

# CHRISTIAN RELIGIOUS EDUCATION

Term one

## TOPIC 1: GOD CREATED ME

- ✍ Understanding and appreciating myself as a unique person.
- ✍ The unique talents
- ✍ Weaknesses and strengths of each individual.
- ✍ Adolescent – growth and development
- ✍ How to relate with others with consideration and respect
- ✍ Reasons why people work.
- ✍ How to work responsibly using God-given talents

## TOPIC 2: EVIL AND SUFFERING

- ✍ Forms of suffering
  - Social suffering
  - Mental suffering
  - Spiritual suffering
  - Economic suffering
  - Effects of suffering
- ✍ HIV/AIDS as a form and cause of suffering.
- ✍ Election malpractice as a form and cause of suffering.
- ✍ Teenage pregnancy as cause of suffering.
- ✍ Jesus' example of sharing in the suffering with others.
- ✍ Jesus' teaching on how to cure suffering and social evil in society.
- ✍ The experience of Job and suffering; how Job responded to suffering.
- ✍ Caring for the suffering in our community.
- ✍ Planning and preparing for projects to serve the suffering.

## TOPIC 3: GOD CALLS HIS PEOPLE

- ✍ The root of evil.
- ✍ The need of a redeemer.
- ✍ Bible characters who received messages from God.
- ✍ Message Mary received.
- ✍ The message from John the Baptist.

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## TOPIC 4: CHRIST IS THE ANSWER

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- ✍ Different ways Jesus showed saved many people before his death.
- ✍ Prayer
  - ✍ How God communicate to the people
  - ✍ Types of prayers
  - ✍ Reasons why people pray
  - ✍ When do Christians pray?
  - ✍ Reasons for praying together
  - ✍ Jesus as an example of a prayerful individual
  - ✍ The Lord's Prayer (mathew 6: 9 – 13)
  - ✍ Requests Christians make in the Lord's Prayer
  - ✍ Reasons why Christians pray:
  - ✍ Importance of prayers:
  - ✍ When should a Christian pray?
  - ✍ Some of the ways of serving God
- ✍ Forgiveness
  - ✍ Importance of forgiveness
  - ✍ Reasons why some people do not forgive other sinners
  - ✍ Simon Peter's experience
- ✍ Repentance
  - ✍ Ways of repentance
  - ✍ Importance of repentance

## TOPIC: 5 CHRIST'S GIFTS FOR THE JOURNEY

- ✍ Sacraments and their meanings
- ✍ Baptism
- ✍ Confirmation
- ✍ Importance of confirmation
- ✍ Symbols of Holy Communion
- ✍ The need for the Holy Communion
- ✍ Importance of Holy Communion
- ✍ Penance
- ✍ Holy ordination / Holy order
- ✍ Examples of people who receive Holy order
- ✍ The Pentecost
- ✍ Importance of the Pentecost
- ✍ The Holy Spirit
- ✍ The role of the Holy Spirit
- ✍ Gifts of the Holy Spirit
- ✍ Ways how people used the gifts of the Holy Spirit
- ✍ Temptation
- ✍ Ways how Christians are attempted
- ✍ Different ways we can avoid temptations
- ✍ Effects of temptations

## TOPIC 6: HOW TO BEHAVE ON THE WAY

- ✍ Christian community
- ✍ Qualities of a good Christian in Christian community life
- ✍ God the Holy Spirit
- ✍ Selfishness (Gen. 4)
- ✍ Examples of selfishness
- ✍ Unselfishness
- ✍ Results of unselfishness
- ✍ Christian attitudes towards justice
- ✍ Benefits of justice
- ✍ Injustices
- ✍ People who carryout injustice

## TOPIC 7: PEOPLE ON THE WAY

- ✍ Diversity
- ✍ Values of diversity
- ✍ Good communication as a way of relating
- ✍ Jesus' responses to people with different needs
- ✍ How Jesus responded to different needs (Mark 6:31-44)
- ✍ Values of needs to an individual
- ✍ Good relationships among Christians
- ✍ Types of relationship
- ✍ Qualities of good relationship
- ✍ How we can have good relationships with others
- ✍ Importance of relationships
- ✍ Causes of broken relationship
- ✍ Actions which spoil good relationships with others
- ✍ Effects of broken relationships (Dangers of broken relationships)
- ✍ Ways of restoring broken relationships
- ✍ Church relationship
- ✍ Ways in which we can develop good relationships in church
- ✍ Ways by which good relationships can be sustained between Christians and Muslims

## **TOPIC 1: FRIENDS ON THE WAY.**

- ✍ Friendship
- ✍ Importance of friendship
- ✍ Qualities of a good friend
- ✍ Good advice
- ✍ Examples of good advice
- ✍ Characteristics of good advice
- ✍ Advantages of good advice
- ✍ Examples of people who give good advice
- ✍ Bad advice
- ✍ Examples of bad advice
- ✍ Characteristics of bad advice
- ✍ Ways people have been wrongly advised.
- ✍ Dangers of bad advice
- ✍ How Jesus expressed his love to mankind as friends
- ✍ How we can serve others as Jesus in their times of trouble / crisis

## **TOPIC 2: CHRISTIAN INVOLVEMENT IN THE WORLD**

- ✍ Talents
- ✍ Using our talents to make contributions to improve the world,
- ✍ Using available resources to serve god and fellow human beings
- ✍ How talents contribute to the improvement of the world
- ✍ How can we develop talents among people?
- ✍ How people benefit from their talents
- ✍ The roles and cooperation of different people in making the world a better place
- ✍ Cooperation
- ✍ Possible ways of cooperation
- ✍ The role of Christian organizations in developing the world
- ✍ Voluntary organization in Uganda
- ✍ Contributions of Christian organizations towards the development of the world
- ✍ The role of science, technology and education to the development of the world
- ✍ Technology
- ✍ Roles of technology
- ✍ Challenges caused by technology
- ✍ What is science?
- ✍ How science has improved people's standard of living
- ✍ Bad effects of science
- ✍ Education
- ✍ Types of education
- ✍ Importance of education
- ✍ Bad effects of education
- ✍ The ten commandments
- ✍ Importance of commandments to Christians
- ✍ The two great commandments of love
- ✍ Participating in an electoral process
- ✍ The electoral commission
- ✍ Types of elections
- ✍ Rights and freedoms of voters
- ✍ The roles of the church in general elections
- ✍ Characteristics of free and fair elections:
- ✍ Good citizenship
- ✍ How one becomes a citizen of Uganda
- ✍ Duties of a good citizen
- ✍ Qualities of a good citizen
- ✍ Basic human rights

- ✍ Some examples of human rights in the world today
- ✍ Organizations that help to promote and protect people's rights in Uganda
- ✍ Forms of human right abuse
- ✍ Child abuse
- ✍ Examples of child abuse
- ✍ Ways how children have contributed to children's right abuse
- ✍ Ways of controlling child abuse

### **TOPIC 3: HAPPINESS ON THE WAY TO ARRIVAL**

- ✍ Relationship
- ✍ Church relationship
- ✍ The different people you need to relate with
- ✍ How we can have good relationships with others
- ✍ Importance of having good relationships
- ✍ Effects of broken relationships (dangers of broken relationships)
- ✍ Ways of restoring broken relationships
- ✍ God as a source of happiness
- ✍ Signs of happiness in an individual
- ✍ Giving and receiving as a source of happiness
- ✍ Biblical teaching about true happiness
- ✍ The values Jesus taught to help us achieve purity
- ✍ Purity of the heart
- ✍ Impurity of the heart
- ✍ Bible teachings about life and death
- ✍ Types of death
- ✍ Lesson we learn from the above text
- ✍ Sin
- ✍ Meaning of suffering
- ✍ Examples of people who endured suffering in the bible
- ✍ Our responses to suffering and its causes
- ✍ How can we respond to suffering as Christians?
- ✍ Ways of caring for the suffering in our community

## TOPIC 1: GOD CREATED ME

### Understanding and appreciating myself as a unique person

- ✓ God created me physically in a different way from the rest of the people.
- ✓ This means each one of us is unique.

### Meaning of uniqueness

Uniqueness refers to the differences in appearance and character among people.

### Ways of uniqueness

1. Physical uniqueness
2. Social uniqueness

### Physical uniqueness

These are visible appearances and characters a person has.

### Examples of physical uniqueness

1. Uniqueness in size
2. Uniqueness in sex
3. Uniqueness in tribe
4. Uniqueness in height
5. Uniqueness in skin colour
6. Uniqueness in behaviour
7. Uniqueness in temper
8. Uniqueness in wisdom
9. Uniqueness in wealth

### Social uniqueness

These are different ways people relate with others.

### Examples of social uniqueness

1. Some people are talkative while others are reserved.
2. Some people are cheerful all the time while others are moody
3. Some people are easily loved by many people while others are hated by many people.
4. Some people easily make friends while others have difficulties in making friends.

NB: Unique: means being different.

### How places where we live make us socially different/unique

The way we dress and eat is highly determined by the places where we live.

### Activity

1. What is uniqueness
2. Identify any **two** ways how people are different from each other
3. State any **two** forms of uniqueness in Christians.
4. Give any **two** examples of physical uniqueness.
5. Write down any **two** examples of social uniqueness
6. Describe your physical uniqueness.
7. State any **two** examples of physical uniqueness.

### Human weaknesses and strengths

We should also learn that each person has his own strengths and weaknesses.

### Individual strength

Strength refers to the areas in which an individual can produce a pleasing result.

### Examples of people's strengths

1. Being intelligent
2. Being empathetic

3. Being kind
4. Being loving
5. Being helpful
6. Being generous
7. Being careful.
8. Being courageous

#### **a) Weaknesses**

These are areas an individual doesn't have strength to excel.

NB: Life is a balance of strengths and weaknesses.

#### **Examples of weaknesses**

- a) A good footballer may not excel in class.
- b) A talented singer may be poor at dancing skills
- c) A good leader may be poor at debates
- d) A fine artist may lack skills in weaving baskets
- e) A talented mathematician/scientist could be a poor leader.

#### **Ways in which we can turn our weaknesses into strengths**

- 1) By imitating the life of a person with such a strength
- 2) Being prayerful
- 3) Being kind hearted
- 4) Being merciful
- 5) Being obedient

#### **Ways people were created differently from other creatures**

- ✍ People have a more developed brain than other creatures.
- ✍ People were created in God's image unlike other creatures.
- ✍ People were created physically by God while other creatures were created by the power of God's word. "Let there be" (Gen: 1:3, 26)
- ✍ People were created to take care of God's creation and not the creation to take care of man.

### **Activity**

1. What term is used to mean the areas in which an individual doesn't have strength to excel?
2. What is a personal strength?
3. State any **two** examples of personal strengths.
4. Mention any **two** examples of personal weaknesses
5. Write **two** ways in which we can turn our weaknesses into strengths
6. Who created a man?
7. Who was the first man to be created?
8. Where did the first man above live?
9. Mention any **two** ways people were created differently from other creatures.

#### **TALENT**

A talent is a natural ability to do something well.

#### **Characteristics of talents**

1. Talents are natural
2. Talents may not be inherited.
3. Talents are received from conception
4. Talents can be developed or left idle, used well or misused.
5. Individuals with in-born talents are strong in abilities
6. Talents are used generally in the world.

#### **How talents make us unique (Psalms 139:13 – 16)**

The above states that God made each individual unique because of his hard work

### Examples of talents

1. Dancing
2. Playing football
3. Leadership
4. Singing
5. Artistic work
6. Debating
7. Story telling
8. Preaching
9. Mobilizing others
10. Running (runners)
11. Curing for other (doctors)
12. Teaching (teachers)
13. Leadership (leaders)

### Importance of talents

1. To praise and thank God
2. To assist weaker people
3. To entertain people
4. To earn a living
5. It exposes one as a celebrity
6. Talent enables one to gain personal property.

### Ways of identifying talents

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

### Activity

1. What is talent?
2. Mention any **two** talents that can help us to praise and thank God
3. Mention any **two** characteristics of talents in an individual Christian.
4. State any **two** examples of talents
5. Write down any **two** importance of talents
6. Mention any **two** ways of identifying talents in an individual Christian.

### Ways of using our talents to benefit others

- ✍ One can get money from music to help orphans.
- ✍ One can preach to sinners to avoid hell.
- ✍ One can teach others so as to get a job.
- ✍ Doctors can treat the sick to have good health.
- ✍ One can use his talents to provide entertainment to others.
- ✍ One can use his talent to bring pride to his/her country.

### Ways in which people are misusing talents today

1. Leaders are violating people's rights
2. Some people are killing innocent people
3. Friends are interrupting with peoples' work
4. People are spending much more time in leisure
5. By creating armed weapons and tools
6. Leaders are misleading friends
7. Some musicians sing songs that promote immorality.
8. Dancing while naked
9. Doctors are giving wrong medication to patients.
10. Leaders are using their powers to oppress others.
11. Preachers over ask for money from their followers.

### Activity

1. State any **two** ways how we can use our talents to benefit others.
2. Write any **two** ways how Christians can misuse their talents.
3. Which commandment avoids us from misusing talents which results into killing people?
4. Mention any **two** ways in which a Christian can mislead the friends.
5. Write **two** ways in which people are similar to one another.

#### Ways in which people are similar to one another

a) People have the same sex either male or female.

#### b) People have five senses each e.g.

- Sense of touch
- Sense of smell
- Sense of hearing
- Sense of sight
- Sense of taste.

#### How people use their senses well

1. People use the eyes to read the bible
2. People use the eyes to avoid dangerous situations.
3. People use the eyes to appreciate the beautiful parts of God's creation.
4. People use the ears to listen to good advice from others.
5. People use the ears to listen to God's word.

#### Ways how people misuse their senses.

1. People use hands to steal.
2. People use hands to have wrong touches.
3. People use eyes to desire other people's things with wrong intentions.
4. People use the tongue to speak evil and destroy peace (James 3:1-12)
5. People use the eyes watch and read pornography.

### Activity

1. How do leaders misuse their talents?
2. State any **two** examples of sense organs
3. Suggest **two** ways how people use their senses well
4. Mention **two** ways how people misuse their senses.
5. State any **two** outcomes of misusing talents to the Christians.

