOOD CHILD**

1. A good child takes the initiative to help in family duties
2. Such a child offers encouragement to his or her parents.
3. A good child provides physical protection for the family where need be.
4. An obedient child is a role model to the rest of the family.
5. He/ she can be relied on to provide for the family when the parents are away.
6. A good child accepts and takes correction positively when wrong.
7. Above all, a good child is God fearing
8. The bible teaches that children have a christian duty to obey their parents.
9. Those who obey their parents have a promised of a long and prosperous life.
10. We should desire to honour and obey our parents.

### *Quiz*

1. State two types of families
2. Define a family
3. The words, “let the children come to me” were said by \_\_\_\_\_

## **RESPONDING TO CHRIST’S CALL**

### **THE MEANING OF DISCIPLESHIP**

1. A disciple is a follower of another person’s religious or political teaching.
2. Jesus had twelve disciples.
3. John the Baptist and the Pharisees also had disciples.
4. In Christianity, discipleship is a response to Christ’s call
5. The first four disciples of Jesus were :
  - a. Peter and Andrew
  - b. James and John.
6. All disciples of Jesus gave up their comfort and worldly possessions to follow him.
7. Discipleships call for love and commitment in serving God and others.
8. A disciple should have unshakeable faith in Jesus and God.
9. Disciples of Jesus are expected to be his witness all over the world.
10. Disciples should also be ready to suffer for their faith like Stephen and Paul.

## ***Quiz***

1. Name four disciples of Jesus with multiple names.

## **THE TEACHING OF JESUS CHRIST ON DISCIPLESHIP**

1. Jesus taught his disciples to deny themselves so as to follow him.
2. He taught them to love their enemies and do good to those who persecute them.
3. Jesus taught his followers to forgive and forget.
4. Our forgiveness completely depends on our forgiveness.
5. God forgives the sins of those who forgive others.
6. Disciples must be ready to endure hardships.
7. Family obligations should not interfere with the demands of the kingdom.
8. Discipleship calls for total commitment on the part of the disciple.
9. Jesus was approached by a man in the Samaritan village who wanted to follow him.
10. Jesus told him that foxes have holes and birds have nests but the son of man has nowhere to rest his head.

## ***Quiz***

1. Mathew 5:44 says \_\_\_\_\_
2. The disciple who said ,” can anything good come from Nazareth was \_\_\_\_\_
3. The disciple who walked with the risen Christ to Emmaus was \_\_\_\_\_

## **ABIDING IN THE VINE**

1. Christ is the true vine and his followers are the branches.
2. His father, our God, is the vinedresser.
3. Abiding in the vine is accepting Jesus and obeying his commandments.
4. Branches are totally dependent on the vine for growth.
5. Christians too, should be totally dependent on Jesus the source of life.
6. They are also expected to bear fruits of love, patience and service to God and mankind.
7. Without abiding in Christ, such fruits cannot be produced.
8. We should desire to be true disciples of Jesus Christ.

## ***Quiz***

1. John 15:7 says \_\_\_\_\_
2. Write four qualities of a Christian disciple
3. The most loved disciple of Jesus was \_\_\_\_\_

## **LOVING ONE ANOTHER**

1. To love is to care deeply for someone.
2. As disciples of Jesus we are expected to love one another.
3. Loving others involves>
  - a. Caring for the well being of others
  - b. Sharing with the needy
  - c. Forgiving those who offend us.
  - d. Praying for our enemies.
  - e. Denying oneself comfort for others' sake
  - f. Suffering for those we love.
4. God demonstrate His love by offering his son as a sacrifice for sin.
5. Apostle Paul taught that love is the greatest thing a disciple can achieve.
6. Love without good deeds is worthless.
7. Apostle John taught that from the beginning God wanted us to love onr another.
8. Christians should love one another as a mark of true discipleship.

### ***Quiz***

1. All commandments are summed up by \_\_\_\_\_
2. The first four commandment are about loving \_\_\_\_\_
3. Love \_\_\_\_\_ is the way Jesus summarized the last six commandments.

## **SERVING ONE ANOTHER AND DENYING ONESELF**

1. Service refers to actions of kindness and love to others.
2. Christians should serve all people without discrimination
3. They should deny themselves some comfort in order to be of service to others.
4. Self denial in an important characteristic of a Christian disciple.
5. Jesus taught that his disciples should be ready to endure suffering.
6. During the last supper, Jesus washed his disciple's feet.
7. By so doing, Jesus taught humility in service.
8. We can serve God through serving our fellow human beings.

