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LET'S DISCOVER OUR POTENTIALS

CHRISTIAN RELIGIOUS EDUCATION

LESSON NOTEBOOK 7

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SCHOOL:.....

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ALWAYS USE KESK PRODUCTS SUCH AS SCHEMES OF WORK BOOKS, LESSON PLAN BOOKS, WORKBOOKS, SCHEMING FRAMEWORKS, LEARNING CHARTS, LESSON NOTES AND PLE REVISION BOOKLETS FOR QUALITY LEARNING OUTCOMES

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TERM I LESSON NOTES

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- Common marriage problems
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- Examples of sexual deviations
- Causes of sexual immorality:
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TOPIC 1: FRIENDS ON THE WAY.

Friendship is relationship between people who love or like each other.
Friend is a person whom you can relate freely.

Importance of friendship

- ❖ It makes one feel secure
- ❖ Enable one to have someone to share their secrets
- ❖ Brings joy
- ❖ Gives individual self confidence
- ❖ Gives one a sense of belonging
- ❖ Brings opportunities to others.

Jesus' examples of friendship (John 15:12-15)

- ✓ love the life of God
- ✓ This commandment urges people to love one another as Jesus loved them.

Qualities of a good friend

- ✓ Honest
- ✓ Forgiving
- ✓ tolerant and patient
- ✓ humble and kind to their friends
- ✓ please others more than self
- ✓ guide and counsel their friends
- ✓ Respectful
- ✓ Trustworthy
- ✓ Peaceful
- ✓ Generous
- ✓ Humble
- ✓ Loving
- ✓ Kind
- ✓ Faithfulness

How Jesus expressed His love to mankind

1. He revealed to His disciples the secrets of the kingdom of heaven
2. He was merciful to sinners
3. He was considerate
4. He had compassion and fed the hungry
5. He consoled the sorrowful Mary and Martha
6. He called children and showed them love
7. He taught His disciples the skills of love

Advice

This is an opinion or suggestion about what somebody should do in a particular situation

Importance of advice (Sam 2:12)

1. May save someone from danger
2. Promotes peace and harmony
3. It promotes unity
4. It promotes friendship

5. Encourages development (2 Sam 1:12) difficult mission of prophet Nathan)

GOOD ADVICE

Good advice are better opinion about what somebody should do in a particular situation.

Examples of good advice

1. Encouraging our friends to do things that please God.
2. Encouraging our friends to do things that please other people.
3. Encouraging our friends to make good decisions.
4. Encouraging our friends to respect others.
5. Encouraging our friends to be hardworking.
6. Encouraging our friends to be trustworthy and honest.
7. Encouraging our friends to be obedient and faithful.

Advantages of good advice.

1. It promotes peace and unity.
2. It promotes friendship and cooperation.
3. It promotes personal development.
4. Good advice saves one from danger.

Examples of people who give good advice.

1. Parents
2. Teachers
3. Elders
4. Community leaders.
5. Some friends.

BAD ADVICE

Bad advice are better opinion about what somebody should do in a particular situation.

Bad advice includes

1. Encouraging use of abusive language.
2. Encouraging hatred and jealousy.
3. Encouraging cheating.
4. Being unfaithful.
5. Being disobedient.

Characteristics of bad advice

1. It encourages evil
2. It encourages biasness
3. It is dishonest
4. It is not corrective

Ways people have been wrongly advised.

1. To fight.
2. To join bad pear groups.

3. To take alcoholic drinks.
4. To commit suicide.
5. To fornicate.

Dangers of bad advice.

1. It can lead to hatred/disunity.
2. It leads to failure in one's future plans.
3. It may lead to death.
4. It leads to imprisonment.
5. It may lead to misery and suffering.
6. It may lead to loss and destruction of property.

How can we stand by our friends in times of trouble / crisis?

1. By praying for them when they are in danger.
2. We should give them encouragement and hope.
3. By giving them moral, financial and material support.
4. By showing them love when they are in trouble.
5. By being loyal to them.

Qualities of people look for in marriage partners.

Marriage

Marriage is the legal union of a man and a woman as husband and wife.

Types of marriage

Religious marriage

The marriage conducted either in church or mosque.
The marriage is performed by a religious leader.
It is called Holy Matrimony in Christianity

Characteristics of Religious marriage

1. It is conducted by religious leaders
2. It emphasizes love
3. It is of one wife and one husband(monogamy)
4. It involves two witnesses for couples.
5. It involves exchanging vows

Vows that a couple exchanges in church

- ✓ In bad and good times only death that will separate us
- ✓ In poverty and riches only death that will separate us
- ✓ In sickness and health only death that will separate us

Importance of marriage vows:

Strengthen love

What the couple does in church.

1. Exchanging promises (vows)
2. Signing marriage certificate

3. Exchanging rings.

Importance of a wedding ring

Endless love

The reason a wedding ring is put on the second left hand finger.

It has vein of love connected to the heart.

Importance a white wedding gown.

- ✓ Innocence
- ✓ Virginity
- ✓ Purity

Importance of a marriage certificate

- ✓ Shows that marriage is legal.

Summary sheet

TOPIC 2: CHRISTIAN INVOLVEMENT IN THE WORLD

Talents

- ✓ A talent is a natural gift God gives us
- ✓ A talent is a natural ability to do something well

Using our talents to make contributions to improve the world,

Some talents that God gave us that can contribute to the improvement of the world.

Examples of talents

- ✓ Drawing and painting.
- ✓ Singing.
- ✓ Running.
- ✓ Acting
- ✓ Debating
- ✓ Writing
- ✓ Playing football, Volleyball, Netball
- ✓ Swimming.
- ✓ Dancing.
- ✓ Jumping

Using available resources to serve God and fellow human beings.

1. Making machines used for building.
2. Making medicine to cure diseases.
3. Making education better.
4. Making communication better
5. How talents contribute to the improvement of the world
6. They provide employment opportunities.
7. They promote social development among the people.
8. The lead to development of various skills.
9. They provide entertainment.
10. They groom future leaders e.g. team captains.
11. They donate to the poor.

How can we develop talents among people?

1. Having regular practice.
2. By identifying and training.
3. Organising competitions.
4. By encouraging and rewarding good performance.

How people benefit from their talents

1. They get jobs.
2. They get fame.
3. They get friends.
4. They get wealth.
5. They get exposure to foreign land.

Uses of resources that break God's commandments.

- ✓ Making medicine to carry out abortion.
- ✓ Making weapons of mass destruction.
- ✓ For disputing God's existence.

✓ Making poisonous chemical to poison other people.

The roles and cooperation of different people in making the world a better place.

Cooperation

Cooperation means working together to achieve a desired goal

Possible ways of cooperation

1. Through good leadership
2. Through democratic laws and rules
3. Through concern of welfare of other people
4. Through working hard
5. Through provision of freedom and security

There is a need to cooperate and work together as a team in order to be successful in any project.

Different ways we can cooperate in making the world a better place.

1. By working together as a team / collective responsibility.
2. By having proper care for God's creation.
3. By ensuring peace and freedom for all people.
4. Through leaders being open and transparent.
5. Through concern and welfare of other people.

Why do we need to co-operate with each other?

1. It helps us to overcome challenges.
2. It builds strength / united we stand and divided we fall.
3. We get new ideas from other people.

The role of Christian organizations in developing the world

There are many Christian organizations in Uganda which serve people and some of these include:-

1. Young Women's Christian Association (YWCA).
2. The Bible Society.
3. World Vision International
4. Mother's Union
5. Christian Children's Fund (C.C.F)
6. Adventist Development Relief Agency (A.D.R.A)
7. Inter Religious Council (IRC)
8. Uganda Joint Christian Council (U.J.C.C)

Voluntary Organisation in Uganda

Voluntary organizations

These are groups of people who work willingly and without payment.

Examples of voluntary organizations Uganda.

1. Mothers Union.
2. Fathers Union.

3. Adventist Development Relief Agency (ADRA)
4. World Vision International
5. Scripture Union.

Other Non Government Organisations

1. The AIDS Support Organisation (TASO)
2. The Uganda Women's Effort to Save Orphans (UWESO)
3. United Nations Children Fund (UNICEF)
4. Kulika Uganda
5. World Food Programme (WFP)
6. World Health Organisation (WHO).
7. Uganda Red Cross Society.
8. Cooperative for Assistance and Relief Everywhere (CARE) with its headquarters in Brussels.

Roles of each of the following voluntary organizations in Uganda.

Uganda Red Cross Society

- ✓ Gives medicine to wounded and displaced people.
- ✓ Facilitates the donation of blood.
- ✓ Traces displaced people.
- ✓ Provides food and clothing to displaced people.
- ✓ Resettles people who are displaced during the war.

Babies' homes / orphanages

- ✓ Caters for infants without parents and have been neglected.
- ✓ They provide them with food, shelter, medical care, clothing.

Bible society

- ✓ Provides the teaching and spread of the Word of God.

World Vision International

- ✓ Builds and facilitates schools.
- ✓ Caters for people hit by the disasters like earthquakes.
- ✓ Provides safe water sources.

Compassion International

- ✓ Caters for orphans.
- ✓ Give clothes and other necessities to the needy children.
- ✓ Pays school fees for the needy children.

Christian Children's Fund (C.C.F)

- ✓ Sponsors needy children in their education.
- ✓ Also provides health care for such children.

Mother's Union

- ✓ Gives counselling services to women with special problems.
- ✓ Promotes women's projects.

Scripture and Christian Union

- ✓ Promotes the teaching of the word of God in schools and instructions.

Contributions of Christian Organisations towards the development of the World.

Economic Contributions

1. They set up income generating projects such as Send a Cow Uganda
2. They set up financial Institutions such as banks.
3. They construct Schools that provide jobs e.g. Mengo, Rubaga, Nsambya
4. They construct roads.
5. They set up vocational training centres.

Social contributions;

1. They spread Christianity.
2. They promoted morals e.g. Mothers Union and Fathers Union
3. They carry out counselling services.
4. They set up orphanage centres.
5. They build schools.
6. They build hospitals.

Political contributions;

1. They conduct peace talks e.g. Inter Religious council.
2. They conduct civic education e.g. UJCC.
3. They encourage the government to respect human rights.

The role of science technology and education to the development of the world

Technology mean use of practical ways in science to solve some of day to day problems.

What is science?

It is the study and knowledge of the world based on experiments and proven facts.

What is education?

Education is providing people with information and knowledge

Roles of technology

1. Improve on transport
2. Improve communication
3. Discover the sources of power to run industries
4. Improve on medical services
5. Preserving food
6. Improve farming
7. Entertainment
8. Build complicated infrastructure
9. Invent recreation facilities

10. Promotes peace and security

Disadvantage of technology

1. It causes air and water pollution
2. It increases the rate of unemployment
3. Interferes with our culture
4. Increases high rate of deaths
5. How science has improved people's standard of living
6. Through science people can be vaccinated against disease
7. Through science, drugs to dangerous diseases have been got, e.g. ARV drugs
8. Through science, Engineers have built bridges and good roads
9. Through science, traffic lights have been invented
10. People have been operated against several diseases.

Bad effects of science

1. People have been given over doses
2. People have lost their sites/ memory
3. People have become lame
4. Through science dangerous bacteria have been invented
5. High rate of accident

How education has improved people's standards of living in the world today

1. People have got a lot of fame (acquired a name) because of Education
2. Through education people have learned to cure disease
3. People have got jobs
4. People have learnt to fight ignorance
5. People have fought low infant mortality rates
6. People have learnt to read the bible and other literature
7. People can easily find directions to places by following road maps and sign posts.
8. People have learnt about their human rights and how to protect them

Bad effects of education

1. People have invented destructive devices because of education
2. There is high domestic violence because of the equality caused by education
3. Our cultures have been interfered.
4. Education has made people to be enslaved by others.