### ADOLESCENCE, GROWTH AND DEVELOPMENT

#### Adolescence:

A word which comes from Latin word **Adolescere** which means to grow up.

#### Meaning of adolescence

Adolescence is a stage between childhood and adulthood.

Another name for adolescent is teenager (between 13 – 19 years)

#### Who is an adolescent?

It is a person between childhood and adulthood.

#### Facts about adolescents

1. They grow fast in height and size.
  2. Pubic and arm pit hair begin to grow.
  3. Girls begin to menstruate and their breasts start to enlarge.
  4. Boys become muscular especially around the shoulders and legs.
  5. Girls mainly become shy as boys become aggressive.
  6. Boys begin to experience wet dreams and develop deep voices.
- NB: Such growth during adolescence makes us unique.



## Growth

This is an increase in size, weight and height of individual.

## Development

This is an increase in the quality of the body, mind and behaviour of an individual.

### Forms of growth and development

1. Physical growth and development
2. Social growth and development
3. Intellectual or mental growth and development.

### Physical growth and development

- ✓ Physical growth is the physical increase in the quality of the body, mind and behaviour of an individual.
- ✓ Physical development is a physical increase in the quality of the body, mind and behaviour of an individual.

Physical growth and development are characterized by a number of matters in both the boys and girls.

### Physical characteristics of adolescence

BOYS	GIRLS
<ul style="list-style-type: none"><li>✍ Body becomes muscular</li><li>✍ Voice deepens, Adam's apple appears</li><li>✍ They grow taller and bigger, shoulders widens</li><li>✍ Beards, pubic hair, hair in the armpits, legs, arms start to grow</li><li>✍ Genitals become bigger</li><li>✍ They start producing semen</li></ul>	<ul style="list-style-type: none"><li>✓ Body becomes smooth and shapely.</li><li>✓ The voice becomes soft and attractive</li><li>✓ They grow wider hips, breasts develop</li><li>✓ Pubic hair, hair in the armpits start to grow</li><li>✓ Reproductive organs become mature</li><li>✓ They start monthly menstruation</li></ul>
Social characteristics of adolescence	
<ul style="list-style-type: none"><li>✓ They develop strong feelings towards opposite sex</li><li>✓ They become sensitive and socially active</li><li>✓ They change life style such as encouraging in risky aggressive behaviour face storm and stress in life's social matters</li></ul>	<ul style="list-style-type: none"><li>✓ they develop sexual feeling</li><li>✓ Feelings and desires become strong.</li><li>✓ They form or join peer groups, close associates, they face storm and stress that comes with social matters</li></ul>
Mental characteristics of adolescence	
<ul style="list-style-type: none"><li>✓ They start to think independently</li><li>✓ Reasoning capacity and ability to argue out issues develop</li></ul>	<ul style="list-style-type: none"><li>✓ They start to think logically</li><li>✓ They begin to reason discriminatively about what they hear or see.</li></ul>

### Activity

1. What do you understand by:
  - a) Adolescence
  - b) teenager
  - c) Growth
  - d) Development
2. Who is an adolescent?
3. Mention any **two** facts about adolescents.

4. State any **two** forms of growth and development.
5. How is physical growth different from physical development?
6. Mention any **two** social characteristics of adolescents.
7. State any **two** physical characteristics adolescent boys

### **Social growth and development**

The fact that human beings are social animals, it demands us to grow with and within other people. This is what we meant by the social growth and development.

Social growth and development deal with how we relate with others with consideration and respects.

### **How to relate with servants**

1. Respect them
2. Do not burden them with work
3. Treat them mistakes
4. Give them what they need to use
5. Pay their wages in time
6. Pay them the money they deserve
7. Give them medical care
8. Do not expose them to harm

### **How to behave before adults**

- |   |                          |
|---|--------------------------|
| 1. Being able to share ideas and things | 6. Forgiving one another |
| 2. Respect up them                      | 7. Being honest          |
| 3. Obeying them                         | 8. Being hard working    |
| 4. Being trustworthy                    | 9. Loving them           |
| 5. Helping them                         |                          |

NB A guardian is a non biological parent who is responsible for the care of a child in the absence of parents.

### **Activity**

1. What is social development?
2. Mention any **two** groups of people you can relate with freely.
3. State any **two** ways we can relate with other people's weaknesses.
4. Suggest any **two** ways in which P.7 children can behave before their parents.
5. How is a guardian different from a parent?

### **How to relate with others with consideration and respect at the family level**

A family is the smallest unit of the community.

It is a group of people related by blood, marriage or adoption.

### **Types of family**

- (a) Nuclear family
- (b) Extended family
- (c) Foster family
- (d) Institutional family

#### **a) Nuclear family**

This is a type of family where we find parents and their biological children

#### **Members of a nuclear family**

Father

Mother

Biological children

#### **b) Extended family**

This is a type of family where we find parents, biological children and their relatives.

#### **Members that make up the African family**

(a) Father

(b) Mother

(c) Brothers

(d) Sisters  
(e) Grand parents

(f) Adopted persons  
(g) Cousins

(h) Nephews  
(i) Workmates

### Activity

1. Define the term individual social growth.
2. What is a family?
3. State any **two** types of family.
4. What is nuclear family?
5. Mention any **two** members of a nuclear family.
6. Define extended family.
7. State any **two** members that make up the extended family.

### Roles of parents to their children

1. To provide basic needs
2. To protect the children from harm and danger
3. To treat children fairly
4. To introduce them to God and religions values
5. To train them to respect adults
6. To teach them the basic values and norms
7. To train them to acquire basic life skills
8. To discipline them as a way of teaching right from wrong.

### a) people who need our respect and consideration at home;

- ✓ Parents / guardians
- ✓ One's followers (young ones)
- ✓ Elder brothers and sisters (siblings)
- ✓ House helpers.
- ✓ Sick people
- ✓ Adopted children

### How to relate with others at school level with consideration and respect

### b) Important people who need our respect and consideration at school

- |                 |                |                  |
|-----------------|----------------|------------------|
| ✍ Teachers      | ✍ Cooks        | ✍ School bursars |
| ✍ Prefects      | ✍ Gate keepers | ✍ Infants        |
| ✍ Form captains | ✍ Secretaries  |                  |
| ✍ Cleaners      | ✍ Librarians   |                  |

### Roles of children at school

1. Respecting teachers and other members of the community.
2. Greeting teachers, visitors and those we meet at school.
3. Obeying school authorities
4. Following regulations
5. Expressing love, kindness to fellow pupils who need care
6. Taking care of school properties
7. Respecting other pupils' property
8. Using the washroom well
9. Keeping the compound clean
10. Observing person hygiene
11. Working hard in school to pass high with flying colours.
12. Using good and non-abusive language while talking to other people.
13. Sharing ideas, knowledge when asked by teacher, friends.

## Activity

1. Mention any **two** responsibilities of parents to their children.
2. State any **two** roles of children at home.
3. Mention any **two** people who need our respect and consideration at home.
4. State any **two** important people who need our respect and consideration at school.
5. Mention any **two** responsibilities of children at school.
6. Why do we need to observe person hygiene both at school and at home?
7. State any **two** reasons for taking care of school properties by a p.6 pupil.
8. Mention any **two** examples of rules and regulations that we need to follow.
9. State any **two** values of sharing among primary six pupils.

### **Roles of children in the community level**

1. Respect the property
2. Greet people in the community
3. Help people in danger e.g. in case of accident
4. Clean the area in the community
5. Share with community members responsibly

### **People who need our respect and consideration in the community**

- ✓ Elderly
- ✓ Destitute (street children)
- ✓ People with disabilities
- ✓ Refugees
- ✓ Displaced people.

### **How to have positive attitude as a youth towards other people**

- a) A youth is a person between 18 to 30 years according to Ugandan's constitution.  
As a youth you should use your energy in productive work to serve others positively

- ✓ Helping the needy.
- ✓ Cleaning the compound at school and home.
- ✓ Washing utensils
- ✓ Visiting the family farm.
- ✓ Visiting the needy people.
- ✓ Mopping the house.

### **Ways we can be considerate and have respect for others.**

1. By sharing ideas.
2. By being loyal
3. By being ready to forgive
4. By being kind and sharing.
5. By understanding one another
6. By sharing facilitates
7. By being open to one another

### **How Jesus showed respect and consideration for others.**

1. He prayed for them.
2. He healed the sick (Mark 1:21-45)
3. He protected the sinners (John 8:1-11)
4. He forgave the sinners (Luke 19:1-10, John 4:1-20)
5. He loved little children (Mark 10:13-16)
6. He fed the hungry (Luke 9:10 -18)
7. He blessed people around him.
8. He preached to the people.
9. He raised the dead.
10. He taught people how to pray (Luke 11:1-18)

## ACTIVITY

1. Mention any **two** roles of children in the community level
2. State any **two** people who need our respect and consideration in the community.
3. Who is a youth?
4. Mention any **two** ways how youth should use their energy in productive work to serve others positively
5. Write **two** ways we can be considerate and have respect for others.
6. Mention any **two** ways how Jesus showed respect and consideration for others.

## **WORK**

Work is any physical or mental activity that man does to change the environment for good or bad reasons.

Work is any useful or productive activity which involves use of energy.

### **Reasons why people work**

1. To get food
2. To get money
3. To develop natural talents
4. To serve God
5. To take care of God's creation
6. To serve others.
7. To enjoy better life in future.
8. It is a punishment from God (Gen 3:14 -21)
9. To help the needy
10. To express oneself in creative ways

### **Types of work**

1. Domestic work
2. School work
3. Communal work
4. Voluntary work

### **Examples of work**

- |                  |                         |             |
|------------------|-------------------------|-------------|
| ✍ Fetching water | ✍ Clearing water source | ✍ Lumbering |
| ✍ Farming        | ✍ Teaching              | ✍ Hunting   |
| ✍ Fishing        | ✍ Building              |             |

### **Values of work**

1. It enables one to get basic needs
2. It enables one to develop talents
3. It exercise gifts from the Holy Spirit
4. It express one's creativity
5. It promotes unity
6. It improves on the lives of others in the community
7. Perform God's duty
8. Develop the World and protect the environment

### **Biblical reasons for work**

1. We should work to fulfill God's commands Genesis 1:28
2. We should work to care for God's creation Gen. 1:25
3. We should work to obtain basic needs for survival
4. Develop talents Matthew 25:14-29
5. We should work to exercise God's given gifts
6. We should work to develop closer relationship with God and fellow man
7. We should work to serve other people

### **Activity**

1. What is work?
2. State any **two** reasons why people work
3. State any **two** types of work
4. State any **two** examples of work
5. Suggest any **two** biblical reasons for work

### **The account of God's creation**

God created the universe in six days.

He rested on the seventh day.

The resting day of the God the creator is called the Sabbath Day.

What did God create on each of the following days?

<b>Day</b>	<b>God's creation</b>
1 <sup>st</sup> day	Light
2 <sup>nd</sup> day	Sky
3 <sup>rd</sup> day	Earth, sea, plants
4 <sup>th</sup> day	Sun, moon, stars
5 <sup>th</sup> day	Birds, sea creatures
6 <sup>th</sup> day	Animals, Human beings / man

### **Taking care of God's creation**

Gen: 128- God appoints man to be in charge of God's creation

#### **How to take care of God's creation**

1. Always take care of God's creation
2. Not to burn bushes
3. Not to poach wild animals
4. Avoid throwing rubbish in lakes and rivers
5. Planting trees and grass
6. Good use of wetlands
7. Good farming methods
8. Not degrading soil

#### **What role did God give man after creation?**

1. To take care of all God's creation
2. Worship God
3. To co-create

#### **Reasons why people should have value and joy in work**

1. People should work in order to serve others.
2. Work helps us to survive by earning a living.
3. Through work we care for God's creation
4. Through work we make new inventions.
5. Work helps us to promote development and improve standards of living.

#### **Points to remember in developing a positive attitude towards work**

1. Through work, we glorify God.
2. Work is for our own good, for our families and communities we live in.
3. We need to respect all kinds of work.
4. We must work hard, honestly and responsibly.
5. You need to treat fellow employees well.
6. You need to respect your employers.

#### **Challenges associated with work**

1. Some employers don't pay their workers in time.
2. Some work is so dirty and hazardous to our health.
3. Some work needs tools which might not be available.
4. Some work contradicts with God's commandments e.g. Army and Police work where you can't avoid killing.

5. Some employers deprive their employees' freedom to rest because of work.
6. Some work is in risky areas e.g. in mines and war torn areas.

### **Activity**

1. Mention any **two** reasons why people should have value and joy in work.
2. State any **two** points to remember in developing a positive attitude towards work.
3. State any **two** challenges associated with work.
4. Mention any **two** creatures God put in place on the fourth day of the creation.
5. Animals, mention any **two** other creatures which were created on the 6<sup>th</sup> day.

### **Biblical Teachings about Work**

- We see in Genesis 1 that God was the first worker ever.
- Jesus as a youth, worked with his foster father Joseph in the carpentry workshop.
- Jesus as an adult, he preached, taught people, healed the sick and the disabled (Matthew 8,9:18 -28)
- In Luke 4:40-44, Jesus' apostles did various types of work e.g. fishing, tax collecting,
- In Thessalonians 3:8-12, Paul says that if one will not work, let him not eat.

### **How to work responsibly using God given talents**

Parable of the talents: (Matthew 25:14-20)

### **Jesus tells people to do the following using our talents**

1. Develop talents to the fullest
2. Create wealth for the good of the community
3. Serve God willingly
4. Share the fruits of work
5. Use talents well
6. Work with joy and happiness
7. Enjoy creation because it is the fruits of God's work
8. Work in cooperation with other people

### **How the life of Jesus teaches people to relate with others**

1. Obeyed and respected his parents
2. Supported his parents in domestic work
3. Healed the sick and gave them hope
4. Fed the hungry
5. He forgave sinners
6. Blessed the people around him
7. Prayed for both friends and enemies

### **How work creates joy**

1. Work kills boredom.
2. Work makes our bodies healthy.
3. Work earns us respect from the society.
4. Work helps us earn a living which in turn makes us able to meet our needs.
5. Work help us to serve others

### **Activity**

1. Who was the first worker ever?
2. Mention any **two** various types of work done by the Jesus' apostles.
3. Which of the **two** apostles of Jesus Christ were the fishermen?
4. State any **two** ways we can work responsibly using God given talents.
5. Mention any **two** ways we can develop talents to the fullest.
6. Mention any **two** things Jesus tells people to do using their talents.
7. State **two** lessons the life of Jesus teaches Christians to relate with others.
8. In which **two** ways do works create joy?