### ***Quiz***

1. List four New Testament names for Passover.



2. Who had denied Jesus the chance to wash his feet?

### **THE PLACE OF WEALTH IN CHRISTINA DISCIPLESHIP**

1. Wealth is material possessions such as money, land or property.
2. God blesses people to be wealthy.
3. Wealthy people should not be proud or arrogant.
4. Instead, they should live with humility and thankfulness.
5. Wealthy Christians can use their wealth to work for God.
6. They can use their wealth to support church programs such as evangelization and outreach.
7. They can also support the needy in the communities they live in.
8. The bible teaches Christians to ask God to bless them with enough.
9. Jesus taught that it is easier for a camel to go through the eye of a needle than for the rich to enter God's kingdom.
10. We should share with gladness what God has given us.

### **Quiz**

1. Wealthy people are those who have
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
2. Africans believe that wealth came from \_\_\_\_\_

### **MISUSE OF WEALTH IN CHRISTIAN DISCIPLESHIP**

1. Wealth is said to be misused when it is used in a way that does not glorify God.
2. Christians should not in opulence and luxury to draw people's attention.
3. They should not exploit their workers to work for long hours.
4. Christian employers should not threaten their employees.
5. Wealthy Christians should give tithe to support the work of God.
6. Prophet Micah condemned the rich who gave bribes to subvert justice.
7. They paid prophets to give favourable revelations.
8. The priest interpreted the law for them to favour their interests.

### **Quiz**

1. List two wealthy bible personalities.

2. State three things done by the rich condemned by Apostle James.

## **THE ROLE OF EVANGELISTIC AND WITNESSES**

1. An evangelist is a person who preaches to person urging them to accept Christ.
2. A witness is a person who tells the truth about what he has seen or heard.
3. A Christian witness tells others about Christ through their actions.
4. we can all be witnesses of Christ if we conduct ourselves according to the teachings of Christ.
5. Jesus started the greatest commission on earth
6. He sent his disciples to make people of all nations his disciples.
7. The early missionaries responded to that call by spreading the gospel to Frica.
8. We should appreciate the role of evangelists and witnesses in the church.

### **Quiz**

1. \_\_\_\_\_ was the apostle of the gentiles.
2. Jesus told his disciples to begin their missionary work in \_\_\_\_\_  
\_\_\_\_\_ to the uttermost parts of the earth.
3. Paul made \_\_\_\_\_ missionary journeys.

## **UNIT NINE**

### **LEISURE**

#### **THE MEANING OF LEISURE**

1. Leisure is the time when we are free from work or studies.
2. There are many activities one can do during leisure.
3. These activities can be classified into:
  - a. Active leisure
  - b. Passive leisure
4. Active leisure involves physical activities .
5. Such activities include:-
  - a. Sports and games.
  - b. Dancing.

6. Passive leisure has minimal or no physical activity.
7. It includes watching television, reading, listening to music or sleeping.
8. We should not use leisure time to engage in immoral activities.

### ***Quiz***

1. List four games one can take part in during leisure time
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
2. The fourth commandment states \_\_\_\_\_

### **LEISURE TODAY AND IN TRADITIONAL AFRICAN COMMUNITIES**

1. There were many leisure activities in traditional African communities.
2. Different people participated in leisure activities according to:-
  - a. Age
  - b. Gender
  - c. Social status.
3. Today leisure activities are done according to people's :-
  - A. Interests
  - B. Affordability.
  - C. Availability of time.
4. Leisure activities were conducted during seremonies such as:-
  - a. Naming
  - b. Initiation
  - c. Marriage
  - d. Funerals
  - e. Thanksgiving.
5. Some of these leisure activities were
  - a. Visits
  - b. Games and sports
  - c. Folk stories
  - d. Riddles and tongue twisters.

6. Leisure activities accompanied work in African societies.
7. Leisure is important to all people irrespective of age, gender or social status.