Importance of laws in society

1. Guide people how to treat others
2. It makes people fear crime
3. Guides leaders on how to govern their people
4. Protect the vulnerable groups e.g. women, children and elderly

5. It ensures adequate sharing of world resources
6. Promotes respect of authority

The ten commandants

1. Worship no god but Me
2. Do not worship idols
3. Do not use my name for evil purposes
4. Observe the Sabbath and keep it holy
5. Respect your father and mother
6. Do not commit murder
7. Do not commit adultery
8. Do not steal
9. Do not a accuse any one falsely
10. Do not desire another man's wife, house, land, slaves, and cattle

NB: The above commandments were given to guide people

Participating in an electoral process

An election

An election is an act of giving people a chance of choosing leaders of their own choice.

Requirements for participating in an electoral process

1. Be 18 years and above
2. Be a citizen of a country
3. Be a registered with the electoral commission
4. Be registered to vote under one polling situation
5. Be of sound mind

What a voter should know

1. Have knowledge of rights as citizens
2. Must have gone through enough voter education
3. Be aware of the polling process
4. Be aware of the rules and regulations in the polling process
5. Be aware of electoral offences and avoid them.

Terms used during elections.

i) **Ballot paper**
This is a special paper that is used during elections.

ii) **Ballot box**
This is a special box where voters cast their votes.

iii) **Polling station**
Is a place where voters go for elections / a place where voters go to cast their votes.

iv) **Presiding officer**
Is a person who heads all the election activities at a polling station.

v) Returning officer

Is the title that is given to the person who head the election exercise in a division / district.

vi) Electoral college

This is where a special group of people is chosen to represent others during an election.

vii) Universal Adult suffrage

This is an election where all voters in an area are allowed to participate.

The qualities / characteristics of a good voter

i) Should be 18 years and above.
ii) Should be a citizen of that area / country.
iii) Should be a registered voter.

The electoral Commission is responsible for organizing elections in a country

In Uganda, the electoral commission is under Ministry of Justice and Constitutional affairs.

THE ELECTORAL COMMISION

This is the body that is responsible for organizing elections in a country.
The chairman of the electoral commission in Uganda?

Engineer Badru Kiggundu

Reasons why a country should have regular elections

1. To promote peaceful change of leadership.
2. To promote democracy in a country.

Duties of the electoral commission

1. Register citizens for voting
2. Organize voters' education
3. Democratic electoral districts or constituencies
4. Update voters registers
5. Organize by elections
6. Settle electoral disputes among candidates
7. Announce election results
8. Bring voting materials
9. Keep all records or materials of election safely
10. Preside over all election in the country

Qualities of good electoral commission

1. Should be independent
2. Does not accept bribes
3. Should be free from corruption
4. Guide timely and enough vote education

5. Respect the national constitution
6. Should not practice tribalism, nepotism and sectarianism
7. Does not serve self interest
8. Follows strictly the laws governing elections

A referendum

This is an election that is held for people to decide on a particular issue in a country.

A by-election

A by-election is an election that is carried out to fill a vacant post.

Conditions under which a by-election be conducted in a country

1. When an elected leader has died.
2. When an elected leader has resigned.
3. When an elected leader has run mad / insane.
4. When an elected leader has been sentenced to imprisonment.
5. When the election results have been nullified by courts of law.

Election malpractices

These are the illegal activities done before, during and after the election.
As a voter, he/she should not participate in the following

1. Intimidation of opponents
2. Under age voting Bribing voters
3. Fake manifestos
4. Mix up of voters' registers
5. Partisanship of electoral officials
6. Alternating votes
7. Ballot riggings
8. Disinformation
9. Misleading or confusing ballot papers
10. Ballot stuffing
11. Misrecording of votes
12. Misuse of proxy votes
13. Destruction or invalidation of ballots
14. Threatening voters

Rights and freedoms of voters

Rights of voters

- ✓ Vote candidates of their choice
- ✓ Have information about the electoral process
- ✓ Participate in free and fair election
- ✓ Support the candidates of their choice
- ✓ Observe the electoral process

Freedom of voters

1. Freedom of assembly to listen to speeches
2. Freedom of association to choose any political party of their choice
3. Freedom of movement during campaign
4. Freedom of speech and expression of opinions

An election official should have the following pillars

1. Trustworthiness
2. Respect
3. Honesty
4. Responsibility
5. Caring concern
6. Peaceful
7. Fairness
8. Justice
9. Good citizenship
10. God fearing

The roles of the church in general elections

1. To conduct civic education
2. To monitor the general elections in Uganda.
3. To harmonise conflicting parties during an election.
4. To conduct peace talks between conflicting leaders.
5. To preach peace during elections.

Civic education

This is the process of sensitizing the electorates on what to do during the voting exercise.

Importance of Civic education in a country

1. To help voters to elect wisely.
2. To minimise / reduce the number of invalid ballot papers.
3. To know the candidates in the race of elections.
4. To know when the elections will take place.

Some of the religious organizations that help to conduct Civic education in Uganda.

i) Uganda Joint Christian Council – UJCC.
ii) Inter Religious Council.

Other organizations that help to conduct Civic education in Uganda.

i) The electoral commission.
ii) Uganda Watch
iii) Uganda Human Rights Commission.
iv) Citizen Coalition on Electoral Democracy – CCED.

Some of the challenges of the electoral process in Uganda.

1. Lack of enough funds.
2. Electoral violence in some areas.
3. Some candidate present false documents during registration.
4. Bribing voters by some candidates.
5. Imbalance of featuring all candidates by the media.
6. Rigging of elections.
7. The electoral commission is not independent enough.
8. Use of abusive language during campaigns.
9. Lack of enough Civic education.
10. Irregularities during registration of voters.

SOLUTIONS TO THE ABOVE CHALLENGES

1. The government should provide enough funds before time of elections.
2. The government should improve on security during elections.
3. National council of higher education should improve on the way of verifying academic papers.

4. The E.C should provide enough sensitization / Civic education to the electorates.
5. The media should feature all candidates evenly.
6. By enforcing strict laws against rigging of elections.
7. The electoral commission should be fully independent from central government.
8. The electoral commission should get enough machinery and time for proper registration.

Good citizenship

A citizen is a person who has legal rights to belong to a country.

Citizenship is one's legal belonging to a country

Types of citizenship in Uganda.

1. Citizenship by birth.
2. Citizenship by Adoption.
3. Citizenship by descent.
4. Citizenship by registration.
5. Citizenship by naturalization

Qualities of a good citizen

1. Follows the laws of the country
2. Participates in national building activity
3. To serve his /her country faithfully when given chance
4. Respect those in authority
5. Has ability to tolerate diversity in the population
6. Pays taxes
7. Respect the property, right and freedom of other people

Duties of a good citizen.

1. To help to keep law and order.
2. To take their children to school.
3. To be law abiding citizens.
4. To promote and respect other people's rights.
5. To create and protect a clean and health environment.
6. To participate during National elections.
7. To respect National attributes.
8. To be patriotic and loyal to Uganda and to promote its well being.

BASIC HUMAN RIGHTS

Human rights are freedoms that every person must enjoy.

Some examples of human rights in the world today.

1. A right to life.
2. A right to own property.
3. A right to government of their choice.
4. Freedom of speech.

5. Freedom of association.
6. Freedom of press.
7. Freedom of movement
8. Freedom of assembly

Organizations that help to promote and protect people's rights in Uganda.

i) Uganda Human rights commission.
ii) Federation of Uganda Women's Lawyers.
iii) Amnesty International.
iv) Slum Aid project and responsibilities.

Summary sheet

TOPIC 3: HAPPINESS ON THE WAY TO ARRIVAL

RELATIONSHIP

Relationship refers to connection or feelings that exist between two or more people.

NB: Relationship may be a feeling of love or friendship

Good relationship means living together in peace, love, unity and harmony

Types of relationship

1. Relationship by blood
2. Relationships by marriage
3. Relationships by peer
4. Relationships by work

Qualities of good relationship

1. Happiness
2. Supportive
3. Telling truth
4. Sharing interests
5. Praying together
6. Absence of discrimination
7. Being open and honest to each other

Church relationship

This is sharing the same blood with Jesus, living as brothers and sisters in Christ.

Ways in which we can develop good relationships in church

1. Use personal talents
2. Use gifts of the holy spirit
3. Pray for one another
4. Practice charity for all
5. Fight against evil
6. Be open in feelings and thought
7. Share responsibilities
8. Love without discrimination
9. Practice tolerance

The different people you need to relate with

Parents/ Guardians

Teachers

Friends

Workmates

Other relatives

How we can have good relationships with others

1. Being kind and loving
2. Being helpful
3. Being concerned

4. Being obedient
5. Being trust worthy
6. Forgiving one another
7. Respecting other
8. By sharing things with others

Importance of relationships

1. Promotes unity among people
2. Promotes love
3. Promotes security
4. Promotes development

Causes of broken relationship

Broken relationships are the acts that spoil good relationship between two parties.

Actions which spoil good relationships with others

1. Being Cruelty
2. Envy
3. God's disobedience
4. Lousiness
5. Poverty
6. Witch craft
7. Enmity
8. Adultery
9. Being selfish
10. Being unkind and unloving
11. Corruption
12. Being disrespectful
13. Being disobedient
14. Failure to forgive (Matt: 27:21 35

NB: Parents have to behave well towards their children, treat them fairly and bring them up with Christian discipline and instruction. (Eph 6:1-4)

Effects of broken relationships (Dangers of broken relationships)

1. Man lost God's love
2. Death came into the world
3. God's image in man is affected
4. Hatred among human beings began
5. Enmity between man and animals
6. Man had to work for his food
7. Woman had to go through pain during giving birth
8. They have promoted immorality

Ways of restoring broken relationships

1. Jesus' salvation
2. Reconciliation
3. Repentance
4. Encouraging peace talks

5. Guidance and counselling
6. Sharing with others

Good relationship with God as a source of Happiness

- ✓ Happiness is being in good relationship with someone you love and loves you too.
- ✓ Happiness is the mental state of well being
- ✓ Happiness is the feeling satisfied that something has been done well

Signs of happiness

1. Has creative ideas
2. Commits few or no crime
3. Enjoys good health
4. Has a stable marriage
5. Is an achiever
6. Is optimistic
7. Is God fearing
8. Is cool tempered
9. Lives life full of virtues

GOD AS A SOURCE OF HAPPINESS

1. Worship and love God
2. Love one another as you love yourself.
3. Live in peace and as peace makers
4. Respect humans and peoples' rights
5. Avoid evil ways of living
6. Support the helpless such as orphans and widows
7. Practice and promote justice in our community

How a good relationship with God is a source of happiness

There are many things which make us happy and these include;

- ✓ Being able to meet our basic needs like food, shelter, clothing, medical care, education, and having good friends.
- ✓ When we are loved
- ✓ When God helps children to pass their exams
- ✓ When God helps people in acquiring personal assets

NB: As Christians on the way, every day we encounter challenges such as temptations, sickness, loneliness, pain and lack of basic needs but we should always trust in God so as to overcome them.

Source of happiness in our community

1. Having our basic needs met
2. Knowing people who are generous
3. Having friends who love us
4. Doing good deeds that please God
5. Having helpful people around us
6. Caring for those in need
7. Being peaceful.