## **TOPIC 2: EVIL AND SUFFERING**

### **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

### **Types of suffering**

1. Grief sufferings
2. Victim suffering
3. Empathetic suffering
4. Collective suffering
5. Preventive/ discipline suffering
6. Holiness suffering
7. Opposition suffering
8. Missional sufferings
9. Consequential sufferings
10. Creation sufferings

All the types of sufferings above are experienced in the various forms.

### **Forms of suffering**

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

### **Activity**

1. What is suffering?
2. Mention any **two** types of suffering
3. What type of suffering was undergone by Jesus Christ on the way to the cross?
4. Name the type of suffering caused by our enemies.
5. Name the type of suffering caused by our sins.
6. State any **two** forms of suffering.

### **Physical suffering**

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

#### **Causes of physical suffering**

1. Beatings
2. Accidents
3. Torture

### **Emotional suffering**

Emotion is the feeling that can be caused by the situation or people with whom you interacts.

#### **Examples of emotions**

- |              |               |         |
|--------------|---------------|---------|
| 1. Happiness | 4. Care       | 7. Fear |
| 2. Love      | 5. Hatred     |         |
| 3. Anger     | 6. Excitement |         |

**Emotional suffering** is the suffering which rises from one's mind.

It is the form of suffering which occur after experiencing an extreme level of unpleasant emotions.

#### **Symptoms of emotional suffering**

1. Fatigue
2. Guilt
3. Loneliness
4. Isolation
5. Aggression

#### **Causes of emotional suffering**



- ✍ Misunderstandings
- ✍ Loss of property or loved one
- ✍ Loss of jobs
- ✍ Emotions are strong feelings
- ✍ Failure

- ✍ Mental torture
- ✍ Worries
- ✍ Discomfort
- ✍ Fear
- ✍ Difficulties

### Outcomes of emotional suffering

Long time suffering leads to:

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

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

### Activity

1. What is physical suffering?
2. State any **two** examples of suffering which can be seen physically on an individual.
3. State any **two** causes of physical suffering
4. Define the term emotional suffering.
5. Mention any **two** examples of emotions
6. What is emotional suffering?
7. Mention any **two** symptoms of emotional suffering
8. Suggest **two** causes of emotional suffering
9. List down any **two** outcomes of emotional suffering

### Spiritual suffering

#### Spirit

This is the non physical part of a human being which consists of feelings and characters.

It is the inner quality or nature of a human being.

#### Examples of spirits

1. Intellect
2. Emotions
3. Feelings
4. Fears
5. Passions
6. Creativity

#### Spiritual suffering

- ✓ This is the kind of suffering which affects one's soul.
- ✓ It is the form of suffering which disrupt a person's belief or values.

#### Causes of spiritual suffering

1. Disobedience to God's command
2. Material interests from wrong sources e.g. illuminati brotherhood
3. Witch crafts
4. Life limiting sickness
5. Extreme poverty
6. Physical tiredness
7. Making wrong choices

#### Symptoms of spiritual sufferings

One can easily get to know a person undergoing spiritual suffering when he/ she as:

1. Extreme anger
2. Feeling of depression and anxiety
3. Feeling abandoned by God

4. Asks why such situations occur
5. Difficulty in sleeping
6. Disbelief in religion and religious affairs

#### **Importance of spiritual suffering**

1. It is a way to salvation
2. It helps in purification of our faith
3. It strengthens our faith in God
4. It determines our true friend
5. It brings us closer to God
6. It teaches us perseverance and maturity in Christ

#### **Effects of spiritual suffering**

1. It leads to fear and unhappiness
2. It leads to hopelessness
3. It leads to psychological problems
4. It lowers ones faith in God
5. It causes difficulty in sleeping
6. It leads to isolation and neglects

### **Activity**

1. What is a spirit?
2. Mention any **two** examples of spirit
3. Define spiritual suffering.
4. State any **two** causes of spiritual suffering
5. Mention any **two** symptoms of spiritual sufferings
6. Suggest any **two** importance of spiritual suffering to the Christians.
7. State any **two** ways in which a Christian can endure sufferings.
8. Mention any **two** effects of spiritual suffering

#### **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**

1. Discrimination
2. Imprisonment
3. Rejection
4. Neglect
5. 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
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

### **Activity**

1. In which way is the mental suffering different from social suffering?
2. State any **two** causes of mental suffering.
3. State any **two** examples of social suffering.
4. What is economic suffering?
5. State any **two** causes of economic suffering.
6. Suggest **two** impacts of economic suffering to the Christians.

### **Values / benefits of suffering**

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

### **Effects of suffering**

*Long time suffering in an individual can lead to:*

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

### **Ways of enduring suffering successfully**

- a) Through constant prayers
- b) Reading holy books
- c) Through imitating the life of Jesus Christ
- d) Seeking guidance and counselling
- e) Being hard working
- f) Meditating and devotion to God
- g) Fasting

### **Examples of people who endured suffering in the Bible**

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

### **Activity**

1. Mention **two** ways in which believers can become holy.
2. State any **two** benefits of benefits of suffering the Christians today.
3. Mention any **two** reasons why Christians fear to suffer.
4. State any **two** common sinful acts which test our faith as Christians.
5. Write down any **two** ways of enduring suffering successfully
6. State any **two** effects of suffering
7. Mention any **two** examples of people who endured suffering in the Bible

### **Origin of Suffering (Genesis 3)**

- It all started when Adam and Eve ate the forbidden fruit.

- God has instructed Adam and Eve not to eat the forbidden fruit which was in the middle of the Garden of Eden.
- We see God passing judgment against the three parties that got involved in the eating of the forbidden fruit.

#### **Penalties God gave to the snake (Serpent)**

1. To eat dust
2. To crawl on its belly
3. Its offspring and those of the woman became enemies.

#### **Penalties God gave to the woman (Eve)**

1. To have trouble during pregnancy.
2. To have pain during child bearing.
3. To be subject to man
4. Her offspring and those of the snake to be enemies.

#### **Penalties God gave to the man (Adam)**

1. To work hard in order to get food.
2. To eat wild plants.
3. To die and go back to the soil.

#### **How the fall of man led to suffering (Genesis 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

#### **Effects/consequences of man's sinning to the world today**

1. People work hard to get food.
2. People die and they are buried.
3. Women produce children with a lot of pain.
4. Women are subject to men.
5. God became invisible to man.

#### **Activity**

1. Name the first **two** people to sin according to the Bible.
2. Who told the above named people not to eat the forbidden fruit?
3. Where was the forbidden fruit eaten by the above named people?
4. State any **two** penalties God gave to the serpent.
5. Give **two** punishments God gave to Eve for disobeying Him.
6. State any **two** punishments served by Adam for disobeying God.
7. Mention any **two** ways how the fall of man led to suffering.
8. State any **two** effects of man's sinning to the world today.

#### **HIV/AIDS AS A FORM AND CAUSE OF SUFFERING IN CHRISTIANS**

**HIV** stands for **H**uman **I**mmune **V**irus

This is the virus which attacked and weakens the immune system.

**AIDS** stands for **A**cquired **I**mmune **D**eficiency **S**yndrome

- ✓ **Acquired** means got from outside the body
- ✓ **Immune** means protected against or safe from disease, the body is always protected by white blood cells.
- ✓ **Deficiency** means lack or shortage or AIDS virus destroys white blood cells and the immune system becomes weak.
- ✓ **Syndromes** mean a collection or group of diseases and signs which show the presence of a disease.

NB: HIV/ AIDS is sexually transmitted disease which has caused suffering to both the victims and the community

AIDS is a pattern of disease symptoms which attack and destroy white blood cells leaving the body unprotected against infections.

### **Causes of AIDS**

AIDS is caused by a virus called HIV (Human Immunodeficiency Virus) commonly called AIDS virus.

### **Ways through which HIV virus is spread**

1. Through playing unprotected sex with an infected person
2. Through mother to child transmission
3. Through blood transfusion with infected blood
4. Through sharing drug injection equipments
5. Through sharing sharp objects with an infected person.

### **Body fluids can be exchanged in the following ways;**

1. Sexual contacts with an infected person.
2. Blood transfusion from an infected person.
3. Sharing or using sharp cutting instruments
4. From an infected pregnant mother to her newly born baby at birth.
5. From the mother to the baby through breast feeding.

### **Common practices which cannot spread AIDS virus**

1. Normal holding or shaking of hands
2. Bites from mosquitoes and bed bugs
3. Caring for AIDS patients
4. Sharing cutlery and cooking utensils
5. Hugging or embracing AIDS patients
6. Coughing or sneezing
7. Cleaning, washing beddings and clothing of people with HIV/AIDS

### **Practices that may lead to HIV infection**

- ✓ Circumcision
- ✓ Skin tattooing
- ✓ Sharing wives in some communities especially in Eastern Uganda

### **Activity**

1. Write HIV in full.
2. What causes AIDS?
3. Mention **two** ways in which the virus named in (2) above can be spread.
4. Suggest **two** ways in which body HIV affected body fluids can be exchanged.
5. Give any **two** common practices which cannot spread HIV virus from one person to another.
6. Mention **two** clinical practices that may lead to HIV infection.
7. Suggest **two** cultural practices that can spread HIV infection
8. Mention any **two** ways how Christians acquire HIV/ AIDS

### **Signs and symptoms of HIV/AIDS**

#### **The major signs of HIV/AIDS**

- a) Herpes zoster locally called “Kisipi” which inflames the skin making it appear as scalded.
- b) Chronic diarrhoea which may last for more than a week
- c) Sudden loss of about 10% of the normal body weight.
- d) Skin cancer which is also called Kaposi's sarcoma, it causes itching and leads to scratching that leaves black spots.
- e) Swollen lymph glands especially those of the neck and armpits

- f) Oral thrush where by the tongue, gums, lips, and inside of the mouth plus the alimentary canal
- g) Chronic cough which lasts long.

### **Symptoms of HIV/ AIDS**

- 1. Tiredness without any proper cause
- 2. General body weakness
- 3. Persistent fever which is on and off
- 4. Loss of appetite

### **People who are at risk of getting HIV/AIDS**

- a) Sexually active people between the ages of 15-45years
- b) Rape and defilement victims
- c) Long distant truck drivers and traders who often have casual sex when away from their married partners for a long time.
- d) Prostitutes who sell themselves for sex to many partners.
- e) Bar attendants.

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### **Activity**

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- 1. Who are prostitutes?
- 2. Mention any **two** signs of HIV/AIDS
- 3. State any **two** common symptoms of HIV/ AIDS
- 4. State any **two** people who are at the risk of getting HIV/AIDS

### **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. AIDS patients experience 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

### **Effects of AIDS/HIV**

These are many effects of HIV/AIDS on infected person, family and community.

- a) They suffer personal pain from the disease.
- b) It leads to loss of jobs.
- c) The family spends a lot of money on treatment, care and feeding.
- d) They are stigmatized or isolated in the society.
- e) Loss of family income if the bread winner dies.
- f) Many children are orphaned and become child parents.

### **Prevention and control of HIV/AIDS**

There is currently no cure against AIDS, so people need to guard themselves against the disease by;

- 1. ABC approach

2. Having one faithful sexual partner
3. Abstain from sexual intercourse until marriage
4. Avoid practices which involve risks of getting AIDS like tattooing, ear piercing.
5. Use of condoms during sex.
6. Screening blood before marriage and transfusion
7. Sterilizing medical instruments.
8. Disposing syringes and needles after use.

#### **How we can manage AIDS patients**

- a) People with AIDS need support in many ways.
- b) Eating a balanced diet.
- c) Join good social groups to relax and avoid heavy work.
- d) Should give up bad habits like smoking and drinking alcohol

#### **Activity**

1. Mention any **two** effects of HIV/ AIDS to an individual Christian victim.
2. State any **two** effects of HIV/ AIDS to the Christian family.
3. Mention **two** ways in which HIV/ AIDS has caused suffering to the Christian community.
4. State any **two** ways a P.6 pupil can prevent and control the spread of HIV/AIDS.
5. Suggest **two** ways in which Alice can care for her parents who are AIDS patients.
6. Name the commandment which helps married people to reduce the spread of HIV/ AIDS.
7. State any **two** Christian values that can help us to avoid contracting HIV/ AIDS.

#### **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
14. Threatening voters

#### **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 malpractices**

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
10. it deny other people the rights of being leaders

### **Solutions to suffering caused by election malpractices**

1. Citizen should have adequate civic 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

### **Activity**

1. What do you understand by election malpractices?
2. State any **two** forms of election malpractice.
3. Mention any **two** causes of election malpractice.
4. Mention any **two** effects of election malpractice.
5. Suggest **two** solutions to suffering caused by election malpractice.

### **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 mothers depend on their parents to bring up the baby
3. Early pregnancy many damage the reproductive system of a girl
4. Poor feeding may lead to malnutrition of both the mother and baby
5. Pre-mature birth 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

### **Activity**

1. Define teenage pregnancy.
2. State any **two** causes of teenage pregnancy
3. State any **two** effects of teenage pregnancy in the community.
4. Mention **two** outcomes of teenage pregnancy to an individual school ongoing Christian girl child.
5. State any **two** solutions to teenage pregnancy

### **OUR RESPONSES TO SUFFERING AND ITS CAUSES**

**Social evil** is any form of suffering caused by unhealthy interactions of many people.

#### **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 social evils**

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

### **Activity**

1. What are social evils?
2. Why is robbery considered social evil?
3. Mention any **two** examples of social evils in the community.
4. Write any **two** ways of preventing social evils in Christian community.
5. Mention any **two** commandments that can help us to prevent social evils.