### **USES OF LEISURE FOR PERSONAL GROWTH.**

1. Leisure is good for physical and spiritual growth.
2. One can do voluntary work in the community.
3. Leisure time can also be used to develop skills and talents.
4. One can also acquire new skills during leisure time.
5. Leisure time can be used for fellowship with other christians.
6. David used his leisure time to play the harp.
7. He ended up using the skill to help King Saul when he was tormented by evil spirit.
8. Leisure can be used to relieve fatigue, evil thoughts and sadness.

#### ***Quiz***

1. List three talents one can develop during leisure
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. **State four examples of passive leisure**
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_

### **TO BE WITH THE FAMILY**

1. Leisure time can be used to be with one's family
2. During leisure time, family members can
  - a. Visit friends or relatives.
  - b. Attend ceremonies.
  - c. Spend time with one another.
  - d. Pray and worship together.

- e. Visit different places.
  - f. Engage in charity work.
3. Leisure time allows family members to :-
    - a. Unite as a family
    - b. Appreciate one another
    - c. Support each other
    - d. Understand one another.
    - e. Enjoy each other's company.
  4. The bible teaches that Mary went to visit her cousin Elizabeth.
  5. Elizabeth felt honored to be visited by the Lord's mother
  6. We should spend quality leisure time with our friends and relatives.

### ***Quiz***

1. List two types of families
2. State three things one can do with his or her family members.

### **FOR CULTURAL DEVELOPMENT**

1. Leisure time can be used to gain knowledge on culture.
2. This can be done through
  - a. Visiting cultural centers
  - b. Participating in music and drama festivals.
  - c. Telling folk stories, riddles and tongue twisters.
  - d. Visiting grandparents.
  - e. Encouraging sports and games.
  - f. Supporting cultural events.
  - g. Having family leisure time.
3. David was gifted in playing the harp.
4. Playing the harp was a Jewish cultural practice for boys.
5. He ended up helping Saul who was tormented by evil spirits.
6. We should enhance our culture during our free time.

### ***Quiz***

1. Name two cultural centers in Kenya
2. Write three proverbs in English, Kiswahili and your mother tongue.

### **CHRISTIAN ACTIVITIES DURING LEISURE**

1. There are many ways a Christian can spend their leisure time
2. Christian leisure activities should be morally right.
3. Such activities may include
  - a. Visiting

- b. Worshipping God
  - c. Resting
  - d. Spending time with family
  - e. Participating in church activities
  - f. Attending retreats.
  - g. Games and sports
  - h. Community development projects
  - i. Guidance and counseling
4. The bible teaches that God sanctioned rest when he made the sabbath.
  5. The Sabbath is sanctified as a holy day of rest.
  6. Christians should observe the Sabbath and keep it holy.

### Quiz

1. List the creations of God according to the biblical order of creation
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
2. \_\_\_\_\_ is the fourth commandment.

### **MISUSE OF LEISURE**

1. Leisure can be used to engage in immoral activities.
2. This may be caused by
  - a. Peer pressure
  - b. Curiosity
  - c. Idleness
  - d. Lack of guidance
  - e. Having too much money.
3. Activities that misuse leisure include
  - a. Pre-marital sex
  - b. Abusing drugs
  - c. Idling and gossiping
  - d. Over-indulging in the same activities.
  - e. Getting into bad company.
4. Misuse of leisure makes life miserable

5. Noah abused leisure when he got drunk with wine.
6. He ended up staying naked in sight of his son Ham.
7. The end result was that Ham got cursed
8. We should avoid destructive leisure activities.

### ***Quiz***

1. State two effects or results of irresponsible sex during leisure
2. The sons of Noah were \_\_\_\_\_

### **LEISURE AND UNEMPLOYMENT**

1. Leisure time is the time when one is free from work and studies.
2. Unemployment, on the other hand, is lack of work to earn a living.
3. Unemployed people are not in continuous leisure time.
4. Such people may engage in crime and other destructive activities.
5. This can be avoided through self employment.
6. One can also train to acquire new skills.
7. Apostle Paul condemned laziness when teaching Thessalonians.
8. He was a good example for he worked as a tent-maker.
9. Unemployed people should not engage in idling and gossip.
10. They should trust in God and keep trying to gain regular employment.

### ***Quiz***

1. State two categories of leisure activities
2. 2<sup>nd</sup>Thessalonians 3:10 says \_\_\_\_\_
3. List two traditional leisure activities