Biblical teaching about true happiness

- ✓ Happiness from God can only be maintained when we live rightly in Him
- ✓ A good relationship with God allows God's spirit to flow freely in our lives
- ✓ The spirit of God gives us strength to live happily despite the problems we experience (1 peter 5:7)
- ✓ In Romans 12:2 Paul says that we should not conform to the standards of the world but our riches should be in heaven
- ✓ In Romans 11:33, he emphasizes that true source of happiness is in heaven where there are permanent riches so let us obey God's commandments and give glory to God

Giving and receiving as a source of happiness

1. Giving and receiving involves sharing what one has
2. Giving and receiving cannot be avoided because one person cannot have everything one wants
3. Happiness consists in giving and serving others
4. Give to the world the best you can and the best will come to you
5. The way you give is worth more than the gift you receive
6. No one has even become poor by giving (john 13:14-17)

Values and benefits of giving and sharing (Acts 4:32-35)

1. Improves on inter-personal relationship
2. Strengthens unity among members of the community
3. Sustains life
4. Creates friendship
5. Brings peace
6. Makes us secure with one another in the community
7. Allows us to enjoy God's blessings

BIBLICAL TEACHING ON PURITY

Purity is a state in which an individual is right with God
Purity can also mean a righteous living

Characteristics of a person with pure heart

1. Considers holy before himself or herself
2. Loves peace
3. Seeks forgiveness and forgives
4. Has self-control
5. Does not focus on material wealth
6. Reads God's word
7. Seeks fellowship with other believers

How to achieve purity after uncleanness

1. Give sacrifice of particular animals

2. Make offering of food items
3. Regular washing or ablution
4. Observe the day of atonement
5. Washing of contaminated clothes

Biblical teaching on purity according to New – Testament

(Matth 5: 13-48 fulfillment of the old covenant)

- ✓ Killing and anger that can lead to murder is forbidden
- ✓ Adultery is forbidden
- ✓ Divorce was allowed but whoever re-marries when the partner is still alive commits adultery
- ✓ It was forbidden to take false taths but swearing itself is wrong –simply say "Yes" or "Not"
- ✓ You were taught to pay an eye and tit for tat.

The values Jesus taught to help us achieve purity

1. Faithfulness
2. Love for enemies and friends
3. Forgiveness
4. Mercy
5. Compassion
6. Kindness
7. Careful use of language
8. Holy living

Purity of the heart

The heart controlled by the Holy Spirit produces the following fruits:-

- ✓ Love
- ✓ Generosity
- ✓ Mercy
- ✓ Kindness
- ✓ Honesty
- ✓ Charity
- ✓ Peace
- ✓ Integrity
- ✓ Truth fullness
- ✓ Loyalty
- ✓ Hope
- ✓ Faithfulness
- ✓ Modesty – Not talking in a proud way
- ✓ Chastity – when one lives without having sex

Impurity of the heart

The heart that is controlled by Satan produces the following:-

1. Hatred
2. Desire to commit adultery
3. Evil ambitions
4. Murder
5. Anger
6. Desire to fornicate
7. Evil thoughts
8. Permissiveness

How to live a life of purity to enter Heaven

1. Keep all the commandments without breaking even one
2. Respect and honour God and its house of worship
3. Avoid desires of the flesh
4. Read the word of God often
5. Imitate Jesus Christ in His way of life while He was on earth

6. Pray all the time

Different ways in which we can purify our lives as Christians

1. By forgiving one another
2. By accepting suffering in our daily life
3. By saying our prayers daily
4. By showing acts of love
5. By having courage and endurance
6. By being repentant
7. Reading the Bible
8. Attending fellowships

BIBLE TEACHINGS ABOUT LIFE AND DEATH

LIFE

- ✓ According to the Bible, life is useless if one does not live in light of Christ (Ecc. 1:2)
- ✓ In Ecc. 1:3 life is full of working labouring and you have nothing to show for it.
- ✓ It is therefore important for us to look critically on how we spend life before we die.

DEATH

Death is not the end of a Christian.
It is just a passage to the everlasting life.

Causes of death

1. Old age
2. Misfortunes
3. Witch crafts
4. Accidents

Biblical teaching about life and death (John 11: 1-44, 11:25-27)

Jesus encourages it not to fear death because he has power over it.
"I am the way, the resurrection and life those who believe in me will live even though they die and all those who live and believe in me will never die" (John 11:25 - 26).

Lesson we learn from the above text

There is life after death
God is more power full than death
In Christ, people overcome death
The dead shall resurrect one day
Jesus' mission is to set every one free
Jesus is the resurrection

NOTE:

Christian leaders in the Bible encourage believers to have hope in life after death.
When a Christian dies, it is like being a sleep till the Lord resurrects him/her to life.

Questions

What will happen to each of us on the judgment day?
God will judge each of us according to our deeds while on earth

What reward will God give to those who remain faithful to Him after their death?
God will reward them with everlasting life/eternal life /life after death

Identify the places where each of the following categories of people go after their death.

The righteous /faithful ones
Paradise/Heaven
The sinner- Hell

Meaning of the term heaven according to Christianity

It is a place of Joy and happiness
Heavens ***means*** paradise
A place where the righteous will go after death to meet God

The Christians' view about heaven

- ✓ Christians believe that heaven is a place where Christians will meet face to face with their God.
- ✓ Christians also believe that heaven is a place where all believers will meet in a gathering called the wedding feast of the lamb (Rev 21:27)
- ✓ Christians believe that heaven is a place where believers will be rewarded for all their good deeds, i.e. heaven itself will be a reward for righteous people while sinners will go to hell.
- ✓ Christians believe that heaven is a place where they will have full expression of eternal life in union with God the father.

Qn.
What is John's vision about heaven in Revelation 7:9
SIN
A sin is an act against the will of God
What should one do after sinning, he/she is to go heaven?
Should repent/ask for forgiveness
What is the Biblical teaching about our enemies?
We should love and forgive our enemies.

<u>The need to keep on trying to keep one's life pure</u>

What is to persevere?
It is to keep on trying in order to achieve something despite any difficulties
The need to persevere
As Christians we need to preserve so as to enter the kingdom of heaven So as to win the competition e.g. in sports

N.B
As Christians on the way to heaven we need to persevere although there many huddles and setbacks. Only those who persevere in our earthly life till the end (death) will enter the kingdom of God.

What is God's message for his people today?
To repent their sins.
To love one another.

Give examples to God's messengers today
1. The Priests.
2. Teachers
3. Parents.

Meaning of suffering
- ✓ Suffering is bad or unpleasant experience someone goes through in life.
- ✓ Suffering means bodily or mental pain one under goes as a result of an experience

Forms of suffering
1. Physical suffering
2. Emotional suffering
3. Spiritual suffering
4. Mental suffering
5. Social suffering
6. Economic suffering

Physical suffering
This is the suffering which affects our bodies like eyes, legs, arms, internal body organs etc.

Causes of physical suffering
1. Beatings
2. Accidents
3. Torture

Emotional suffering
Emotional suffering is the suffering which rises from one's mind
Causes of emotional suffering

1. Misunderstandings
2. Loss of property or loved one
3. Emotions are strong feelings
4. Failure
5. Mental torture
6. Worries
7. Discomfort
8. Fear
9. Difficulties

Outcome of emotional suffering

Long time suffering leads to :

1. Anger
2. Stress
3. Isolation
4. Depression
5. Sadness
6. Irritation
7. Gloom
8. Sullenness
9. Trauma

NB: it can cause physical suffering like stomach ulcers and skin rashes

Spiritual suffering

The suffering which affects one's soul

Causes of spiritual suffering

Disobedience to God's command

Material interests from wrong sources e.g. illuminati brotherhood

Outcome of spiritual suffering

It leads to fear and unhappiness

Mental suffering

This is the suffering caused by mental illness due to diseases, accidents, drug abuse.

Social suffering

This is the suffering which affects one's relationship with others

Examples of social suffering

Discrimination

Imprisonment

Rejection

Neglect

Death of beloved ones

Economic suffering

This is the suffering caused due to financial resources

NB: One fails to buy or meet basic needs

General causes of suffering

1. Natural disasters e.g. floods, famine etc
2. Mental or physical disabilities
3. Wars
4. Diseases
5. Frustrations

6. Poor child upbringing
7. Death of the caretaker
8. Low income generation
9. Absence of Law and order
10. Teenage pregnancies
11. Peer pressure

Values / benefits of suffering

1. A test of our faith
2. A sharing of Christ's suffering
3. Purification of our faith
4. A way to salvation
5. A son of acts of love to God
6. A way Christians have their sins forgiven
7. A way believers become holy
8. An act of devotion to God's service
9. A way to comfort those who are suffering
10. A preparation for heaven

Ways of enduring suffering successfully

1. Through constant prayers
2. Reading holy books
3. Seeking guidance and counselling
4. Being hard working
5. Meditating and devotion to God
6. Fasting

Effects of suffering

1. Lack of peace and harmony
2. Misery
3. Shortage of basic needs
4. Fear among people
5. Death
6. Loss of self confidence
7. Leads to antisocial behaviors
8. Loss of faith in God
9. Spread of diseases

Examples of people who endured suffering in the Bible

1. Job
2. Daniel
3. Jonah
4. Jesus Christ
5. Moses
6. Hosea
7. John the Baptist

Origin of Suffering (Genesis 3)

It all started when Adam and Eve ate the forbidden fruit.
We see God passing judgment against the three parties that got involved in the eating of the forbidden fruit.

Snake (Serpent)

- ✓ To eat dust
- ✓ To crawl on its belly
- ✓ Its offspring and those of the woman became enemies.

Woman (Eve)

- ✓ To have trouble during pregnancy.
- ✓ To have pain during child bearing.
- ✓ To be subject to man
- ✓ Her offspring and those of the snake to be enemies.

Man (Adam)

- ✓ To work hard in order to get food.
- ✓ To eat wild plants.
- ✓ To die and go back to the soil.

How the fall of man led to suffering (Gen. 3)

1. Loss of God's love
2. Loss of God's glory
3. Man lost ability to live forever
4. Death and pain came into the world
5. Man and woman began to quarrel
6. All kinds of evil came into the world
7. Effects/consequences of man's sinning to the world today
8. People work hard to get food.
9. People die and they are buried.
10. Women produce with a lot of pain.
11. Women are subject to men.
12. God became invisible to man.

HIV/AIDS AS A FORM AND CAUSE OF SUFFERING

HIV stands for Human Immune Virus
AIDS stands for Acquired Immune Deficiency Syndrome
NB: It has caused suffering to both the victims and the community

How HIV/AIDS has caused suffering

(a). To an individual victim

1. Failure to work due to pain
2. Loss of job
3. It causes medical expenses
4. Stigmatization
5. Hopelessness
6. HIV/AIDS has led to loss of lives (death)
7. It has led to poverty since the drugs are very expensive.
8. It has led to loss of productive labour force.
9. Reduced chances to give birth to healthy children

10. Loss of faith in God

(b). To the community

1. Financial problem arising from looking after a sick person
2. Increased orphans
3. Worries by family members and friends
4. Failure to participate in community events especially the person fell sick
5. Loss of man power at place of work and at home

Election malpractice as a form and cause of suffering

Election malpractices refer to illegal and irresponsible acts during the election processes.

Forms of election malpractice

1. Intimidation of opponents
2. Under age voting Bribing voters
3. Fake manifestoes
4. Mix up of voters' registers
5. Partisanship of electoral officials
6. Alternating votes
7. Ballot riggings
8. Disinformation
9. Misleading or confusing ballot papers
10. Ballot stuffing
11. Misrecording of votes
12. Misuse of proxy votes
13. Destruction or invalidation of ballots

Causes of election malpractice

1. Ignorance
2. Lack of civic education
3. Lack of transparency
4. Material needs and interests
5. Poor record keeping
6. Fear of losing in the election

Effects of election malpractice

1. Elections are rigged
2. It has led to bad governance.
3. It leads to political violence
4. Loss of trust and confidence in government
5. Destruction of political participation
6. Human rights are not respected
7. Corruption is practiced by buying votes
8. Security forces causes fears among people
9. Has led to riots where sometimes people are struck by tear gas.
10. Some people have been denied their rights of being leaders

Solutions to suffering caused by election malpractice

1. Citizen should have adequate civic and voter education
2. Serious punishment onto the people who practice it.
3. Establishment of constitutional court
4. Human rights should be respected
5. Independency of electoral commissions
6. Use of open secret ballot system
7. Keeping good registers of voters
8. Leadership posts should be for service not for personal enrichment

Teenage pregnancy as a cause of suffering

Teenage pregnancy refers to the state of conceiving between the age of 13 - 19 years.