#### **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 counseling 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.

#### **How we can respond to suffering as Christians**

1. Through praying daily.
2. We should not despair.
3. By following Jesus' examples.
4. By creating friends to assist one another.

#### **Ways of caring for the suffering in our community**

1. By looking after the sick.
2. By counseling people suffering.
3. By visiting the hospitalized.
4. By reaching out to the war victims.
5. By giving food to the hungry.
6. By giving shelter to the displaced.

#### **Examples of people who are always suffering**

1. People with disabilities
2. The hungry
3. Street children
4. Those displaced by war
5. People displaced by the weather disasters

#### **Activity**

1. Name the Christians' main savior.
2. Mention any **two** ways we can respond to suffering as Christians.
3. Write down **two** ways of caring for the suffering in our community.
4. State any **two** examples of people who are always suffering

**Jesus Christ** as a human being suffered and also endured sufferings.

#### **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 tore his clothes
5. He was crucified
6. He was nailed on the cross

#### **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 personal irresponsibility can cause suffering**

- Prostitution leads to acquiring of STIs
- Killings lead to imprisonment
- 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 and madness
- Over drinking can lead to death

### **How did Job suffer? (Job 1:13)**

1. He lost his children.
2. His wealth was destroyed.
3. He suffered from diseases

### **Activity**

1. State any **two** biblical evidences which prove that Jesus was human being.
2. Mention any **two** forms of suffering Jesus went through.
3. Mention **two** ways how Jesus shared suffering with mankind.
4. In which **two** ways can we share in the suffering of others?
5. Mention **two** ways in which Job suffered according to the Bible.
6. Apart from Job, mention **two** other people who endured suffering according to the bible.
7. What is incarnation?
8. Mention any **two** persons in which Holy Spirit exist.
9. Mention **two** personal irresponsibilities that can cause suffering to the Christians.
10. In which **two** ways can personal irresponsibility can cause suffering

### **Saint Stephen (acts 7: 54 – 8:1)**

1. Stephen was a deacon (helper) in the early church.
2. The Holy Spirit guided him to be bold and courageous.
3. People around him did not want to hear any one preaching in Jesus' name.
4. Stephen continued preaching openly and even when he was arrested.
5. Due to his faith, God gave him the wisdom to answer properly whatever questions he was asked.
6. Due to the bad attitude the people had, they still picked up stones and stoned him.
7. Due to Stephen's faith, as he was about to die, he prayed to God to forgive those who were stoning him.
8. He was stoned to death

### **How did Stephen suffer?**

1. He was stoned to death.

2. He was arrested and thrown to prison.

**Values that Saint Stephen had that can be admired and copied**

1. Truthfulness
2. Forgiveness
3. Faith in God
4. Self sacrifice

**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.

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**Activity**

1. What guided Saint Stephen to be bold and courageous?
2. How did Stephen suffer?
3. Mention any **two** values that Saint Stephen had that can be admired and copied.
4. How did Hannah suffer according to the Bible?
5. State any **two** Christian values that we need to copy from Hannah.

**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. Praying while asking for forgiveness
2. Give sacrifice of particular animals
3. Make offering of food items
4. Regular washing or ablution
5. Observe the day of atonement
6. Washing of contaminated clothes

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**Activity**

- 1) What is spiritual purity?
- 2) State any **two** characteristics of a person with pure heart.
- 3) What is purity in Christianity?
- 4) Mention any **two** examples of common uncleanness in Christianity.
- 5) How can Christians achieve purity after uncleanness?

**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 and prohibited.
- ✓ 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**

- |                                |              |                           |
|--------------------------------|--------------|---------------------------|
| ✍ Faithfulness                 | ✍ Mercy      | ✍ Careful use of language |
| ✍ Love for enemies and friends | ✍ Compassion | ✍ Holy living             |
| ✍ Forgiveness                  | ✍ Kindness   |                           |

### **Purity of the heart**

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

- |              |             |                  |
|--------------|-------------|------------------|
| ✍ Love       | ✍ Honesty   | ✍ Truth fullness |
| ✍ Generosity | ✍ Charity   | ✍ Loyalty        |
| ✍ Mercy      | ✍ Peace     | ✍ Hope           |
| ✍ Kindness   | ✍ Integrity | ✍ Faithfulness   |

- ✓ Modesty – Not talking in a proud way

Chastity – when one lives without having sex

All people who live lives of purity will enter the kingdom of Heaven.

### **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 His house of worship
3. Avoid desires of the flesh
4. Always read the word of God
5. Imitate Jesus Christ in His way of life while He was on earth
6. Pray all the time

### **Activity**

1. What is purity according to the Bible?
2. On which mountain did Moses receive Ten Commandments?
3. Mention **two** of the Ten Commandments.
4. What do you understand by:
  - a) Chastity
  - b) Modesty
5. What is divorce?
6. State any **two** causes of divorce in Christianity.
7. When is divorce considered a sin in Christianity?

### **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

### **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

### Activity

1. What is impurity of the heart?
2. Why is adultery prohibited in Christianity?
1. Mention **two** ways of achieving purity after uncleanness.
2. State **two** values Jesus taught us to help us achieve purity.
3. How is purity of the heart different from impurity of the heart?
3. Apart from adultery, mention **two** sins prohibited by the Ten Commandments.
4. Which of the Ten commandments:
  - a) Prohibits adultery?
  - b) Emphasize love between parents and their children?
  - c) Unnecessary killing of innocent people?
  - d) Working on Sunday?
4. Mention **two** ways of living a life of purity to enter heaven.
5. Give **two** different ways in which we can purify our lives as Christians

### TOPIC 3: GOD CALLS HIS PEOPLE

#### Restoration of broken relationship

##### 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

##### The different people you need to relate with

- |                      |             |                   |
|----------------------|-------------|-------------------|
| ✍ Parents/ Guardians | ✍ Friends   | ✍ Other relatives |
| ✍ Teachers           | ✍ Workmates |                   |

##### Types of relationship

- |                             |                         |
|-----------------------------|-------------------------|
| ✍ Relationship by blood     | ✍ Relationships by peer |
| ✍ Relationships by marriage | ✍ Relationships by work |

##### 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

### Activity

1. What is relationship?
2. Mention any **two** different people you need to relate with while at school.
3. State any **two** types of relationship
4. What type of relationship exist between:
  - a) father and mother
  - b) father and biological children?
5. State any **two** things Mary can do to have good relationships with neighbours.

##### Qualities of good relationship

##### A good relationship should be

- ✍ joyful



- ✍ Supportive
- ✍ truthful
- ✍ Sharing of interests
- ✍ Praying together
- ✍ Absence of discrimination
- ✍ open and honest to each other

### **Importance of relationships**

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

### **Behaviour that can build good relationship**

1. Respecting one another's beliefs.
2. Promoting human rights.
3. Observing rights of minorities in community.
4. Avoiding selfish behaviour.
5. Practicing love in all relationships.
6. Being ready to serve other people but not to be served.
7. Practicing charity to the poor and needy such as orphans, widows, refugees and those in exile.
8. Preventing crime in our community.
9. Promoting justice for all people.

### **Activity**

1. Mention any **two** qualities of good relationship
2. Mention any **two** importance of relationships
3. State any **two** Christian behaviour that can build good relationship

### **Causes of broken relationship**

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

### **Personal behaviour that can destroy relationships**

1. Lack of respect for other people's religion, beliefs and ideas.
2. Being selfish or a glutton.
3. Lack of respect for rights and freedom of other people.
4. Being corrupt.
5. Practicing tribalism or nepotism.
6. Promoting hatred of other people.
7. Being quarrelsome to and abusing other people.

### **Actions which spoil good relationships with others**

- |                      |                                       |
|----------------------|---------------------------------------|
| ✍ Being Cruelty      | ✍ Adultery                            |
| ✍ Envy               | ✍ Being selfish                       |
| ✍ God's disobedience | ✍ Being unkind and unloving           |
| ✍ Lousiness          | ✍ Corruption                          |
| ✍ Poverty            | ✍ Being disrespectful                 |
| ✍ Witch craft        | ✍ Being disobedient                   |
| ✍ Enmity             | ✍ 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 counseling
6. Sharing with others

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### **Activity**

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1. Define the term broken relationships.
2. Mention any **two** personal behaviours that can destroy relationships.
3. State any **two** actions which spoil good relationships with others
4. Parents have to behave well towards their children, treat them fairly and bring them up with Christian discipline and instruction.
  - a) State any **two** ways parents can be exemplary to their children.
  - b) Mention **two** things children can learn from their parents.
5. State any **two** dangers of broken relationships.
6. Write any **two** ways of restoring broken relationships

### **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

### **Ways by which good relationships can be sustained between Christians and Muslims**

1. Working together to reduce sufferings of the poor, needy and the unfortunate through charity or Zakat.
2. Practicing democracy in leadership at all levels namely family, school, community, church/mosque and national level.
3. Working together to prevent crime in both Christian and Muslim communities
4. Forming joint clubs or associations to clean the environment, provide clean water or build shelter for the poor.
5. Forming co-operative societies for farmers or businesspeople in the community.
6. Organizing inter- school debates on matters that affect lives of youth and other people in the country.
7. Forming sports clubs where everyone regardless of religion is free to join.
8. Organizing a day of prayer for all faiths on special days such as women's international day, (March 8<sup>th</sup>), international teachers' day (oct 5<sup>th</sup>) and so on.

### **THE NEED FOR THE REDEEMER**



## **A redeemer**

A redeemer is a person who saves someone from the power of evil.

### **How have the people broken their relationship with God?**

- By sinning.

### **Which people committed the first sin?**

- Adam and Eve.

### **How did God reconcile with man?**

He sent his son Jesus Christ to restore the relationship between man and God. (Col 1:22)

### **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. Apologizing/asking for forgiveness.
7. Using gifts.
8. Visiting each other.
9. Using mediators

### **Main example of redeemer**

Jesus Christ

Another name for redeemer is a **saviour**

### **Other redeemers according to the Bible**

- |            |                     |            |
|------------|---------------------|------------|
| 1) Abraham | 5) John the Baptist | 9) Hosea   |
| 2) Moses   | 6) Jeremiah         | 10) Isaiah |
| 3) Joshua  | 7) Ezekiel          |            |
| 4) Gideon  | 8) Jonah            |            |

## **ACTIVITY**

1. What is church relationship?
2. Write down **two** ways in which we can develop good relationships in church.
3. State **two** ways of sustaining good relationships between Christians and Muslims
4. Who is the main redeemer for Christians?
5. Mention any **two** other redeemers according to the Bible
6. Name the main redeemer of all the Christian believers.
7. Mention **two** ways people have broken their relationship with God.
8. How did God reconcile with man?
9. Mention any **two** ways how Christians reconcile with God.

## **GOD CALLS HIS MESSENGERS**

God called different people to take his messages to both the faithful and unfaithful people.

### **Some messengers who received God's call included?**

- |                      |           |             |
|----------------------|-----------|-------------|
| 1. Abraham           | 4. Hosea  | 7. Jeremiah |
| 2. Joshua.           | 5. Moses  | 8. Isaiah   |
| 3. John the Baptist. | 6. Gideon |             |

### **God calls Abraham (Gen 12:1-4)**

God chose Abraham to be the father of all believers due to his faith.

He was born in Heron and fathered by Terah.

### **How did Abraham show his faith to God?**

- ✓ He accepted to leave his mother land to go to unknown land (Canaan)
- ✓ He accepted to change his name from Abram to Abraham and his wife's name from Sarai to Sarah

- ✓ Abraham means the father of all believers while Sarah means the mother of all believers.
- ✓ He accepted to produce a son at an old age
- ✓ He accepted to sacrifice his son (Isaac)
- ✓ He accepted circumcision at an old age.
- ✓ God made a covenant with Abraham.

### **What is a Covenant?**

This is an agreement between God and his people.

### **What Covenant did God make with Abraham?**

- ✍ To bring blessings to Abraham's people.
- ✍ To give him many descendants.
- ✍ To make Abraham's descendants a great nation.

### **God calls Moses (Exodus 3:1-20)**

### **Where was Moses before he was called by God?**

On mountain Sinai also known as **Mt. Horeb**.

### **What was Moses doing on Mt. Horeb?**

- He was looking after the flock of his father in law Jethro
- God had seen his people suffering in Egypt where they had been held captive.

### **Why did God call Moses on Mt. Sinai?**

To go and rescue the Israelites out of slavery in Egypt

### **Who led the Israelites into the promised land of Canaan?**

Joshua.

**NOTE:** Moses led the Israelites out of slavery in Egypt but never reached the Promised Land.

## **Activity**

1. Who chose Abraham to be the father of all believers due to his faith?
2. State **two** ways how Abraham show his faith to God?
3. What is a Covenant?
4. What Covenant did God make with Abraham?
5. Apart from Abraham, who else did God make a covenant?
6. Where was Moses before he was called by God?
7. What was Moses doing on Mt. Horeb?
8. Why did God call Moses on Mt. Sinai?
9. Who led the Israelites into the promised land of Canaan?

### **Miracles performed by Moses during Exodus**

1. He hit a rock and water came out of it.
2. First born sons died (Passover)
3. Death of the animals
4. He changed a stick into a snake
5. He created a way through the red sea
6. The ten plagues
  - Darkness
  - Ignats
  - Flies
  - Water changed into blood
  - First born sons died (Passover)
  - Locusts
  - Boils
  - Hails
  - Death of the animals

## 7. Where did Moses die from? (Deuteronomy 34)

From the plains of Moab unto the mountain of Nebo

### Reasons why Moses was chosen by God to lead His people out of slavery

- ✓ Humility
- ✓ Simple in life style like Elijah
- ✓ Able to withstand physical suffering and hardship
- ✓ Righteous
- ✓ Loyal and faithful to God
- ✓ Committed to God's work

### God calls John the Baptist (Matth 3:1-12, LUKE 3:3-6)

1. He was the last prophet in Christianity
2. He preached about the coming of Jesus the saviour and repentance
3. He baptized Jesus
4. He was beheaded

### Why did John the Baptist baptize people?

For their sins to be forgiven

### God called John the Baptist because he had the following characteristics

1. His humility
2. He was simple in life style like Elijah
3. He was able to withstand physical suffering and hardship
4. He was righteous
5. He was loyal and faithful to God
6. He was committed to God's work

### Messages from John the Baptist

1. He called people to repent and change from bad ways
2. He said the sign of repentance would be accepting to be Baptized
3. He announced the coming of the Saviour.

### How people responded to the messages

- ✍ Some responded with the faith and got Baptized
- ✍ Others questioned the relevance of John's message
- ✍ There were a good number who accepted readily and became John's disciple

### Activity

1. What do you understand by the word Exodus?
2. State **two** reasons why Moses was chosen by God to lead His people out of slavery
3. Mention any **two** miracles performed by Moses during Exodus.
4. Where did Moses die from?
5. Why did Moses die before reaching the destination?
6. Who was the last prophet in Christianity?
7. Mention any **two** things that the above named prophet preached about.
8. Why did John the Baptist baptize people?
9. Suggest any **two** qualities that made God to call John the Baptist.
10. State any **two** messages delivered by John the Baptist.

### God calls Jeremiah and Isaiah

#### Jeremiah (Jere 1:1-7)

He preached hope and the new covenants

Jeremiah was very young when God called him. (Jeremiah 1:10-19)

Jeremiah foretold the destruction of Jerusalem and the exile of the Israelites.

This is the reason why he is referred to as the **prophet of doom**.

#### (Isaiah 6:1-13)

### Where was Isaiah when God called him?

He was standing in front of the altar in the temple of Jerusalem.  
He prophesied about the coming of the Messiah (messianic)

### **Jonah (Jonah 3:1-13)**

He was called to go and preach to the people of Ninevi.  
He preached repentance to the people of Ninevi.  
He was swallowed by a big fish and vomited after three days.

### **Ezekiel (Ezekiel 1:1-3)**

He preached about God's judgment  
Prophet of doom

### **Hosea (Hosea 1:1-11)**

He preached on forgiveness and hope

### **Ways through which God called messengers**

1. Through direct communication (Gen 3:1-3)
2. Talking from a burning bush (Exodus 3:1-20)
3. Talking through an angel (Judges 6:1-16)

### **Advantages of listening to God's messengers in the Bible**

1. It helps us to know things which are above our consciousness
2. It helps us to learn the truth about God and Jesus Christ.
3. It guides us so that we get salvation.
4. It gives us patience, confidence, courage and tolerance.
5. It gives us hope.
6. It enables us differentiate between true prophets and false ones.
7. It helps us to live in union with God.

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### **Activity**

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1. Who foretold the destruction of Jerusalem?
2. Who is known as the prophet of doom?
3. Where was Isaiah when God called him?
4. which prophet was swallowed by a big fish and vomited after three days

### **Ways of accepting saviour in our daily lives**

1. Ask for forgiveness (repentance)
2. Accept that we are sinners and we need the saviour
3. Love one another since we are children of God
4. Live a Godly life both in action and mind
5. Seek guidance of the Holy Spirit

### **The promise of salvation**

Angel Gabriel came to Mary and told her that the Lord God had chosen her to be His instrument

The messenger then told her that she would bear a son whose name would be Jesus  
The child would be great and would be called the Most High God

**Jesus** means the Saviour

### **How Mary responded to the message delivered by Angel Gabriel**

She became afraid

### **Why was Mary afraid?**

She was still a virgin.

### **How Mary responded to the messenger.**

1. Mary responded to the messenger with joy and happiness
2. Mary responded to the messenger with faith
3. Mary responded to the messenger with praises to God for the favour
4. Mary responded to the messenger with humility

5. Submission called herself the handmaid of God
6. Mary responded to the messenger with readiness to be the instrument

### **God's messages to the people today**

1. To repent from their sins and go back to Him
2. Accept Jesus as the way, life and the truth
3. Become members of God's family through baptism
4. Practice forgiveness in the broken relationships
5. Listening to His messengers who bring messages of salvation
6. Give themselves to God wholeheartedly
7. Imitate Mary the mother of Jesus in her response to God's message
- 8. To love God and fellow men according to God's law of love**

### **Activity**

1. Write down any **two** ways of accepting saviour in our daily lives.
2. Why did Angel Gabriel come to Mary?
3. How did Mary respond to the message delivered by Angel Gabriel?
4. Why was Mary afraid?
5. Mention any **two** ways how Mary responded to the messenger.
6. How are angels different from the prophets?
7. Name the first and the last prophets in Christianity.
  - a) First prophet:
  - b) Last prophet:
8. Name any **two** God's messengers today.
9. Apart from God's messengers, mention **two** other ways in which God can communicate to us.
10. State any **two** God's messages to the people today.

### **TOPIC 4: CHRIST IS THE ANSWER**

Christ's concern for different people (Mark 1:29-34, 40 -45, John 11:21)

Jesus Christ is the redeemer in the Christian faith.

A redeemer is a word to mean a saviour.

### **Jesus saved many people before his death**

#### **Different ways Jesus showed saved many people before his death.**

1. He healed the sick
2. He made the blind to see
3. He made the lame to walk
4. He raised the dead
5. He cast demons
6. He fed the hungry
7. He healed diseases
8. He made the dumb to talk
9. He made the deaf to hear
10. He washed the disciples' feet
11. He blessed his people

Jesus finally accepted to be killed to save mankind from their sins.

### **Activity**

1. Who is the redeemer in the Christian faith?
2. State **two** miracles performed by Jesus to show concern to his followers.
3. Name the first place where Jesus performed his first miracles.

4. Why did Jesus perform miracles in his teachings?
5. Why did Jesus come on earth?
6. When was Jesus crucified?
7. Mention **two** events which happened during the death of Jesus.
8. How is the resurrection of Jesus important to Christians?

### **Prayer (Matth: 6:5-13)**

A prayer is a special way of communicating to God.

#### **How people communicate to God**

1. Through prayers.
2. Through praise and worship.
3. Through mediation and recitation of religious messages.

#### **How God communicate to the people**

1. Through dreams.
2. Through revelations.
3. Through religious leaders/messengers.
4. Through the Bible

#### **Examples of prayers:**

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

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### **Activity**

---

1. What is a prayer?
2. State **two** ways how people communicate to God.
3. Mention **two** things Christians request from God.
4. What is a church?

**Below is a diagram of a holy place. Use it to answer the questions that follow.**



- a) Name the holy place shown above.
- b) Which groups of believers pray from the holy place above?
- c) When do the groups of believers in (b) above pray?

### **Types of prayers**

#### **1. Thanks giving prayer**

This is when we express our gratitude to God for His goodness.

#### **2. Confession prayer**

This is a prayer made to repent for the wrong doings done.

#### **3. Meditation prayer**

This is a prayer made to think deeply about something which is good or bad.

#### **4. Intercessional prayer**

This is a prayer made by Christian to God through a mediator with higher authority.

### 5. Praising prayer

This is a prayer through which Christians glorify and worship God.

### 6. Petition prayer

This is a prayer in which a Christian make a particular request to God e.g. rain, peace, food, etc

### 7. Supplication prayer

This is a prayer in which Christians make a general humble request to God.

### 8. Liturgical prayer

This is a prayer which is known to Christians by heart, their format and words don't change e.g. apostle's creed.

### 9. Invocation prayer

This is a prayer in which Christians ask God for protection against a particular danger e.g. accidents.

### ACTIVITY

- 1) What type of prayed is said to ask for protection against Satan?
- 2) Mention **two** things we request from God.
- 3) State **two** ways how people communicate to God.
- 4) Mention **two** ways how God communicate to the people.
- 5) Match the type of prayers in A to its meaning in B correctly

List A	List B
Confession prayer	a prayer which is known to Christians by heart, their
Intercessional prayer	a prayer made for a particular request to God
Petition prayer	Prayer made to repent for the wrong doings done.
Liturgical prayer	a prayer to God through a mediator with higher authority

- a) Confession prayer
- b) Intercessional prayer
- c) Petition prayer
- d) Liturgical prayer

### Reasons why people pray

*Different people pray for different reasons. They are:*

1. To thank God
2. To worship , praise or adore Him
3. To ask for our needs
4. To ask for forgiveness
5. To ask for help
6. To strengthen our faith
7. To be blessed by God
8. To promote peace and unity
9. To cultivate good morals

### When do Christians pray?

- a) Early in the morning
- b) Before meals
- c) Before and after journey
- d) Before going to bed
- e) On Sabbath /Sunday
- f) During time of joy, sorrow etc

### How people can pray

According to the Bible, some of the ways we are taught to pray include.

1. We should pray with faith if we are to get what we want.
2. Do not bother praying from the streets or in public. (Matthew6:5-6)



3. We should pray with humility (humbly).
4. We shouldn't pray boastfully (Mat 6 : 5-8, Chr 7 :14)
5. We should pray with sincerity and not with bad motives. (James 4:3)
6. We should pray through Jesus Christ because he is the way to the father.
7. Prayer must always be made to God. We should know that before we ask, God already knows what we want.
8. Even when prayers are not answered, there are no reasons to stop praying if we are asking for something good.
9. We should always pray not to be led into temptation. Matt 26:41)

#### **Gestures of humility during prayer**

- 1) We closing our eyes
- 2) Keep total silence
- 3) Kneeling down when praying
- 4) Putting our hands in the face or bowing down
- 5) Having faith that God will provide.

#### **Reasons for praying together**

1. To show and share love.
2. To encourage each other in faith.
3. To make our faith strong
4. To create unity among members.
5. To learn from each other.
6. To enable more people, join the church.

#### **Activity**

- 1) Where do Christian children pray from?
- 2) Who leads Christians in church?
- 3) Apart from prayer, what else do people do in church?
- 4) State any **two** reasons why people pray.
- 5) When do Christians pray?
- 6) State any **two** ways how Christians can pray.
- 7) Mention any **two** gestures of humility during prayer.
- 8) State any **two** reasons why Christians pray together.

#### **Jesus as an example of a prayerful individual**

- ✍ He prayed before he taught good news
- ✍ Left crowds so that he could pray in privacy
- ✍ He prayed before choosing his twelve disciples
- ✍ He prayed in the early hours of the morning
- ✍ He prayed for little children
- ✍ He taught his disciples the Lord's Prayer.

#### **Reasons why Jesus prayed**

1. To get food (Luke 8:6)
2. To forgive his enemies (Luke 23:33-34)
3. To know God's will (Mathew 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)

#### **ACTIVITY**

1. How many apostles did Jesus Christ have?



2. Why did Jesus Christ pray before choosing his apostles?
3. State any **two** reasons why Jesus prayed
4. Mention any **two** places where Jesus prayed from
5. Mention any **two** ways in which Jesus showed us an example as a prayerful individual.

### **THE LORD'S PRAYER (MATHEW 6: 9 – 13)**

- ✍ Lord's Prayer was the prayer that Jesus Christ taught His disciples
- ✍ Lord's Prayer is not a type of prayer. It is an example of liturgical prayer

#### **Lord's Prayer**

Our father in Heaven,  
May your holy name be honoured,  
May your kingdom comes  
May your will be done on earth  
As it is done in Heaven  
Give us today the food we need  
Forgive us the wrongs we have done,  
As we forgive the wrongs others have done to us,  
Do not bring us to hard testing  
But keep us safe from the evil one  
**Amen**

### **Requests Christians make in the Lord's Prayer**

1. To be given daily bread.
2. To be forgiven
3. To be delivered from evil
4. Not to be led into temptation

### **Lessons learnt from the Lord's Prayer.**

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

- ✍ They help us to come closer to God.
- ✍ They help us to control our emotions.
- ✍ They help us to forgiven
- ✍ They help to strengthen our faith in God
- ✍ They help us to find relief in times of stress and sorrow.
- ✍ They help us to get blessing

### Activity

1. Name the prayer that the prayer that Jesus Christ taught His disciples.
2. Mention any **two** requests Christians make in the Lord's Prayer.
3. Give any **two** lessons learnt from the Lord's Prayer.
4. Mention any **two** reasons why Jesus prayed.
5. Suggest **two** places where Jesus prayed from
6. State any **two** reasons why Christians pray.
7. Write down any **two** importance of prayers to the Christians.

### **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 to 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
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

This book contains prayers.

### **ACTIVITY**

1. What is prayer?
2. State **two** reasons why people communicate with God.
3. State **two** importance of communicating with God.
4. State any **two** forms of a loud prayer.
5. Give any **two** principles of follow during a prayer.
6. When should a Christian pray?
7. Write down any **two** incidents for common prayers.
8. State the main reason why we pray:
  - a) At night time.
  - b) Before meals
9. Suggest **two** ways the Holy Spirit guides us to know God
10. State **two** ways of serving God as a Christian today.

### **Forgiveness**

Forgiveness is the act of pardoning somebody for the wrong act has done.

#### **Sins which need to be forgiven**

- ✍ Theft/ stealing and cheating
- ✍ Abusing parents
- ✍ Adultery
- ✍ Robbery
- ✍ killing
- ✍ Worshipping idols

#### **Importance of forgiveness**

1. It restores broken relationships
2. It creates inner peace
3. It prevents further sinning and revenge
4. It removes anger and hatred
5. It brings us closer to God.

#### **Reasons why some people do not forgive others who sinned against them**

- ✍ Failure to repent the sins
- ✍ Failure to know the will of God
- ✍ Emotional challenges
- ✍ Mental problems
- ✍ Intentional sinning

#### **Effects of not forgiving others**

- ✍ You too are not forgiven
- ✍ It causes spiritual challenges
- ✍ It is a sign of revenge
- ✍ It lowers our religious values
- ✍ It forces one to commit further sins

#### **What should a Christian do after sinning?**

1. Repent (ask God for forgiveness)
2. not to sin again
3. discouraging others from sinning

### Activity

1. Define forgiveness.
2. Mention any **two** reasons why some Christians do not forgive others
3. State any **two** importance of forgiveness among Christians.
4. Why do people repent after sinning?
5. What should a Christian do after sinning?