Causes of teenage pregnancy

1. Lack of information about sexual and reproductive health and rights
2. Family, peer and community pressure
3. Sexual violence
4. Child marriage
5. Poverty
6. Interest of material goods
7. Exposure to phonographic materials
8. Forced/ early marriage
9. Lack of education

Effects of teenage pregnancy

1. Girls are usually abused and left to suffer alone
2. Teenage mother depends on their parents to bring up the baby
3. Early pregnancy damages the reproductive system of a girl
4. Poor feeding leads to malnutrition of both the mother and baby
5. Pre-mature birth is frequent and this put the lives of both the mother and child in danger
6. Caesarean birth that often happens makes the young mother go through a lot of pain
7. It may lead to school dropout
8. Lower educational levels
9. Production of premature babies
10. It leads to developmental disabilities in children
11. It leads to increase of child mortality
12. Unmarried adolescents experience rejection and stigma by parents and peers.
13. It leads to unsafe abortion

Solutions to teenage pregnancy

1. Through sex education
2. Saying no to early sex
3. Guidance and counseling girls and community
4. Use of family planning methods
5. Avoiding bad peers
6. Avoiding risky behaviors

How Jesus shared suffering with mankind

1. He healed the leper (Luke 5:12-13)
2. He fed the hungry (Mark 6:30-44)
3. He consoled and forgave the sinners
4. He resurrected Lazarus
5. He taught against injustices
6. He made the lame walk
7. He died to win forgiveness of the sins of all mankind.
8. By saving the adulterous woman from being stoned to death.
9. He raised the dead.

Forms of Jesus's suffering

1. He was mocked and abused
2. He was beaten
3. Soldiers spat on him
4. Soldiers ore his clothes
5. He was crucified

6. He was nailed on the cross

OUR RESPONSES TO SUFFERING AND ITS CAUSES

Examples of social evils in the community

1. Robbery
2. Prostitution
3. Murder
4. Cheating in business and examinations
5. Telling lies
6. Torture of innocent people
7. False accusations before authorities
8. Disobeying leaders
9. Destroying property

Ways of preventing suffering

1. Acting with responsibility
2. Keeping and using public property well
3. Behaving in respectable manner so that others may respect you
4. Respecting other people's rights
5. Acting with humility
6. Being honest at all times
7. Observing the law and obeying authorities
8. Keeping the good traditions and customs of your community
9. Preserving the natural environment

How we can share in the suffering of others

1. By praying for them
2. By nursing them
3. By giving them material assistance
4. By offering guidance and counselling to them
5. By providing them medical care and treatment
6. By paying for some body's medical bills
7. By caring for the sick.
8. By comforting them.
9. By encouraging people who are suffering.
10. By respecting and protecting the rights of those suffering.

Biblical facts that show Jesus was human

1. He was born (Matthew 1:8-24)
2. He was tempted (Matthew 4:1-11)
3. He got tired and needed rest. (John 4:6)
4. He wept on losing his friend Lazarus (John 11:35)
5. He was angered by traders, doing business in church and had to beat them and threw them out of church (Matthew 21:12)

6. He feared death and asked God to save him. (Matthew 26)
7. He died (Matthew 27:50)
8. He became hungry (Matthew 21:18)

What is incarnation?
This is the existence of God in human flesh as Jesus Christ.

How can personal irresponsibility cause suffering?
Driving under the influence of alcohol may lead to road accidents.
Keeping petrol in our houses may lead to fire outbreaks.
Misuse of drugs may lead to death, madness.

How can we prevent social evil in our societies/suffering?
By guiding and counselling others to avoid bad behavior.
By praying for and comforting people in times of trouble, sorrow and difficulties.
By respecting people's rights.

How can we respond to suffering as Christians?
Through praying daily.
We should not despair.
By following Jesus' examples.
By creating friends to assist one another.

Ways of caring for the suffering in our community
By looking after the sick.
By counselling people suffering.
By visiting the hospitalized.
By reaching out to the war victims.
By giving food to the hungry.
By giving shelter to the displaced.

Give examples of people who suffered in the Bible.
Job (Job 1: 13-22)
How did Job suffer? (Job 1:13)
He lost his children.
His wealth was destroyed.
He suffered from diseases

Lesson 9
Stephen (Acts 1: 54-60)

How did Stephen suffer?
He was stoned to death.
He was arrested and thrown to prison.

Lesson 10
Hannah (1Sam 1:1-28)
How did Hannah suffer?
She was childless up to a late age.
She was mocked by her co-wife.
She was always given less attention and property by her husband because she was barren.

TOPIC 4: ANCESTORS, OURSELVES AND THE SPIRIT

Ancestors, ourselves and the Christian spirit and African traditional beliefs.
Before the introduction of Christianity, Africans knew God as a creator, protector and provider.
They had local names for God and believed in African Traditional Religion.

Tribe	Name of God	Meaning
Baganda	Katonda	Creator
Banyoro	Rugaba	Giver
Iteso	Lokasuban	Creator
Kakwa	Nyuleso	Godin the sky
Luhya (Kenya)	Nyasaye	Beseeched one
Basoga	Kibumba	Creator

Similarities between ATR and Christian beliefs.

1. Both believe that God is the creator and sustainer of life.
2. Both believe in life after death.
3. Both believe in forgiveness and reconciliation with one another and God.
4. Both have sacrifices and rituals.
5. Life is believed to be a gift from God in both religions.

Differences between A.T.R and Christian beliefs.

1. A.T.R believes in witch craft unlike Christians.
2. A.T.R believes in polygamy unlike Christians.
3. Christians believe in the resurrection of the body on the day of judgement while A.T.R doesn't.
4. A.T.R believes that the living dead can cause misfortunes to the living while Christians do not.

Evil practices and beliefs of A.T.R

5. Polygamy
6. Witch craft
7. Appeasing the dead
8. Sacrificing human beings
9. Charms and amulets.

Reconciliation

Is the restoration of broken relationship between two or more disagreeing parties.
Reconciliation means bringing back a broken relationship.

Causes of misunderstandings

1. Adultery

2. Back biting
3. Greed
4. False accusation
5. Suspicion of witchcraft.

Importance of reconciliation

1. It restores friendship and love
2. It restores personal communications.
3. Prevents bitterness and revenge.
4. Working together is restored.
5. Misunderstandings are easily corrected
6. Promotes peace and harmony

Traditional ways of reconciliation.

1. Arbitration
2. Using mediators like elders, chiefs and clan heads.
3. Shaking hands
4. Paying fines
5. Apologizing
6. Sharing meals.

Traditional ways of reconciling with God

Sacrificing animals to God

Process/steps involved in traditional reconciliation

1. Identifying a conflict.
2. Informing elders in the community.
3. Elders talk to people involved the conflict.
4. Asking people who know anything about the conflict.
5. Giving people in the conflict to explain.
6. Members present may give advice or ask questions.
7. Conflicting members are asked to forgive one another.
8. Sharing meal to celebrate new relationship.

Christian ways of reconciling with God.

1. Believing in Jesus Christ.
2. Accepting Jesus as a personal saviour.
3. Repenting for our sins.
4. Asking for forgiveness
5. Christian ways of reconciling with one another.
6. Apologising/asking for forgiveness.
7. Using gifts.
8. Visiting each other.
9. Using mediators

Life after death

Traditional beliefs or teachings on life after death

1. They believe that the dead remain living somewhere as spirits.
2. They believe that the dead remain part of their families.
3. They believe that the dead will not resurrect.
4. They believe that the living will join the dead when they die.
5. They believe that people who die are reborn through their children and relatives.

Why are the dead called living dead(not completely dead) according to African traditional beliefs?

1. The dead remain somewhere living as spirits
2. They believe that people who die are reborn through their children and relatives.

Ways the dead are remembered

1. Naming children after them
2. Caring for their graves
3. Swearing in their names
4. Offering them food and drinks as sacrifices
5. Asking them to bless the living people
6. Cursing other people through them
7. Holding functions or ceremonies for the dead.

Biblical teaching on life after death

(Gen 3:19, 1Cor 15-20, John 11:25, Thess 5:14-17, Matt 25:21)

1. The Bible teaches that when a person dies, his or her soul is taken away by God.
2. The Bible teaches that the body is returned to the soil after death.
3. The Bible teaches that whoever believes in Jesus and repents will resurrect to live in heaven forever.
4. The Bible teaches that the soul remains alive after death.

What is the origin of death according to Christianity?

The sin of Adam and Eve

Reasons why a Christian should not fear death

1. There life after death.
2. Death is the beginning of eternal life.

Similarities between A.T.R. and Christian beliefs in life after death.

1. Both believe in life after death.
2. People who die while doing good things rest in peace

Differences between A.T.R. and Christians beliefs in death and life after death.

1. In A.T.R the dead are remembered as ancestors while in Christianity the dead are remembered as saints.

2. A.T.R offers sacrifices to the dead while Christians don't
3. A.T.R does not believe in the resurrection of the body while Christians believe in resurrection.
4. A.T.R does not believe in the day of judgement while Christians do.

Communion of saints:

It is the fellowship between saints and Christians who are still alive.
It is the way living Christians relate with dead Christians.

Ways communion of saints is expressed in the living Christians.
By using the names of saints at baptism.
By naming churches after saints.
By school schools after saints.

Importance of communion of saints to living Christians
Inspires Christians to work for eternal life.
Saints act as role models to Christians in their daily lives.
Christians get determination after asking help in their daily endeavours from saints.

TOPIC 5: ENRICHED BY OTHER NATIONS AND RELIGIONS

***Key words*:**

- ✓ Creed: Set of religious beliefs.
- ✓ Festival: Period to celebrate religious event
- ✓ Initiation: Ceremony to introduce a member to new life or group.
- ✓ Prostration: Posture showing respect for God.
- ✓ Synagogue: Jewish house of worship.

World religions.

Religion is a belief in spiritual beings.

Examples of major world religions.

1. Christianity
2. Islam
3. Judaism
4. Buddhism
5. Hinduism
6. Bahai faith

Signs of religions.

A religious sign is a gesture or an action which when used conveys a particular message.

Symbols of religions

A symbol is a physical object that presents something .

Importance of religious symbols

- ✓ Help believers to understand their religion deeply.
- ✓ Enable individuals to share common beliefs that are expressed by symbols.

1.Christianity:

It came out Judaism.
It is based on the life, teachings, death and resurrection of Jesus.
People who follow Jesus are called *Christians*.
The Holy book of Christianity is the Bible.
The founder of Christianity is Jesus.

The major branches or sects /denominations of Christianity:

1. Catholic
2. Orthodox
3. Protestant
4. Born again/Pentecostal churches
5. Seventh Day Adventist

Beliefs in Christianity:
The belief in one God.
The belief in Jesus as the saviour of the world.
The belief in the Holy Spirit.
The belief in resurrection.
The belief in the Holy Trinity
Symbols of Christianity:
The Bible
The cross.
Holy wine
Holy bread.
Signs of Christianity
Baptism
The sign of the cross
Importance of symbols to Christians
1. They strengthen our faith
2. For identification
3. For preaching
4. They are used for prayers
5. For casting out demons
6. They are used in swearing of leaders
7. Symbolize salvation
8. Give hope for eternal life
9. Promote unity
10. Promote morals
11. Remind us about the suffering and death of Jesus
12. Shows the existence of God

2. Islam:
It was revived by prophet Muhammad in Saudi Arabia at the city of Mecca.
It was founded by Allah.
The Holy book for Islam is the Quran.
The followers Islam are called Muslims.
Beliefs in Islam:
1. The belief in one Allah
2. The belief in the day of judgement
3. The belief in angels
4. The belief Allah's prophets
5. The belief in four Holy books of Allah
6. The belief in the will of Allah

Symbols in Islam:
1. The Quran

2. The mosque
3. The Holy city of Mecca
4. The Kibla/Qibla
5. The star and the crescent.

Signs in Islam

1. The greeting which is Asalaam Aleikum.
2. Circumcision
3. Prostration during prayer.
4. Removing shoes before entering the Mosque.