### Simon Peter's experience

- He denied Jesus three times before the cock crowed twice

### By weeping, Peter demonstrated the following about repentance and forgiveness

- He showed he was sorry for the misdeeds
- He was ready for a change of heart
- He regretted the weakness he had
- He accepted and recognized that as a human being he was weak
- He knew he was not ready to risk his life for Jesus.

### Reasons why Jesus forgave Peter and appointed him as a leader of the church

1. He loved the Lord with all his heart
2. He was ready to repent
3. He was loyal
4. He had faith in Jesus
5. He had qualities of a good leader
6. He was ready to risk his life for God's work

Message: imitate Jesus Christ in confession to the suffering and forgiveness to sinners

### The parable of the unforgiving servant

Matthew 18:21-24

The servant's behavior showed that

- He did not love his neighbor as he loved himself.
- He was selfish
- The mission of Peter (John 21:15-19)
- He was given a mission and duty to lead the rest of the apostles to build foundation of the church after Jesus' departure

### Activity

1. Who denied Jesus three times before the cock crowed twice?
2. Why did Simon Peter deny Jesus Christ?
3. How did the above apostle demonstrate his repentance and forgiveness?
4. Who betrayed Jesus Christ?
5. Mention any **two** reasons why Jesus forgave Peter and appointed him as a leader of the church.

### Repentance

Repentance is feeling sorry for the wrong deed and turn away from it

### Ways of repentance

- Feel sorry for having committed sin
- Turn away from that sin
- Promise

### Importance of repentance

1. God forgives us.
2. It restores our friendship.
3. Removes anger.

**Examples of people from the Bible who repented are;**

1. The lost/ prodigal son(Luke15:11-32)
2. King David
3. Simon Peter

**Why we should forgive each other**

- ✍ To be forgiven by God
- ✍ Forgiveness is a sign of love and peace with others

**Activity**

1. What is repentance?
2. State **two** sins that we need to repent.
3. Write down any **two** ways of repentance.
4. State any **two** examples of people who repented according to the Bible.
5. State any **two** reasons for the repentance.
6. Give **two** reasons why Christian children should forgive each other

**TOPIC: 5 CHRIST'S GIFTS FOR THE JOURNEY**

**Sacraments and their meanings**

A sacrament:

- ✓ A sacrament is a visible sign of the invisible grace of Jesus Christ.
- ✓ A sacrament is a formal outward expression of spiritual reality.
- ✓ A sacrament is a visible sign that communicates invisible reality.

**Characteristics of Sacraments:**

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

**Examples of sacraments**

1. Baptism
2. Holy communion/ Eucharist
3. Holy matrimony
4. Holy order/ordination
5. Anointing the sick
6. Confirmation
7. Penance

**Activity**

1. What is a sacrament?
2. How many sacraments are in Christianity?
3. Which sacrament is received by very sick Christians?
4. Mention **two** material signs of sacraments.
5. State any **two** characteristics of Sacraments.
6. Mention any **two** examples of sacraments.

**Baptism**

This is a sacrament that introduces or initiates a Christian into God's family.

- ✓ This is the first Sacrament which is received by a Christian.
- ✓ It is an accession when a person becomes a member of a church of God's family.
- ✓ People are baptized in the Trinity.
- ✓ People are dipped in water or sprinkled with water drops by a priest or pastor.

## There are three types of baptism

- ✍ Baptism by the spirit.
- ✍ Baptism by fire
- ✍ Baptism by the water

## Ways baptism is carried out

- ✍ By immersing one in water
- ✍ By sprinkling one with water



sprinkling one with water



immersing one in water

## Symbols of Baptism

- Water

## Reasons why water is used during baptism

Water washes away the original sins we originally got them from our great greatest grand parents

## The necessities of Baptism

1. For salvation
2. For purity against original and personal sins
3. For rebirth
4. For membership in the family of God
5. To give sacramental grace

## Importance of Baptism

- ✍ Removes original sin
- ✍ Removes personal sin
- ✍ Baptism helps us to receive holy spirit
- ✍ It makes one a full member of the church.
- ✍ Through baptism, a person identifies with Jesus Christ.
- ✍ It unites us with Christ through the work of the Holy Spirit.
- ✍ It is an open declaration that one has devoted him/herself to follow Christ.

## ACTIVITY

1. Name the sacrament that initiates a Christian into God's family.
2. Name the first Sacrament which is received by a Christian.
3. State any **one** symbol of Baptism.
4. Why is water used during baptism?
5. Who committed the original sin stated above?
6. How did Adam and Eve commit the crime mentioned above?
7. Mention any **two** reasons why we use water during baptism.
8. Mention any **two** necessities of Baptism.
9. State any **two** importance of Baptism.

## Baptism of Jesus Christ



Jesus was baptized by John the Baptist on river Jordan.

### Confirmation

This is a sacrament that strengthens one's relationship with God

- ✓ Confirmation is the second sacrament that confirms baptized person.
- ✓ It is a sacrament which entrusts a Christian into the power of the Holy Spirit
- ✓ 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
3. It keeps the gift of the Holy Spirit active within an individual.
4. It enables one to live firmly as a Christian.
5. It enables the Christian to do what Jesus requires.

### Holy communion/Eucharist

The word Eucharist comes from a Greek word "Eucharistein" referring to Jewish blessings during meals. Jews recalled God's works of creation, salvation and holiness.

### Holy Communion

Holy Communion is a sacrament carried out in memory of Jesus' blood and body.

The sacrament of Holy Communion is done in remembrance of an event that took place at the last supper by our Lord Jesus Christ. Jesus was with all the 12 disciples with Him celebrating the Passover meal.

NB: Holy Communion reminds Christians about the last supper which was made on Holy Thursday

### Symbols of Holy Communion

- Wine – symbolizes Jesus' blood
- Bread – symbolizes Jesus' body

### The need for the Holy Communion

- A sacrifice
- The completer of Christian initiation
- A source of Christian life

### Importance of Holy Communion

1. It unites Christians with Christ
2. It separates mankind from sin
3. Preserves and renews life of grace

### Activity

1. Name the sacrament that strengthens one's relationship with God.
2. Name the second sacrament that confirms baptized person.
3. Mention any **two** importance of confirmation.
4. What do you understand by Holy communion/Eucharist?

5. State any **two** symbols of Holy Communion
6. Give any **two** needs for the Holy Communion
7. Mention any **two** importance of Holy Communion to the Christians.

### **Penance**

This is a sacrament through which we confess and repent to God  
It is symbolized by feeling sorry for one's sins.

### **Importance of Penance:**

For repenting sins

### **Holy ordination / Holy order**

This is a sacrament through which a Christian receives religious leadership  
This sacrament is received by people who serve in church  
Christian leaders are got through ordination

### **Examples of people who receive Holy order**

- ✍ Monks
- ✍ Reverends
- ✍ Pastors
- ✍ Bishops

### **Conditions for receiving Holy Communion:**

1. Repentance
2. Baptism
3. Confirmation

### **Importance of Holy Communion**

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  
It assures one to go to the heaven after death.

## **ACTIVITY**

1. What do you understand by the word Penance?
2. Name the sacrament symbolized by feeling sorry for one's sins.
3. State any **one** importance of Penance.
4. Name the sacrament through which a Christian receives religious leadership.
5. What are religious leaders?
6. Mention any **two** religious leaders who are ordained.
7. State any **two** importance of Holy order.
8. What is Holy matrimony?
9. State any **two** conditions for receiving Holy Communion.
10. State any **two** importance of anointing the sick.

## **THE PENTECOST**

The Pentecost is the Christian holidays which take place on 50<sup>th</sup> day after Easter Sunday.

It is done to commemorate the descent of Holy Spirit upon Virgin Mary and the apostles of Jesus Christ.

The apostles and the Virgin Mary were in Jerusalem

### **Events that happened on first Pentecost**



- ✍ Loud voice was heard from the sky
- ✍ Strong wind filled the room
- ✍ Tongues of fire spread on top of the heads of the apostles
- ✍ Each person touched got special strength and courage
- ✍ Each person began to preach in tongues

### **Importance of the Pentecost**

- a) Jesus fulfilled his promise of sending the Holy Spirit
- b) The church was born
- c) Apostles got special powers to preach
- d) Many people were baptized

### **Jesus as the way to God**

Qn1: Who said these words; "I am the way, the truth and life"? (John 14:6) Jesus

Qn.2. State the meaning of the phrase: "I am the way, the truth and life"

- The way – the saviour
- The truth – His teaching
- Life – Jesus is a life

### **Promise of the comforter (John 14:16-26)**

In this passage Jesus let His disciples to know that he was the way to the father. He told them that;

- i) When leaves them, they will realized that He is the father.
- ii) Whoever keeps his commands loves Him and he will be loved by the father
- iii) Anyone who loves Him, obey his teaching and his father

### **Activity**

1. Name the comforter that Jesus Christ promised the apostles.
  2. "I am the way, the truth and life"
    - a) Who said the statements above?
    - b) What were He meaning by the way and the life?
- Where were the apostles when they receive Holy Spirit?

### **THE HOLY SPIRIT**

Holy Spirit is the beautiful and powerful part of who God is.

Holy Spirit is the third person of the holy trinity.

Hoy trinity is the existence of three Gods in one.

### **Persons in Holy trinity**

- ✍ God the father
- ✍ God the son
- ✍ God the Holy Spirit

### **The role of the Holy Spirit**

Jesus tells the disciples that He will ask the Father to send the Holy Spirit who will do the following;

- ✍ Teach all truth
- ✍ Encourage people to do good thing
- ✍ Reveal more about Jesus and the father
- ✍ Mediate between God and human beings

### **Symbols of the Holy Spirit today**

1. Fire
2. Dove
3. Strong wind

### Activity

1. Why should Christian children love each other?
2. What is Holy Spirit?
3. Apart from Holy Spirit, mention **two** other Persons in the Holy Trinity.
4. State any **two** roles of the Holy Spirit Jesus promised the disciples.
5. What happened on the Pentecostal day?
6. State any **two** events that happened on the day of the Pentecostal
7. Where were the apostles on Pentecost day?
8. State any **two** importance of the Pentecost

### Gifts of the Holy Spirit

Gifts of the Holy Spirit are abilities to do services we get from the influence of the Holy Spirit

#### Examples of gifts of Holy Spirit

1. Power to preach
2. Wisdom
3. Knowledge
4. Faith
5. Healing
6. Prosperity
7. Speaking in tongues
8. Interpreting of tongues
9. Ability to perform miracles

#### Ways how people used the gifts of the Holy Spirit

1. Many people teach others
2. Many people treat others
3. The preachers helped people to turn away from their bad deeds
4. People use wisdom to avoid sin
5. Through performing miracles, many people are healed

#### Ways how the Holy Spirit helps us today

1. Helps us to understand the Bible better
2. Guides us on our daily lives
3. Strengthens our faith in God
4. Gives us power to preach the word of God
5. Gives us power to perform miracles
6. Unites all believers

#### Examples of fruits of Holy Spirit

1. Love
2. Joy
3. Peace
4. Kindness
5. Faithfulness
6. Humility
7. Self control
8. Goodness
9. Patience

**ACTIVITY**

1. Define gifts of Holy Spirit.
2. Mention any **two** gifts of the Holy Spirit
3. Write down **two** ways how people use the gifts of the Holy Spirit
4. List down any **two** ways how the Holy Spirit helps us today
5. Name any **two** fruits of the Holy Spirit.
6. State any **two** symbols of the Holy Spirit

**Temptation**

Temptation is the act of influencing one's desire to engage in wrong act  
 Temptation is the trial of our sincerity and maturity of our faith in God.  
 Temptation can be from God or from Satan

**Ways how Christians are attempted**

Through sicknesses

Through material goods

Poverty

Through money

**Different ways we can avoid temptations**

1. Through praying
2. Reading the bible
3. Joining Christian fellowship
4. Avoiding bad companies
5. Not visiting high temptation areas e.g. disco halls, videos halls etc

**Importance of temptation**

- ✍ It strengthens our faith in God
- ✍ It brings us closer to God
- ✍ It helps us to know our true friends
- ✍ It helps us to gain experiences

**Effects of temptations**

- ✍ It leads us to sin
- ✍ It causes death
- ✍ It leads to punishment

**Temptation of Satan to Jesus**

Jesus Christ was in the wilderness when Satan attempted him several times.

**Ways how Jesus was attempted**

1. To turn the stone into bread
2. To jump from the highest point of the temple
3. To bow down and worship Satan

**Activity**

1. What is temptation?
2. Write **two** ways how Christians are attempted
3. Give any **two** importance of temptation in Christians life
4. Mention **two** examples of temptation experienced by Christians.
5. How did God test the faith of Abraham?
6. State any **two** effects of temptations
7. Who led Jesus to the wilderness or desert?
8. Why was Jesus led to the wilderness?
9. Why was Jesus tempted by Satan?
10. How did Jesus Christ overcome the temptation made by the Satan?
11. State **two** different ways we can avoid temptations

## **Christian community**

A Christian community is a group of Christians with the same religious beliefs and practices.

### **Qualities of a good Christian in Christian community life**

- a) Should be trust worthy
- b) Should be faithful
- c) Should be helpful
- d) Should be obedient
- e) Should be kind
- f) Should be loving
- g) Should be considerate
- h) Should be forgiving

NB: Christians should be exemplary in whatever they do.

### **Roles of each member in a Christian family**

- 1. To speak the truth
- 2. Farming
- 3. Healing the sick
- 4. Teaching in schools
- 5. Governing people
- 6. Praying for souls
- 7. Selling merchandise
- 8. Help others
- 9. Live at peace with others

### **Symbols of a Christian family**

- |              |          |
|--------------|----------|
| ✍ Holy Cross | ✍ Prayer |
| ✍ Bible      | ✍ Rosary |

### **Activity**

- 1. What is the main role of teachers at schools?
- 2. State any **two** qualities of a good Christian teacher.
- 3. What is Christian community?
- 4. State any **two** qualities of a good Christian in Christian community.
- 5. State any **two** roles of God the father in a Christian family.
- 6. Mention any **two** symbols of a Christian family

## **God the Holy Spirit**

### **Jesus' promise of the Holy Spirit (John 14:16 John)**

Jesus promised his disciples to send a helper. This helper was the Holy Spirit.

### **The work of the Holy Spirit**

The disciples received the Holy Spirit on Pentecost day. The disciples were in Jerusalem when the Holy Spirit came.

The disciples received the Holy Spirit in form of fire frames

All the disciples were in the upper room when receiving the Holy Spirit

### **Events of the Holy Spirit (Pentecost day)**

- 1. Disciples received fire frames on the head.
- 2. Disciples spoke different languages
- 3. The first church was formed (Act 2:1 – 14)

### **Power received by disciples after anointment**

- 1. Power to speak in tongues
- 2. Power to heal
- 3. They got power to perform miracles

4. Power to preach the Gospel

**St. Francis of Assisi- how he cared for God's creation**

St Francis of Assisi made the following contributions as a true disciple of Jesus Christ.

- a) He left all the riches of his family and went away to serve Christ
- b) He lived with animal creatures and pets such as birds and shrew
- c) He preached to the birds of the air and told how God loves them
- d) He was kind to animals he loved nature
- e) He taught people how to take care of natural environment and all that God created
- f) He advised birds to guard against the sins

**ACTIVITY**

- 1) Name the helper that Jesus promised his disciples.
- 2) When did the disciples receive the Holy Spirit?
- 3) What happened on the Pentecost day
- 4) Where were the disciples when the Holy Spirit came?
- 5) State any **two** events of the Holy Spirit (Pentecost day)
- 6) Mention **two** power received by disciples after anointment
- 7) State **two** qualities of a Christian we should get from St. Francis of Assisi

**Selfishness (Gen. 4)**

- ✗ Selfishness refers to thinking only one's personal needs and benefits
- ✗ This is an act of caring about oneself and not minding about others.
- ✗ Jesus minded about the hungry crowd and fed them with the little he had.

**Examples of selfishness**

1. being unjust or unfair to others
2. being unhelpful
3. bribery
4. gloomy
5. defilement
6. polluting of water resources
7. bullying
8. dishonesty

**Causes of selfishness**

- |          |            |                    |
|----------|------------|--------------------|
| • Greed  | • Anger    | • Jealous          |
| • Hatred | • Envy     | • Misfortune       |
| • Malice | • Mistrust | • Need for revenge |

**Results of selfishness**

1. It leads to suffering
2. It leads to death of innocent people
3. It leads to imprisonment of innocent
4. It leads to destruction of property
5. It causes loss of jobs of job
6. Annoys God
7. It leads to punishment
8. It leads to social neglect and rejection
9. Being loneliness

**Activity**

1. What is selfishness?
2. State any **two** examples of selfish acts in Christians
3. Mention any **two** causes of selfishness
4. State any **one** result of selfishness to Judas Iscariot.
5. Give any **two** results of selfishness

## **Unselfishness**

Unselfishness refers to thinking of others people's welfare and concerns than oneself.

### **Examples of unselfishness**

1. Being just
2. Being generous to others
3. Being loving
4. Being a peace loving citizen

### **Results of unselfishness**

- ✍ One is loved by God and other people
- ✍ It helps us in getting rewards and God's blessing
- ✍ It shows how caring we are
- ✍ It promotes peace and cooperation
- ✍ It brings happiness
- ✍ Brings

### **Jesus as an example of unselfishness**

1. He visited and healed the sick
2. He fed the hungry
3. He forgave sinners
4. He comforted those in sorrow
5. He kept the lonely company

## **ACTIVITY**

1. What is unselfishness?
2. State any **two** examples of unselfishness in Christians.
3. Mention any **two** results of unselfishness.
4. State any **two** reasons why other Christians are unselfish
5. Mention any **two** ways in which Jesus Christ showed us example of unselfishness

### **Christian attitudes towards justice**

Justice means fair treatment to everyone

### **Ways Christians practice justice in the community**

1. By judging others fairly
2. By punishing offenders
3. Fight for the innocent
4. By not telling lies
5. By being helpful and kind
6. By protecting vulnerable people
7. Giving children basic needs

### **Benefits of justice**

1. Peace and happiness
2. The poor are helped
3. The weak are protected
4. Net work of love
5. Trust for one another
6. Services are delivered

### **Biblical teaching on justice (Proverb 21:6-15, 22: 22-23)**

1. Wealth got through telling lies leads to problems
2. Unjust people live wicked lives
3. Careful speech saves one from trouble
4. Innocent people are always right

5. Quarrelsome women is misery to the husband
6. A wicked man always thinks evil.

### ACTIVITY

1. What is the difference between justice and injustice?
2. Write any **two** ways Christians practice justice in the community
3. State **two** groups of vulnerable to whom we should show our justice.
4. State any **two** common forms of injustices.
5. Give any **two** benefits of justice to Christians.
6. State any **two** biblical teaching on justice

#### **Injustices**

Injustice in unfair treatment to people

#### **People who carryout injustice**

- ✍ Lawyers
- ✍ Some teachers
- ✍ Some church leaders
- ✍ Police officers
- ✍ Some parents
- ✍ Political leaders

#### **Forms of injustices**

- |                     |                  |
|---------------------|------------------|
| ✍ Domestic violence | ✍ Nepotism       |
| ✍ Cheating others   | ✍ Corruption     |
| ✍ Being greedy      | ✍ Discrimination |
| ✍ Stealing property |                  |

#### **Impacts of injustices**

1. It leads to loss of Peace and happiness
2. The poor are not helped
3. The weak are never protected
4. Network of love is destroyed
5. Trust for one another is loss
6. Human rights are violated
7. Poor services are delivered

### Activity

1. What are injustices?
2. State **two** ways injustices are carried out at schools.
3. State any **two** forms of injustices.
4. Mention **two** groups of people who carryout injustices.
5. State any **two** results of injustices to Christians.

## TOPIC 7: PEOPLE ON THE WAY

#### **Diversity**

- Diversity means differences in the people we meet

#### **Things that make people unique**

- ✍ Culture
- ✍ Knowledge
- ✍ Experts
- ✍ Jobs
- ✍ Trade
- ✍ Commodities
- ✍ Development
- ✍ Political systems
- ✍ Religions

### Values of diversity

- Ready market for our goods
- Exchange of science and technology
- Sharing gifts on one another
- Mutual love
- Prevention of shame

### International diversity

This means the differences in people according to their races and origin would wide

#### Activity

1. Define diversity.
2. State any **two** values of diversity
3. Define international diversity
4. State any **two** ways in which Christians are unique from one another.
- 5.
6. Mention any **two** benefits of international diversity

### Good communication as a way of relating

Communication is the sending and receiving of messages.

### Ways through which people communicate today

1. Mobile phones
2. Internet
3. Satellites
4. Radios
5. News papers
6. Face to face

### Qualities of good communication

1. Free from any offences /ideas/ languages
2. Freedom to communicate
3. Promotion of family welfare and values
4. Tolerance of those considered to be enemies
5. Does not cause people to violent
6. Reasonable control by authorities for the common good

### Benefits of good communication

1. Promotes cooperation
2. Creates peace and harmony
3. Encourages support of one another
4. Spreads the gospel
5. Helps in exchange of ideas fast and effective

#### ACTIVITY

1. What is communication?
2. State any **two** ways through which people communicate today.
3. Mention **two** ways people communicate to God.
4. State **two** ways people communicate with God?
5. Why do people communicate with God?
6. Suggest any **two** qualities of good communication.
7. Mention any **two** benefits of good communication

### Jesus' responses to people with different needs

#### Needs and desires

Needs are things people cannot be without



Desires are things people can do without (wants)

### **Types of needs**

Basic needs

Luxury goods

### **Needs and desires of people we meet**

- |            |               |             |
|------------|---------------|-------------|
| 1. Food    | 4. Medication | 7. Love     |
| 2. Clothes | 5. Security   | 8. Fame     |
| 3. Shelter | 6. Education  | 9. Guidance |

### **How Jesus responded to different needs (Mark 6:31-44)**

1. He fed five thousand hungry men and women
2. He cured Simon's mother-in-law
3. He healed the blinds
4. The raised the dead
5. The cast the demons
6. He washed the feet of disciples
7. He showed love to the children

### **Our responses to different needs**

1. Enjoy happiness with those who are happy
2. Share sorrow with those who are mourning
3. Give charity to the needy and poor
4. Support the weak ones
5. Give food to the hungry

### **Values of needs to an individual**

1. Treat them with respect
2. Do not lie about them
3. Be honest about them
4. Pray for them
5. Appreciate them
6. Ask for forgiveness when you offend them

## **ACTIVITY**

1. What are basic needs?
2. State any **two** types of needs.
3. Mention any **two** values of needs to an individual
4. State any **two** ways in which we obtain our basic needs
5. How did Jesus respond to different needs of His disciples?
6. Write down any **two** needs people we meet daily.

### **Good relationships among Christians**

#### **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

#### **The different people you need to relate with**

- |                       |              |                    |
|-----------------------|--------------|--------------------|
| 1. Parents/ Guardians | 3. Friends   | 5. Other relatives |
| 2. Teachers           | 4. Workmates |                    |

#### **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

### **Activity**

1. What is relationship?
2. What do you mean by "good relationship?"
3. Mention any **one** type of relationship.
4. Give any **two** qualities of good relationship
5. Name the type of relationship which exists between John and his brothers.
6. Mention any **two** groups of people who are related by blood.

### **How we can have good relationships with others**

9. Being kind and loving
10. Being helpful
11. Being concerned
12. Being obedient
13. Being trustworthy
14. Forgiving one another
15. Respecting others
16. By sharing things with others

### **Importance of relationships**

5. Promotes unity among people
6. Promotes love
7. Promotes security
8. Promotes development

### **Behaviour that can build good relationship**

1. Respecting one another's beliefs.
2. Promoting human rights.
3. Observing rights of minorities in community.
4. Avoiding selfish behaviour.
5. Practicing love in all relationships.
6. Being ready to serve other people but not to be served.
7. Practicing charity to the poor and needy such as orphans, widows, refugees and those in exile.
8. Preventing crime in our community.
9. Promoting justice for all people.

### **ACTIVITY**

1. What is relationship?
2. Mention any **two** different people you need to relate with while at school.
3. State any **two** types of relationship
4. What type of relationship exist between:
  - c) father and mother? \_\_\_\_\_
  - d) father and biological children? \_\_\_\_\_
5. State any **two** things Mary can do to have good relationships with her neighbours.
6. Mention any **two** qualities of a healthy relationship
7. Mention any **two** importance of relationships
8. State any **two** Christian behaviour that can build good relationship

### **Causes of broken relationship**

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

**Personal behaviour that can destroy relationships**

8. Lack of respect for other people's religion, beliefs and ideas.
9. Being selfish or a glutton.
10. Lack of respect for rights and freedom of other people.
11. Being corrupt.
12. Practicing tribalism or nepotism.
13. Promoting hatred of other people.
14. Being quarrelsome to and abusing other people.

**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)**

9. Man lost God's love
10. Death came into the world
11. God's image in man is affected
12. Hatred among human beings began
13. Enmity between man and animals
14. Man had to work for his food
15. Woman had to go through pain during giving birth
16. They have promoted immorality

**Ways of restoring broken relationships**

7. Jesus' salvation
8. Reconciliation
9. Repentance
10. Encouraging peace talks
11. Guidance and counseling
12. Sharing with others

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**ACTIVITY**

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1. Define the term broken relationships.
2. State **two** factors that affect our relationship with God.
3. Mention any **two** personal behaviours that can destroy relationships.
4. State any **two** actions which spoil good relationships with others
5. Parents have to behave well towards their children, treat them fairly and bring them up with Christian discipline and instruction.
  - a) State any **two** ways parents can be exemplary to their children.
  - b) Which commandment bond love between parents and children?

- c) Mention **two** good things children can learn from their parents.
6. State any **two** dangers of broken relationships.
7. Write any **two** ways of restoring broken relationships

### **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. Proper use of 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

#### **Ways by which good relationships can be sustained between Christians and Muslims**

1. Working together to reduce sufferings of the poor, needy and the unfortunate through charity or Zakat.
2. Practicing democracy in leadership at all levels namely family, school, community, church/mosque and national level.
3. Working together to prevent crime in both Christian and Muslim communities
4. Forming joint clubs or associations to clean the environment, provide clean water or build shelter for the poor.
5. Forming co-operative societies for farmers or businesspeople in the community.
6. Organizing inter- school debates on matters that affect lives of youth and other people in the country.
7. Forming sports clubs where everyone regardless of religion is free to join.
8. Organizing a day of prayer for all faiths on special days such as women's international day, (March 8<sup>th</sup>), international teachers' day (Oct 5<sup>th</sup>) and so on.

### **Activity**

1. What is Church relationship?
2. Write **two** ways in which we can develop good relationships in church
3. State **two** gifts of the holy spirit
4. State **two** groups of people we should pray for them
5. Mention **two** ways we can fight against evil
6. Why do Christians and other denominations work together?
7. What is democracy?
8. State **two** ways of practicing democracy in leadership
9. State **two** ways of sustaining good relationships between Christians and Muslims.

### **Term III**

#### **TOPIC 1: FRIENDS ON THE WAY.**

**Friendship** is relationship between people who love or like each other.

A friend is a person with whom you can relate freely.

#### **Importance of friendship**

1. It makes one feel secure

2. Enable one to have someone to share their secrets
3. Brings joy
4. Gives individual self confidence
5. Gives one a sense of belonging
6. 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**

#### **A good friend should be:**

- |                                |                |
|--------------------------------|----------------|
| ✓ honest                       | ✓ trustworthy  |
| ✓ forgiving                    | ✓ peaceful     |
| ✓ tolerant and patient         | ✓ generous     |
| ✓ humble to their friends      | ✓ humble       |
| ✓ pleasant to others than self | ✓ loving       |
| ✓ guide and counsel friends    | ✓ kind         |
| ✓ respectful                   | ✓ faithfulness |

### **Activity**

1. Define the word friendship.
2. State **two** importance of friendship.
3. Mention any **two** qualities of a good friend.
4. Suggest **two** importance of being trustworthy person.
5. State any **two** ways in which Jesus Christ showed friendship to people
6. Mention any **two** ways a Christian child can show friendship to others.