3.Judaism:

It was founded by Moses.
Judaism is related to Christianity.
The Holy book for Judaism is Torah.
Torah is made up of books of law of the law in the Old Testament.
Books of law are also called Pentateuch/Torah.
Books of law were written by Moses.

Books of Torah:

Genesis, Exodus, Leviticus, Numbers, Deuteronomy.

Beliefs in Judaism:

1. The belief in only one God not Trinity.
2. The belief in the Holy book Torah
3. The belief in the Sabbath
4. The belief in God's prophets.
5. The belief that Jesus was not the Messiah.
6. The belief in the Passover.

Symbols in Judaism:

1. The temple
2. Creed called Shema

Signs in Judaism:

Circumcision.
Celebration of the Sabbath
Festivals

4.Bahai Faith

It was founded by Baha'ullah in Persia.
Its headquarters are in Haifa in Israel.

Symbols of Bahai Faith:

1. The temple
2. The five pointed stars
3. The greatest name
4. Nine pointed stars.

Beliefs in Bahai faith

1. The belief in unity of all people in the world.
2. The belief that religion goes hand in hand with science.
3. The belief in truthfulness
4. The belief in all nations to have one international language
5. The belief in equality of men and women.

5. Hinduism:

Hindu religion has no founder

One becomes a member of Hindu religion by being born in the Hindu tribe in India.

Beliefs in Hinduism:

1. The belief in one supreme called Brahma
2. The belief in eternal life
3. The belief in re-incarnation or re-appearing.
4. The belief in the law of Karma(record of deeds)
5. The belief in eating vegetables only

Symbols in Hinduism:

1. The Holy book called Bhagavad Gita
2. The temple
3. The sacred cow

Signs of Hinduism

Grouping people according classes

Ablution using water from R. Ganges

Celebrating festivals like Diwali (festival of lights)

6. Buddhism:

It was founded by Siddhartha Gautama in India.

Beliefs in Buddhism:

1. The belief in eternal life(Nirvana)
2. The belief in re-birth or re-incarnation of people.
3. The belief in a god called Brahma Sahampati.

Symbols in Buddhism:

1. Collection of important teachings of Buddhism
2. Round table called Mandala many sides
3. The eight fold path

Signs in Buddhism

1. Initiation ceremonies
2. Statue of Buddha while seated
3. Kneeling before the statue of Buddha
4. Removing shoes before entering the shrine

Common religious beliefs

1. Believe in existence of God or gods (theim)
2. Belief in life after death
3. Believe that man can only know about material things but not the nature of God (agnosticism)

Ways we can respect and relate to people of other religions.

1. By being polite.
2. By not disregarding their founders
3. By listening to them
4. By not abusing them
5. By respecting their religious leaders
6. Respecting their places of worship.
7. By not abusing their religious beliefs and practices.
8. By respecting their special days

International organisations which bring nations together:

International Committee of the Red Cross(ICRC)

1. It was founded by Jean Henry Dunant
2. It was founded to help wounded soldiers during wars
3. Its headquarters are in Geneva Switzerland
4. It operates all over the world
5. Its branch in Uganda is called Uganda Red Cross Society

Benefits of International Committee of the Cross to God's people:

- ✓ It gives medical care, shelter and food to people affected by landslides, earthquakes, drought and wars

United Nations Organisation:

- ✓ It was formed in 1945.
- ✓ It was formed to promote peace in the world after the second world war
- ✓ Its headquarters are in New York in USA

Benefits of UNO to God's people:

1. Promotes peace and security
2. Provides loans to member countries
3. Provides food to people affected by famine
4. Fights against diseases
5. Promotes human rights

World Food Programme(WFP):

It is a department of UNO

Its headquarters are in Rome in Italy

Benefits of the World Food Programme to God's people

1. Provides food to people faced by famine
2. Promotes food security

3. Promotes better nutrition
4. Provides food to refugees
5. Ways international organization bring people together:
6. Through trade
7. Through international meetings
8. Through games and sports
9. Through education.

God's worldwide family (Micah 4:3-4)

- ✓ All human beings can be united in God's family as brothers and sisters.
- ✓ Although cultures are different, human beings from different nations can enrich each other.
- ✓ All countries depend on each other, that is called interdependence.

Ways nations benefit from each other through culture:

Culture is a way of life of the people of a given society

1. They practice religions of other nations
2. They copy ways of dressing
3. They enjoy music from other countries.

Ways nations benefit from each other through trade:

1. They get goods they don't have
2. They get foreign exchange
3. They get market for surplus goods
4. They maintain friendship
5. They get business knowledge.

Ways nations benefit from each other through development

1. They get grants
2. They get donations
3. They get expertise
4. They get loans

Activity:

1. Give two signs of a Christian family
2. Give two symbols of Christian faith
3. Why should we respect people of other religions?
4. How can one show Christians values in his/her behaviour?
5. Give two ways people show disrespect to people of other religions?
6. Which group of people practice Judaism?
7. State two similarities between Christianity and Judaism
8. Mention one book which makes up Torah.
9. State any one value preached by priests to Christians
10. Mention two similar beliefs among religions.
11. In which way is World Society for the Protection of animals important to God's creation?

5. They raw materials

MARRIAGE

Marriage

Marriage is the legal union of a man and a woman as husband and wife.

Types of marriage

Religious marriage

The marriage conducted either in church or mosque.
The marriage is performed by a religious leader.
It is called Holy Matrimony in Christianity

Characteristics of Religious marriage

6. It is conducted by religious leaders
7. It emphasizes love
8. It is of one wife and one husband(monogamy)
9. It involves two witnesses for couples.
10. It involves exchanging vows

Vows that a couple exchanges in church

- ✓ In bad and good times only death that will separate us
- ✓ In poverty and riches only death that will separate us
- ✓ In sickness and health only death that will separate us

Importance of marriage vows:

Strengthen love

What the couple does in church.

4. Exchanging promises (vows)
5. Signing marriage certificate
6. Exchanging rings.

Importance of a wedding ring

Endless love

The reason a wedding ring is put on the second left hand finger.

It has vein of love connected to the heart.

Importance a white wedding gown.

- ✓ Innocence
- ✓ Virginity
- ✓ Purity

Importance of a marriage certificate

- ✓ Shows that marriage is legal.

Customary marriage

This is a marriage performed according to the traditional customs.

Characteristics of Customary marriage

1. It conducted by clan leaders and elders
2. It allows polygamy
3. It allows divorce
4. Bride price is paid
5. Respects virginity

Bride price

Money and property in some societies that husband must pay to his wife's family

Importance of bride price

1. Shows that marriage has been recognized
2. An appreciation to the girl's parents
3. Strengthens love.

Civil Marriage

The marriage performed by the government official.

In Uganda, it's performed by Chief Administration Officer (CAO)

Characteristics of Civil marriage

- ✓ It is not permanent.
- ✓ It does not involve many people
- ✓ It does not involve going to the church to make vows.
- ✓ Divorce is allowed at the end of a contract.

Why marriage is a social institution:

- ✓ Unites different families, clans, tribes and other races.
- ✓ Brings people together during preparation meetings
- ✓ People come together during marriage functions

When is a Christian allowed to re-marry?

- ✓ When his / her spouse has died.

Reasons why people marry

- ✓ To co-create/to produce children.
- ✓ To get company/companionship.
- ✓ To gain respect from the community.
- ✓ To sexual satisfaction.
- ✓ To express love
- ✓ For security
- ✓ For prestige

Signs of marriage

1. Mutual love
2. Patience
3. Trust
4. Openness
5. Faithfulness
6. Bearing children
7. Fulfillment of marital duties

8. Showing sympathy to each other

What can stop marriage from taking place

1. When one of the partners is affected with HIV/AIDS.
2. When there is no letter of consent from the girl's parents.
3. When you are related e.g. of the same clan.
4. If the partners are of the same sexes.

NB. Marriage between the same sexes is a sin.

Why are children discouraged from engaging in early relationships?

Not to commit fornication.

Qualities of a good marriage partner/wife or husband.

1. Should have a good family background.
2. Should be faithful.
3. Should have true love.
4. Should have good health.
5. Should be obedient
6. Should be hard working.
7. Should be trustworthy.
8. Should be educated.
9. Should be good looking.
10. Should be patient/tolerant
11. Should be forgiving
12. Should be honest and sincere to one another
13. Should be caring and loving

Biblical teaching on marriage (1 Cori 7:1-16)

1. It encourages monogamy
2. A man should fulfil his duty as a husband and a woman should fulfil her duties as wife.
3. A husband is a master to his wife's body
4. Marriage is an institution started by God
5. Man is the head of the family
6. Wives should obey their husbands
7. Husbands should protect their wives
8. Divorce is not allowed/marriage should be permanent
9. One should marry when he/she fails to control his or her sexual desires.

✓ **Biblical laws on love (Matt. 19:3-6)**

✓ Love is the basis of unity between husband and wife.

✓ Husband has to love his wife and the wife has to love her husband.

Biblical teaching on adultery(Ex 20:14)

✓ Do not commit adultery

- ✓ Committing adultery is a sin.

Biblical laws /teaching on divorce

- ✓ Divorce is not accepted.

Common marriage problems

1. Quarrels
2. Fights
3. Lack of respect
4. Neglect of children
5. Lack of trust.

Ways married people control themselves in relation to the spirit of love

- ✓ Respecting one another
- ✓ Avoiding adultery
- ✓ Being kind to one another
- ✓ Being generous to one another
- ✓ Being patient
- ✓ Being humble
- ✓ Being tolerant

Sexual deviations

Sexual deviation is any sexual activity that is not accepted by God and man.

Examples of sexual deviations

Sexual deviation	Consequences/ effects
Homosexuality	**This means a man having sexual intercourse with another man.** Damages the muscles of the anus It annoys God It transmits STIs It leads to shame in society
Incest	**Incest is having sex with a closely related relatives.** It annoys God Leads to conflicts among relatives Leads to shame in society
Fornication	Leads to unwanted pregnancy Leads to spread of STIs Leads to school drop out Leads to imprisonment if the girl is below 18 years
Adultery	**This means having sex outside marriage** It annoys God. Leads to family conflicts Leads to spread of STIs Leads to death in case of abortion
Prostitution	**This is when women have sexual intercourse for money.** Men who spend money on prostitutes become poor It annoys God Leads to spread of STIs Leads to unwanted pregnancies
Bestiality	***This means a person having sex with an animal.*** Leads to shame People may isolate you in society It annoys God
Masturbation	**This means giving yourself sexual pleasure by rubbing your sexual organ.** Leads to sterility/ infertility in men.
Lesbianism	**This means a woman having sexual intercourse with another woman.**

	Leads to shame

Causes of sexual immorality:

1. Alcoholism
2. Bad peer pressure
3. Pornography
4. Poverty
5. Using obscene sexual words
6. Lack Biblical guidance

Ways of avoiding sexual immorality:

1. Controlling our desires/thoughts towards members of opposite sex
2. Avoiding bad peer groups
3. Avoiding alcoholism
4. Avoid using obscene sexual words
5. Following Bible guidance

Effects of HIV/AIDS:

- ✓ Leads to death
- ✓ Leads to poverty
- ✓ Leads shortage of labour
- ✓ Increases government expenditure on buying ARVs

Biblical ways of controlling HIV/AIDS:

- ✓ Abstaining from sex until marriage
- ✓ Being faithful to your marriage partner.

Ways of behaving well towards in relation to opposite sex:

- ✓ By controlling sexual desires towards people of opposite sex
- ✓ By being kind to people of opposite sex
- ✓ By respecting people of opposite sex
- ✓ By being humble to people of opposite sex

Meaning of Love according to the Bible (Mark 12:31, Icor 13:4-7)

True love has the following meanings according to Paul.

- ✓ Love is patient
- ✓ Love is faithful
- ✓ Love is persistent
- ✓ Love is hopeful.
- ✓ Love is kind.
- ✓ Love is everlasting

What love is not?

- ✓ Love is not jealous.
- ✓ Love is not ill mannered.
- ✓ Love is not unforgiving.
- ✓ Love is not proud.
- ✓ Love is not selfish.

AUTHORITY AND FREEDOM

Authority:

Authority is having rightful power/control over other people.

- Freedom is not being under control of someone else

Examples of people with authority:

1. Teachers
2. Presidents
3. Members of local council
4. Members of parliament
5. Pastors
6. Bishops

Types of authority

1. **Divine authority:**
   Authority possessed by only God.
2. **Apostolic authority:**
   Messianic power Jesus gave to the church.
3. **Marital authority:**
   Authority husbands have over their wives.
4. **Civil authority:**
   The power civic leaders have over their people.
5. **Symbolic authority:**
   Authority received from particular objects e.g. constitution.
6. **Satanic authority:**

Authority possessed by Satan and those under his control

Proper use of authority (Romans 13:1-17)

1. To keep law and order.
2. To defend people's rights.
3. For caring for the needy.
4. To empower vulnerable
5. For promoting unity.
6. For creating peace.

Misuse of authority

1. Leaders mistreat the people they lead.
2. Leaders embezzle public funds.
3. Leader take bribes
4. Leaders kill innocent people
5. Leaders make unfair law.
6. Through abusing offices they work in
7. Through tribalism
8. Through domestic violence

9. Through rigging elections

Biblical teachings on authority

(Titus 3:1, Rom 13:1-17, Matt 22:15-22, Mark 10:42-45)

1. The Bible teaches that all authority comes from God.
2. People should use authority to serve others
3. People should respect authority
4. The Bible teaches that a great leader should give freedom to his/her people.
5. leaders should serve people they lead.
6. leaders should give freedom to their people

Responsibilities of leaders:

1. To guide people
2. To protect people
3. To promote unity among people.
4. Mobilize people for development.

Freedom

Freedom is the right to live in the way you want

Proper use of freedom:

1. By not rioting
2. By not using obscene words on radio talk shows
3. By not rigging elections
4. For advising the government
5. For conserving the environment

Ways people misuse freedom:

1. Through dressing badly.
2. Through the use of obscene words on radio shows.
3. Through abusing people on radios
4. Through rioting
5. Through destroying the environment
6. Through refusing to vote

Biblical teaching on freedom:

1. Freedom is found where there is the spirit of God(2Cori 3:17)
2. People should not use freedom to commit sin(1Peter2:16)
3. People should use freedom to serve God and other people(Galatians5:13-14)
4. People who are righteous have freedom(John:8:32)

Relationship between freedom and authority:

1. Both are God given.

2. Authority affects the use of freedom and freedom affects the use of Authority.
3. The misuse of both authority and freedom breeds evil

Lessons from Jesus' perfect use of freedom and authority (John 13:5)

1. He used it to benefit all people
2. He used it to solve problems/difficulties.
3. He used it to serve others.

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Human rights:

Freedoms all human beings should enjoy.

Examples of human rights

1. The right to vote
2. The right to live
3. The right to a clean environment
4. The right to fair trial in courts of law
5. The right to own property
6. The right free movement

National laws that protect human rights:

1. Laws against murder and abortion
2. Laws against domestic violence
3. Laws against discrimination
4. Laws against child abuse
5. Laws against insecurity
6. Laws protecting marriages
7. Laws protecting people's property

Ways in which human rights are abused.

1. Mob justice

2. Forcing someone to marry
3. Detention without trial
4. Denial of education
5. Taking one's property forcefully.

Ways of respecting people's rights:

1. Giving them freedom of worship
2. Giving them freedom of speech
3. Giving them freedom of privacy
4. Giving people with cases fair hearing in court
5. Allowing women to make decisions
6. Avoiding murder.
7. Respecting other people's property
8. Settling conflicts in courts of law.
9. Respecting tribal religious differences.

Bodies that promote human rights:

1. Amnesty International
2. Human Rights Watch
3. Uganda Human Rights Commission
4. Federation of Uganda Women Lawyers(FIDA)
5. Inspector General of Government(IGG)

Characteristics of free and fair elections:

1. Transparent ballot counting process
2. Should not be disrupted by violence
3. Equal treatment for all candidates and parties
4. Equal reporting in the media

CRE LESSON NOTES FOR TERM III

TOPIC 8 : THE SPIRIT HELPS US TO USE HIS GIFTS.

Talents (Matt. 25:14-30)

A talent is a natural ability to do something well.

Examples of talents

1. Singing
2. Dancing
3. Acting
4. Debating
5. Writing
6. Drawing
7. Playing football/net ball
8. Preaching
9. Teaching
10. Athletics
11. Leadership

Ways of identifying talents:

1. Through practice.
2. Through the guidance of other people.
3. Through praying.

Ways people use their talents:

1. Priest use their talents to preach God's word
2. Musicians entertain the public using their talents
3. Orators deliver important messages to people
4. Sports men and women entertain people
5. Teachers use their talents to give knowledge and wisdom to people
6. Actors entertain and deliver messages to people.

Creativity in the use of talents(Gen 1:26-30)

1. Fine artists decorate offices and homes
2. Fine artists make beautiful creations that can be used to deliver messages.
3. Scientists have discovered machines, drugs which have improved people's lives
4. Carpenters have made furniture
5. Scientists have made phones to make communication better
6. Scientists have machines used for building roads, houses, etc
7. Scientists have made medicine used to cure diseases.
8. Scientists have used talents to make feeding better
9. People have used talents for making education better.

Uses of talents that break God's commandments:

1. For making medicine to carry out abortion.
2. For making deadly weapons of mass destruction.
3. For disputing God's existence.
4. For making poisonous chemicals to poison other people.

Ways people benefit from talents:

1. They get money
2. They become famous

3. They travel widely
4. They get friends
5. They earn respect

Conscience: (John 16:13, 3:20-21)
Conscience is a silent feeling that tells what is right and wrong.

The Holy Spirit and Conscience(John16:6-16,1Corinthians12:1-11)
Holy Spirit reveals the truth to our conscience.
The Holy Spirit gives power to avoid doing wrong and do the right thing
The Holy Spirit guides our conscience and actions
The Holy Spirit helps us to know what is wrong and right

THE GIFTS AND FRUITS OF HOLY SPIRIT
Why Jesus promised the Holy Spirit?
1. So as to teach about Jesus in the scriptures in the New Testament.
2. To bring people closer to Jesus in the faith.
3. To direct Christian keep them in Christian service and keep them in it.
4. So as to lead Christians to victory over sin.
5. So as to teach Christians how to pray.

The fulfillment of the Promise
- ✓ The disciples received the Holy Spirit on the Pentecost.
- ✓ This took place in Jerusalem.
- ✓ It was nine O'clock in the morning. The Holy Spirit came with a strong noise from the sky.
- ✓ The disciples then began speaking different languages.

Fruits of the Holy Spirit
New characters we get from the influence of the Holy Spirit.
Good things the Holy Spirit makes us to get
1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self control

Gifts of the Holy Spirit

Abilities to do services we get form the influence of the Holy Spirit

1. Wisdom
2. Knowledge
3. Faith
4. Healing
5. performing of minerals
6. prophecy
7. Exorcism (ability to remove demons from those possessed)

Ways people have used the gifts of the Holy Spirit

1. Many people are teachers so they teach others.
2. The doctors treat the sick (knowledge)
3. The preachers help other to turn away from their bad lives.
4. People use the wisdom given to them by the Holy Spirit to avoid sun.
5. Through performing miracles, God's kingdom is revealed to many.

Ways how the Holy Spirit helps us today (Luke 4:1, 4)

1. helps to understand the Bible better
2. The Holy Spirit guides us in our daily life
3. The Holy Spirit strengthens our faith in God.
4. The Holy Spirit gives is power to preach the word of God.
5. The Holy Spirit gives us power to perform miracles.
6. The Holy Spirit unifies the church as one
7. The Holy Spirit provides the word of God without fear.
8. Helps Christian to choose between right and wrong.
9. Helps Christian to over come temptations and sin.
10. Helps Christian to live in harmony.

Symbols of the Holy Spirit (John 1:32, 3:7-8, 1:2-3)

1. Fire
2. Dove
3. Strong wind

Why did Jesus send the Holy Spirit to his Apostles?

To strengthen their faith in God.
To give them courage and comfort.
To guide them in their daily life.
To provide them with power to preach and teach.
To provide them with power to perform miracles.

Who led Jesus into the wilderness / desert? (Matthew)

The Holy Spirit

Why was Jesus led into wilderness?

- ✓ To be tempted by son/devil

Why was Jesus tempted by Satan

- ✓ To test this faith

List the temptations that were given to Jesus by Satan

- ✓ To turn stones into bread.
- ✓ To jump from the highest point of the temple.
- ✓ To bow/kneel down and worship Satan

Different ways in which we can avoid temptations

1. By being prayerful
2. By reading the Bible and other religious information
3. By joining Christian fellowships.
4. By avoiding bad company
5. By avoiding places that are tempting e.g. disco halls, video halls, that promote pornography.
6. Ways of cooperating with the Holy Spirit
7. Praying
8. By listening to the advice
9. By mediating
10. By listening to inner voice.

TOPIC 9 :STRENGTHENED BY THE SPIRIT WE ACCEPT THE EVENTS OF LIFE:

Success:

Success is ability to achieve your goal.

Causes of success:

1. Determination
2. Hard work
3. Honesty
4. Obedience
5. Good advice
6. Prayers
7. Having faith in God
8. Confidence
9. Regular practice

Examples of success/positive experiences

1. Getting a good job
2. Good harvest
3. Getting profit from business
4. Having happy marriage
5. Bearing children
6. Performing well
7. Winning elections

What Christians should view as success (Romans 12:3-13)

1. To achieve unity and harmony with God and fellow human beings.
2. Goal of love.
3. Respect of God and other people.
4. Service for others.
5. Thinking more of others than ourselves.

What Christians should not view as success:

1. Money
2. Popularity
3. Prestige
4. Wealth

Ways God helps people to cope with success/positive experiences:

1. By giving people faith
2. By sending the Holy Spirit to guide people
3. By using his word in the Bible to guide people
4. By giving people confidence
5. By giving people determination
6. By guiding people to pray

Failure:

Inability to achieve your goal.

Causes of failure:

1. Lack of faith in God.
2. Lack of self confidence
3. Pessimism (believing in the worst to happen all the time)
4. Poor advice
5. Illiteracy
6. Pride.

Ways God helps people to cope with Failure/Negative experiences:

1. By giving people faith
2. By sending the Holy Spirit to guide people
3. By using his word in the Bible to guide people
4. By giving people confidence
5. By giving people determination
6. By guiding people to pray

Examples of negative experiences:

1. Losses in business
2. Poor harvest
3. Death of a relative
4. Being expelled from school
5. Impotence
6. Barrenness
7. Loss of property
8. Loss of a job

How to cope with success or failure:

1. By concentrating on available privileges and chances.
2. By fighting Satan's temptation using God's words.
3. Through prayer
4. Through reading the Bible
5. Through listening to good advice

Fear :

This is the feeling that something bad might happen

Forms of fear:

1. Real fear – fear for objects that can harm.
2. Imagined fear – general fear to fail.
3. Anxiety – the state of being worried

Causes of fear in human beings:

- ✓ Being lonely
- ✓ Lack of confidence
- ✓ Death
- ✓ Embarrassment
- ✓ Sinning
- ✓ Domestic violence
- ✓ Civil wars
- ✓ Poverty

Causes of fear in animals:

1. Cows fear bulls
2. Other animals which eat them
3. Vehicles
4. People
5. Cows fear being slaughtered

Values of fear:

1. Fears help us to avoid dangerous situations.
2. Fears make us to do some tasks better.
3. Fears make us to respect those who can protect us.
4. Fears make us prayerful
5. Fears make people disciplined
6. Fears make us to work hard

Biblical teachings on fear (Mark 14:32-36, Joshua 1:5-9, Gen 15:1, Isaiah 11:3-4)

1. We should pray to God for strength and courage whenever we are in fear.
2. We should never fear whether we are weak or small.
3. We should have determination as a solution for fear.
4. We should have confidence as a solution for fear.
5. We should obey God's commandments as a solution for fear.
6. We should never fear whether we are small or weak.
7. Our worries should be left with God because he cares for us

Courage:

Courage is an ability to face difficult situation without fear.

Biblical teachings on courage:

1. We should pray to God for courage(Mark 14:32-36)
2. We should be strong and courageous(Chronicles 28:20)
3. We should be troubled and afraid(John:14:27)
4. We should be determined and confident(Joshua 1:5-9)

How Jesus was strengthened by the Holy Spirit:

1. Helped Jesus to face temptations
2. Helped Jesus to fast
3. Helped Jesus to face death on the cross
4. Helped Jesus to perform miracles

Emotions (John 11:35, 2:13-17, Luke 19:41):

Emotions are feelings people experience.

Examples of emotional feeling are:

1. Sadness
2. Anger
3. Fear
4. Love
5. Jealousy
6. Shame
7. Happiness.

Examples of friendly emotions

1. Excitement
2. Love
3. Gladness
4. Courage
5. Delight

How to manage our emotions:

1. By listening to music.
2. By praying
3. By avoiding pornography
4. By reading the Bible
5. By avoiding being idle.
6. By having faith and confidence in God .

Ways in which God's help in managing our emotions:

1. God gives us self control
2. God guides us through the Bible

3. God's word makes us strong when we fear

TOPIC 9: PRAYING IN THE SPIRIT

Communication:

Communication is the sending and receiving of information.

The ways people communicate to God:

1. Through praying.
2. Through the Bible.
3. Through singing gospel songs

Importance of effective/good communication:

1. It helps us to get help from others
2. It promotes good relationship among people
3. It helps to show our love for others
4. It helps us to provide guidance and counseling
5. It helps us to express our feelings
6. It helps us to ask for forgiveness
7. It helps people to learn new ideas and skills.

Ways of communicating to God through prayer:

1. Worshipping
2. Singing and dancing hymns/spiritual songs
3. Reading the Bible
4. Confessing sins
5. Giving thanks
6. Reading psalms

Ways God communicates to people:

- ✓ Through the Bible
- ✓ Through vision
- ✓ Through prophets
- ✓ Through priests.
- ✓ Through Angels

Prayers:

A prayer is a way of communicating to God

Types of prayers:

1. Prayers of praise:

prayers said to glorify God (Exodus 15:1-8)

2. Thanksgiving prayers-

prayers said to thank God (Psalms 138)

3. Confessional prayers:

prayers said to request God for forgiveness (Psalms 51:19, 2Samuel 12:13)

4. Petition /supplication prayers

prayers said to request our bodily and spiritual needs or present a problem to God

5. Intercessional prayers

prayers said to request God to meet other people's needs.

6. Liturgical prayers

Prayers said from the book or recited from memory

7. Praising prayer:

prayers said to praise/glorify God

Incidents of prayers in the Old Testament:

When Moses and Israelites prayed to thank God for helping them to cross the red sea.
(Exodus 15:1-8)
When king David prayed for forgiveness after committing adultery with Uriah's wife (2 Samuel 12:13)

Examples of prayers:

1. Prayer of praise
2. Prayer of forgiveness
3. Prayer of intercession
4. Prayer of healing
5. Prayer for help

Prayers as a means of knowing God better:

- ✓ God provides our needs when we pray to Him(Luke 11:1-13)
- ✓ Prayer makes us to believe in God even if we don't see Him(John20:24-29)

Jesus' teaching on prayer:

- ✓ To pray to God to ask for our needs
- ✓ We should never give up when praying
- ✓ To believe when we pray

Jesus' example of prayer:

1. Jesus prayed alone on the hill(Matt.14:23)
2. Jesus prayed alone in the morning at Galilee(Mark1:35)
3. Jesus prayed in the garden of Gethsemane(Mark14:32)
4. He taught his disciples how to pray(Luke11:1-4)

Lessons that we learn from the Lord's Prayer:

1. To praise God
2. To request God for our daily needs.
3. To ask God for forgiveness.
4. To ask God to protect us from evil.
5. To forgive others.

Reasons why Jesus prayed.

1. To get food (Luke 8:6)

2. To forgive his enemies (Luke 23:33-34)
3. To know Gods will (Matt. 26:42)
4. To ask for strength and courage. (Matt. 26:39)

Places where Jesus prayed from

1. Gethsemane (Matt. 26:39-42)
2. On top of the hill (Mark 6:46)
3. At the grave yard (John 11:41-43)

Lessons we learn from Jesus' prayer life:

1. We should always pray
2. Personal prayers are God for Christians
3. We should have faith when we pray
4. We should pray in the morning after waking up
5. We should pray for others

Reasons why Christians pray:

1. To thank God
2. To praise God
3. To confess our sins.
4. To ask for protection.
5. To be blessed by God

Importance of prayers:

1. They help us to come closer to God.
2. They help us to control our emotions.
3. They help us to forgiven
4. They help to strengthen our faith in God
5. They help us to find relief in times of stress and sorrow.
6. They help us to get blessing

Ways of praying (Matt. 6:5-7, 18/19, Mark 1:35, Acts 10:46)

1. Praying silently – praying in privacy without using words.
2. Praying loudly – praying together loudly in a group (public praying)

Forms of a loud prayer

1. Loud prayer from memory
2. Loud prayer from a prayer book.
3. Singing hymns together.

Principles of follow during a prayer

1. Have faith
2. Be humble before God.
3. Turn the whole mind to God.
4. Turn your desires/needs to God.

When should a Christian pray?

1. When he/she is in need.
2. At anytime
3. When he/she is in joy

Times/incidents for common prayers

1. Morning time:
2. To thank God for the protection at night.
3. To thank God for the new day.

Night time:

- ✓ To confess the sins committed during day.
- ✓ To ask for protection during

Before meals:

- ✓ Ask God to bless the meal.
- ✓ Thank God for providing the meal

During difficult times.

- ✓ To ask God for protection.

Time of joy

- ✓ To glorify God.

Ways of getting to know God better

1. We need the guidance of the Holy Spirit in order to know God.

Ways the Holy Spirit guides us to know God

2. He makes you to recognize that God loves you.
3. He makes one to admit that he/she is a sinner and needs God's help.
4. He makes one to recognize that he/she belongs to God's family (church)
5. He makes one to accept Jesus as a personal Saviour.
6. He makes one to be committed to serve God.
7. He guides us to pray
8. He helps us to understand the Bible

Some of the ways of serving God

1. By praying
2. By reading the Bible
3. By meditating
4. By fasting
5. Preaching His word
6. Donating to poor

The book of Psalms

The book of Psalms written by king David
Contains prayers.

Activity:

State two importance of communicating with God.

TOPIC 10: GROWING IN THE SPIRIT

Prayer in the early church:
Prayers in the early church started with Christians who lived after the death of Jesus.

The way of life of the early church:
1. Christians prayed together
2. Christians were baptized
3. Christians were united
4. Christians wrote letters to encourage other believers.
5. Preached God's word

Prayer in church history
- ✓ Christians prayed together
- ✓ Christians prayed for the sick
- ✓ Christians sung songs of praise
- ✓ Monks and nuns lived separate life praying and repenting
- ✓ Christians prayed for imprisoned fellow Christians e.g. apostle Peter(Acts12:1-10)
- ✓ Apostle Peter prayed and raised Tabitha from death.
- ✓ Apostle Paul and Barnabas prayed to convert many people into Christians.

People who devoted their lives to prayer in the early church:
1. Monks- a religious man who lives monastery.
2. Nuns- a religious woman who lives in a convent

Reasons Christians in the early church prayed:
1. To thank God
2. To be guided by the Holy Spirit
3. To get God's blessings
4. To strengthen their faith
5. To get God's power to heal.

Lessons today's Christians learn from the early church:
1. To pray to God for our needs
2. To pray with faith
3. To pray together to strengthen their faith.

Problems faced by early Christians:
1. Christians were persecuted
2. Some Christians were murdered

3. They were imprisoned

Problems faced by Christians today

1. Poverty
2. Murder
3. Diseases
4. Conflicts
5. Immorality

The role of the Holy Spirit in prayer today:

1. Guides Christians in prayer
2. Gives Christians faith in prayer
3. Makes their prayers to reach God

Bible teaching about the Holy Spirit and Prayer:

1. The Holy Spirit helps us to pray
2. We can pray from within our hearts in the spirit
3. We should pray according to how the spirit allows us and leads us

The role of the Holy Spirit in church today

1. Gives the church knowledge and wisdom
2. Enables Christians to preach God' word
3. Strengthens the faith of believers
4. Helps people to know the truth about God
5. Helps Christians to perform miracles
6. Helps to keep church members united
7. Enables christens to perform miracles

Ways Christians participate in church actives

1. Reading the scriptures
2. Giving offertory
3. Receiving Holy Communion
4. Cleaning the church
5. Singing in church choir
6. Donating to the poor
7. Praying

Reason why Christians should pray together

1. To strengthen their faith in God
2. To promote unity
3. To promote friendship
4. For God to answer their prayers easily

Creeds

Creed is set of Christian beliefs.

Examples of Christian creeds:

1. Apostles' creed
2. Nicene creed

Section of creeds:

Creeds are arranged in sections/parts i.e.

1. The section of God the Father
2. The section of God the Son and
3. The section of God the Spirit.

Importance of creeds to Christians

1. Helps to understand the power of God
2. Help us to understand our beliefs
3. They guard us from false teachings

Sacraments

- ✓ A sacrament is a symbolic religious celebration through which Christians believe that they receive God grace.
- ✓ A ceremony in Christianity which is an outward symbol that shows the inner grace of God.

Examples of sacraments:

1. Baptism

- ✓ This is the first sacrament
- ✓ The visible symbol of baptism is water.

Importance of baptism

1. Washes the original sin committed by Adam and Eve
2. Makes a person a member of Gods family/church

Confirmation

- ✓ Confirmation is the second sacrament that confirms baptized person.
- ✓ Its visible symbol is laying hands on the person being confirmed.
- ✓ It is done by a Bishop.

Importance of confirmation

1. Strengthens a person's faith in God.
2. Makes one a full member of the church

Holy Matrimony:

1. This is the sacrament that unites man and woman to become wife and husband.
2. Its visible symbol is a ring and a marriage certificate.

Importance of Holy Matrimony:

1. It unites man and woman as husband and wife.
2. It helps people to have children
3. People get company

Holy Communion:

Carried out in memory of Jesus' blood and body.
Was made on Holy Thursday

Conditions for receiving Holy Communion:

1. Repentance
2. Baptism
3. Confirmation

Importance of Holy Communion

1. It helps us to remember the last supper
2. It helps us to be in re-union with Christ
3. It helps to eat the body and blood of Jesus Christ

Penance:

Penance isa sacrament which makes a person to repent his/her sins
It is symbolized by feeling sorry for one's sins.

Importance of Penance:

For repenting sins.

Holy order/ordination:

This sacrament is received by people who serve in church e.g. monks, reverends, pastors and bishops

Importance of Holy order:

Makes a person to serve in the church

Anointing of the sick people.

This is the sacrament which is given to very sick/ill people.

Importance of Anointing the sick

Makes a person who is ill to repent in preparation for death.

Characteristics of Sacraments:

1. Must have a material sign e.g. wine, bread
2. Must have permanent system of giving or receiving.
3. Must confirm the presence and power of Jesus.

Sacraments in the Roman Catholic Church

1. Baptism
2. Confirmation
3. Holy matrimony

4. Penance
5. Holy Communion
6. Anointing if the sick
7. Ordination

Sacraments in the Church of Uganda / Anglican Church

1. Baptism
2. Confirmation
3. Holy matrimony
4. Penance
5. Holy Communion
6. Ordination

Sacraments in the Pentecostal churches

1. Baptism
2. Holy matrimony
3. Penance
4. Holy Communion
5. Ordination

Sacraments in the Seventh Day Adventist Church

1. Baptism
2. Holy matrimony
3. Penance
4. Holy Communion
5. Ordination

Differences between the Roman Catholic Church and Anglican Church

Roman Catholic Church	***Anglican/Protestant Church***
Make the sign of the cross during prayer	Don't make sign of the cross during prayer
Women cannot become Priests	Women become Reverends

Differences between the Roman Catholic Church and Seventh Day Adventists

Roman Catholic Church	**Seventh Day Adventists**
1. Make the sign of the cross during prayer	1. Don't make sign of the cross during prayer
2. Women become Reverends	2. Women cannot become Priests
3. Baptize young children	3. Baptize only adults
4. They have general prayers on	4. They have general prayers on

Sunday	Saturday
5. Celebrate the sacrament of confirmation	5. They don't celebrate the sacrament of confirmation
6. Celebrate Christmas	6. They don't celebrate Christmas

Differences between the Roman Catholic Church and Pentecostal Churches

Roman Catholic Church	Pentecostal Churches
1. Make the sign of the cross during prayer	1. Don't make sign of the cross during prayer
2. Women cannot become Priests	2. Women can not become Pastors
3. Baptize young children	3. Baptize only adults
4. Celebrate the sacrament of confirmation	4. They don't celebrate the sacrament of confirmation

Social contribution made by the churches towards development.

5. They established education centres.
6. They established medical centres
7. They established orphanages
8. They promoted morals.

Political contributions made by the church towards development

1. Advises government when making the constitution
2. Encourages the government to observe human rights.
3. Encourages peace talks in case of war

Economic contributions made by the church towards development

1. Established financial institution
2. Assists in training manpower.
3. Created jobs/employment.

Parables.

Parables are short stories with hidden meanings that Jesus used.

Why did Jesus teach using parables?

1. He wanted his followers to understand his message.
2. He never wanted non believers to understand his message.

Parables, meanings of words in them and lessons learnt from them:

Parable of the Sower (Matt. 13:1-23)

- ✓ Seeds:- God's word
- ✓ Sower: - Jesus, preacher of God's word
- ✓ Seeds that fell along the path:- people who hear God's word but the devil takes it away.

- ✓ The seeds that fell on rocky ground:– people who hear God's word but give up when trouble or persecution comes because of the message.
- ✓ The seeds that fell on good soil: – people who hear God's message and understand it.

Lesson: To believe in God.

Parable of the weeds: (Matt. 13:24-30)

- ✓ The field: the world
- ✓ Good seeds: - people who believe in God
- ✓ Weeds: - Non believers.
- ✓ Enemy who sowed the weed: - the devil
- ✓ Harvest; - end of the world.
- ✓ Harvest workers: - the angels

Lesson: Never to give up our faith in God.

Parable of the lost sheep:(Matthew 18:10-41)

- ✓ Sheep: the believers.
- ✓ Jesus: Man with hundred sheep
- ✓ Lost sheep: sinner
- ✓ Ninety-nine sheep: faithful people.

Lesson:- To have love for sinners.
-To be faithful

Results of finding lost sheep:
-Happiness/rejoicing.

Parable of house built on the rock (Matt. 7:24-27)

- ✓ To follow Jesus' teachings.

Parable of Good Samaritan (Luke 10:25-37)

- ✓ To help the needy
- ✓ To have pity for people who are suffering.

Parable of the rich fool (Luke 12:13-21)

- ✓ To trust God rather than our wealth or possessions.

The parable of the prodigal or lost son (Luke 15:11-23)

- ✓ Confess our sins
- ✓ To forgive

The parable of the lost coin (Luke 15:8-10)

- ✓ To repent

Parable of the two sons (Matt. 21:28-32)

- ✓ To repent/confess our sins.

Parable of ten virgins (Matt. 25:14-30)

- ✓ Unprepared believers will be locked out of God's kingdom when Jesus returns.
- ✓ Believers should be prepared for the return of Jesus.

Miracles that were performed by Jesus:

1. Raised Jairus' daughter (Luke 8:40)
2. Raised Lazarus (Luke 7:11-17)
3. Raised the son of the widow of Nain(Luke 7:11-17
4. Walked on water (Matt. 14:22-32)
5. He fed 5000 people (Mark 6:30-44)
6. He turned water into wine (John 2:1-12)
7. Made Simon to catch large number of fish (Luke 5:4-11)
8. He calmed the storm (Matt. 8:23-27)
9. He healed the lame (Mark 1:29-34)
10. He cast demons (Matt. 8:28-24)
11. Healed a woman who suffered from bleeding for 12 years. (Luke 8:24-48)

Why did Jesus perform miracles?

1. To show love to people.
2. To show God's power.
3. To show care to people
4. To help people.

Prophets

They are earthly messengers of God.

Examples of prophets

1. Elijah – Preached trust and true worship
2. Samuel – Anointed Saul as a king of Israel
3. Amos – Preached Justice, repentance and God's judgement
4. John the Baptist – Preached repentance in preparation for the coming of the messiah.
5. Isaiah- preached about the coming of the messiah.
6. Hosea – Preached forgiveness and hope.
7. Jeremiah – Preached hope for the future and new covenant.
8. Jonah – Preached repentance to the people of Nineveh.
9. Joel – Preached repentance to the people of Judah.
10. Micah – Preached against oppression of the poor.
11. Malachi – Encouraged people to give offerings to God.
12. Elisha – Preached against injustice, immorality and misuse of power.

Judges in Israel:

1. Samson -His power was in his long hair
   He became powerless after trimming his hair.

2. Samuel -Anointed Saul and David as kings.
3. Deborah-she was the first female Judge of Israel

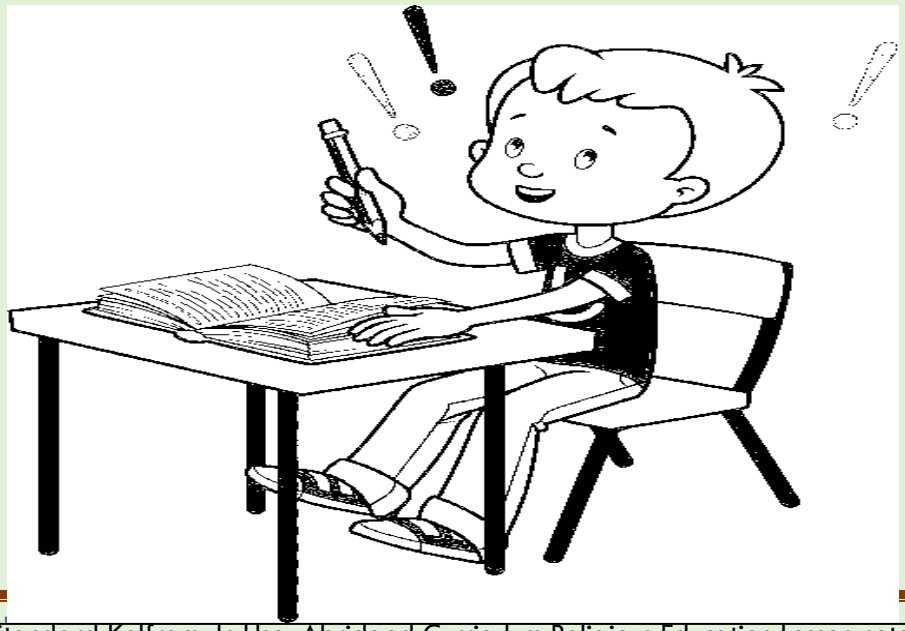
Kings of Israel:

1. **Saul**
   - ✓ He was the first king of Israel
   - ✓ Saul disobeyed God.
2. **David**
   - ✓ Defeated all enemies of Israel
   - ✓ Wrote the book of Psalms
   - ✓ He killed the giant of Philistines called Goliath.
   - ✓ Committed adultery with Uriah's wife called Bathsheba.
3. **Solomon**

   Prayed to God for wisdom to rule Israel.

Mountains and events that happened on them:

4. Ararat - Where Noah's ark rested after the floods.
5. Moriah- Where Abraham took Isaac to be sacrificed
6. Sinai - Where God gave Moses Ten Commandments.
7. Carmel -Where Elijah held a contest with the prophets of Baal.
8. Tabor-where Jesus shone brightly.
9. -His shinning is called transfiguration.
10. -The prophets who were with him were Elijah and Moses
11. -The apostles who were with Jesus are John, Peter and James
12. Olives -Where Jesus ascended into heaven.
13. Nebo -where Moses died

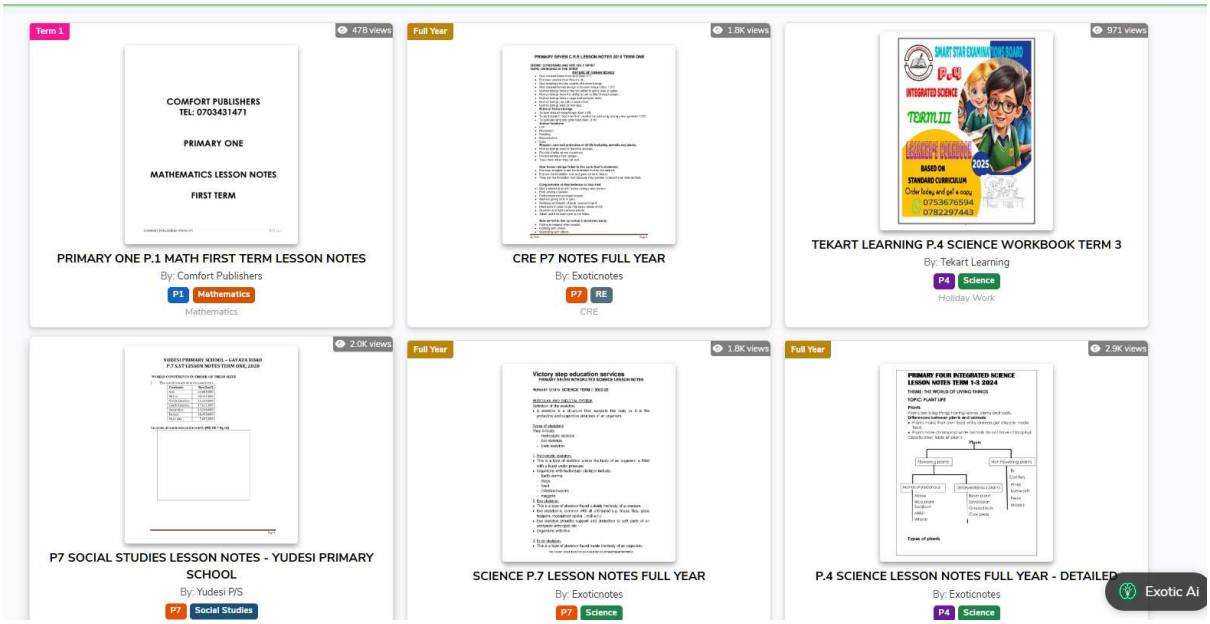




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