### **Advice**

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

### **GOOD ADVICE**

**Good advice** is 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 hard working.
6. Encouraging our friends to be trustworthy and honest.
7. Encouraging our friends to be obedient and faithful.

### **Characteristics of good advice**

1. It discourages evil
2. It aims at building peace and happiness
3. It discourages biasness
4. It promotes honesty and truth
5. It is corrective

### **Advantages of good advice**

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

2. Good advice promotes peace and harmony
3. Good advice promotes friendship

### **Examples of people who give good advice**

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

### **Activity**

1. Define the word **"advice"** as a Christian.
2. State **two** importance of advice to a P.7 candidate.
3. State **two** indicators of good pieces of advice.
4. Mention any **two** examples of good advice.
5. Write down **two** values of good advice.
6. State **two** examples of people who give us right advice.

### **BAD ADVICE**

Bad advice is wrong opinion about what somebody should do in a particular situation.

### **Examples of bad advice**

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

### **Characteristics of bad advice**

1. It encourages evil
2. It destroys peace and happiness
3. It encourages biasness
4. It is dishonest
5. It is not corrective
6. It aims at causing more problems

### **Ways people have been wrongly advised.**

1. To fight.
2. To join bad peer 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.

### **Activity**

1. What term is used to mean wrong opinion about what somebody should do in a particular situation?
2. Give any **two** examples of bad advice.

3. State **two** characteristics of bad advice.
4. Mention any **two** sources of bad advice.
5. State **two** effects of bad advice.

### **How Jesus expressed His love to mankind as friends**

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.

### **Miracles performed by Jesus to show love for mankind**

### **How we can serve others as Jesus in their times of trouble / crisis**

(Luke 19:12 – 24, Ephesians 6:5 – 8, 1 Cor. 12: 27 – 31)

1. By praying for them when they are in danger.
2. By caring for the sick.
3. By giving food to those who are hungry.
4. By giving them moral, financial and material support.
5. By guiding and counseling others.
6. By helping the orphans.
7. By preaching the word of God.
8. By being loyal to them.
9. By cleaning the church.

### **Qualities people look for in marriage partners.**

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

### **Types of marriage**

#### **Religious marriage**

This is marriage conducted either in church or mosque.

This is the marriage 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.**

- ✍ Exchanging promises (vows)
- ✍ Signing marriage certificate
- ✍ Exchanging rings.

#### **Importance of a wedding ring**

Endless love

It reminds the couples about their vows.

#### **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.
- ✓ It reminds the couples on their marriage vows

### **Activity**

1. What is marriage?
2. Mention any **two** types of marriage.
3. How is religious marriage different from other types of marriage?
4. Why is religious marriage referred to as Holy Matrimony in Christianity?
5. State **two** characteristics of Religious marriage.
6. Mention any **two** vows that a couple exchanges in church.
7. In which **two** ways are the vows mentioned above important in marriage?
8. Mention **two** things that the couple does in church during marriage.
9. Give **one** importance of a wedding ring.
10. State the importance a white wedding gown.
11. Why are couples given marriage certificates?

## **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. | ✓ Acting             | ✓ Swimming. |
| ✓ Singing.              | ✓ Debating           | ✓ Dancing.  |
| ✓ Running.              | ✓ Writing            | ✓ Jumping   |
|                         | ✓ Playing ball games |             |

### **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

### **How talents contribute to the improvement of the world**

1. They provide employment opportunities.
2. They promote social development among the people.
3. The lead to development of various skills.
4. They provide entertainment.
5. They groom future leaders e.g. team captains.
6. They donate to the poor.

### **How can we develop talents among people?**

1. Having regular practice.
2. By identifying and training.
3. Organizing 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**

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

### **Activity**

1. What do you understand by the word talents?
2. Mention **two** examples of talents that we learn from school.
3. Give any **two** examples of talents that can help us earn a living.
4. Mention **two** ways in which we can use talents to serve God.
5. State **two** ways in which we can develop talents among people.
6. In which **two** ways can people benefit from their talents?
7. Give **two** ways in which we can misuse talents.
8. Mention **two** effects of misusing talents.

### **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 different 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, and 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.

### Activity

1. What do you understand by co-operation?
  2. Mention any **two** groups of people you can co-operate within the community.
  3. Outline **two** possible ways of co-operating with others.
  4. State **two** various ways we can co-operate in making the world a better place for everybody.
5. Give **two** reasons why we need to co-operate with our friends.
  6. State **two** main roles of Christian organizations in developing the world
  7. What are voluntary organizations?
  8. How are voluntary organizations different from non-governmental organizations?
  9. Mention any **two** examples of Non Governmental Organisations in Uganda.
  10. State **two** ways in which World Vision International has been useful to Ugandans.

## Contributions of Christian Organizations 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 counseling 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.

### Activity

1. Write UJCC in full.
2. Mention any **two** social services provided by churches in Uganda.
3. Mention any **two** economic contributions of Christian Organisations towards the development of the World.
4. In which **two** ways have Christian Organisations led to development of the World socially?
5. Give any **two** political contributions of Christian Organisations towards the development of the World.

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

**Technology** means use of practical ways in science to solve some of day today problems

### 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

### **Challenges caused by technology**

1. Technology has killed creativity in people
2. It causes air and water pollution
3. It increases the rate of unemployment
4. Interferes with our culture
5. Increases high rate of deaths

### **Science**

#### **What is science?**

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

#### **How science has improved people's standard of living**

6. People can be vaccinated against disease.
7. Drugs to dangerous diseases have been got, e.g. ARV drugs.
8. Engineers have built bridges and good roads.
9. 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

### **Activity**

1. In which way is science different from technology?
2. State any **two** roles of technology in our daily life.
3. Mention any **two** disadvantages of technology in human life.
4. State **two** ways in which science has improved agricultural sector in Uganda.
5. State **two** bad effects of science and technology to the environment.

### **Education**

Education is the transmission of knowledge, skills and characters

Education is the process of acquiring knowledge.

#### **Types of education**

- ✍ Formal education
- ✍ Informal education

#### **Importance of education**

1. Education make people famous
2. Education make people more tolerant to others
3. Education shapes the behaviour and moral of an individuals
4. education has enabled people learn to cure diseases
5. People have got jobs
6. People have learnt to fight ignorance
7. People have fought low infant mortality rates
8. People have learnt to read the bible and other literature
9. Education helps people to be law abiding citizens
10. People have learnt about their human rights and how to protect them

### Bad effects of education

1. There is social isolations
2. It has cause unemployment
3. It causes malnutrition in children
4. Lower salaries and underpayment
5. People have invented destructive devices because of education
6. There is high domestic violence because of the equality caused by education
7. Our cultures have been interfered.
8. Education has made people to be enslaved by others.

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### Activity

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1. Under which ministry is education in Uganda?
  2. How has education improved people's standards of living in the world today?
  3. Mention any **two** negative effects of education to people.
- 

### The ten commandants

On Mt Sinai, Moses received the Ten Commandments from God. They were to guide them because they had started misbehaving

The Ten Commandments were written on two stone tablets and kept in rectangular box and kept in a place of worship called **tabernacle**.

### The Ten Commandments and their meaning to Christians

Moses was given a set of rules (commandments) up on Mt. Sinai by God.

Ten Commandments are also known as the **Decalogue**.

They were given to Moses on Mount Sinai.

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 accuse anyone falsely
10. Do not desire another man's wife, house, land, slaves, and cattle



NB: The above commandments were given to guide people

### Importance of commandments to Christians

- ✍ Commandments guide us to be faithful.
- ✍ They instill discipline and good morals to us.
- ✍ Commandments unite us with God.

- ✍ They give us good Christian life.
- ✍ They help us not to commit sins.
- ✍ Guide people how to treat others
- ✍ It makes people fear crime
- ✍ Guides leaders on how to govern their people
- ✍ Protect the vulnerable groups e.g. women, children and elderly
- ✍ It ensures adequate sharing of world resources
- ✍ Promotes respect of authority

### **Activity**

1. Name the first commandment according to the Bible.
2. Name the mountain where Moses received ten commandments.
3. Why did God give Moses the Ten Commandments?
4. How does keeping the Ten Commandments help Christian?
  - a) On earth?
  - b) After death?
5. Give one way in which a constitution is similar to the Ten Commandments.
6. What should a Christian do after breaking any commandment?
7. Give any **one** way in which commandments are important in the Christian faith.
8. State the most important commandment that Jesus taught his disciples.
9. Name the commandment which prevents Christian child from:
  - a) Stealing
  - b) Disobeying their parents?
10. Give the commandment which protects married people.

### **The two great commandments of love**

Jesus Christ gave us two commandments. They are called commandments of love. Commandments of love summarize all the Ten Commandments that God had given Moses on Mount Sinai.

Jesus told his audience that as the father loved Him so He also loved His disciples. He told them to remain in His love. He told them "If you love me, keep my commandments and I will ask the father to give you another advocate to be with you always."

### **Matthew 7:12 Do to others what you want done to you**

Jesus told his disciples: "Do to others what you would want them to do to you." This is the law of the prophets.

### **Matthew 5:43-44 Love is above all**

It states: "You shall love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind and your neighbour as you love yourself."

### **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 voter with the electoral commission
4. Be registered to vote under one polling station
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**

A returning officer is the title that is given to the person who heads 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.

### **Activity**

1. What is an election?
2. Mention any **two** requirements for participating in an electoral process in Uganda.
3. Why do you think a voter must be 18 years and above?
4. Mention **two** things a good voter should know before and during voting.
5. How is a ballot paper different from a ballot box?
6. How is a work of presiding officer different from that of returning officer?
7. Write **two** qualities of a good voter.
8. Name the body responsible for organizing elections in a Uganda.
9. Under which ministry in Uganda, is the electoral commission?

### **THE ELECTORAL COMMISSION**

This is the body that is responsible for organizing elections in a country.

The current chairman of the electoral commission in Uganda is Simon Byabakama Mugeenyi.

### **Reasons why a country should have regular elections**

- i) To promote peaceful change of leadership.
- ii) To promote democracy in a country.

### **Why should people choose their own leaders?**

- i) To exercise their rights
- ii) For proper governance of the 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 give 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

### **Types of 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 a vote of no confidence is passed for a member.
3. When an elected leader has resigned.
4. When an elected leader has run mad / insane.
5. When an elected leader has been sentenced to imprisonment.
6. 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
3. Bribing voters
4. Fake manifestos
5. Mix up of voters' registers
6. Partisanship of electoral officials
7. Alternating votes
8. Ballot riggings
9. Disinformation
10. Misleading or confusing ballot papers
11. Ballot stuffing
12. Misrecording of votes
13. Misuse of proxy votes
14. Destruction or invalidation of ballots
15. Threatening voters



### Activity

1. In early 2021, presidential and parliamentary elections took place in Uganda,
2. Name the body which conducted those elections.
3. State any **two** examples of electoral disputes in that election.
4. State **one** contribution of Simon Byabakama Mugeenyi to the electoral commission in Uganda.
5. Mention **two** reasons why a school should have regular elections.
6. Mention any **two** materials of election kept by the electoral commission.
7. Give any **two** qualities of good electoral commission.
8. How is a referendum different from by-election?
9. Under which **two** conditions can by-election be conducted in a country
10. In which **one** way is a voters' register is important during elections
11. Define election malpractices.
12. any **two** bad practices done by people during the national elections
13. State **two** effects of election malpractices.
14. Apart from using elections, state any one other way of getting leaders in a community

### 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 | 4. Responsibility | 7. Fairness         |
| 2. Respect         | 5. Caring concern | 8. Justice          |
| 3. Honesty         | 6. Peaceful       | 9. Good citizenship |

#### The roles of the church in general elections

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

#### 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

### Activity

1. State any **two** ways in which freedom of association practiced in Uganda today.
2. State two social advantages of electing leading leaders by secret ballot system.
3. In which **two** ways is a democracy practiced in the schools?
4. Why do voters need to have information about the electoral process?
5. State the main reason why voters need to observe the electoral process in Uganda.
6. State **two** freedom voters have in Uganda today.

7. Suggest **two** reasons why electoral officials need to be honest and God fearing.
8. Mention any **two** ways the churches have contributed in general elections in Uganda.

### **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 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**

- ✍ The electoral commission.
- ✍ Uganda Watch
- ✍ Uganda Human Rights Commission.
- ✍ 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 Electoral Commission 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.

## Activity

1. What is civic education?
2. Mention **two** importance of Civic education in a country.
3. Mention **two** religious organizations that help to conduct Civic education in Uganda.
4. In which **two** ways have Uganda Joint Christian Council help to maintain peace in Uganda through election?
5. Write UJCC in full.
6. Mention **two** organizations that help to conduct Civic education in Uganda.
7. Suggest **two** challenges of the electoral process in Uganda.
8. Give **two** solutions to the above challenges.

### 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

### How one becomes a citizen of Uganda

- i) Citizenship by birth
- ii) Citizenship by descent
- iii) Citizenship by registration
- iv) Citizenship by adoption
- v) Citizenship by naturalization

### Citizenship by:

- ✓ **Birth** is a person born in a particular country.
- ✓ **Descent** is a person whose parents are indigenous Ugandans.
- ✓ **Registration** is a person who is registered as a Ugandan.
- ✓ **Adoption** is a child who is adopted by a citizen of Uganda.
- ✓ **Naturalization** is when a group of people who are foreigners are declared as citizens of a country.

### How one can lose the Citizenship of Uganda

- i) By spying on Uganda for another country.
- ii) Through joining an army of an enemy country of Uganda.
- iii) Voluntary services in security forces hostile to Uganda.

### 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 pay taxes
9. To be patriotic and loyal to Uganda and to promote its well being.

### **Activity**

1. Name any **one** document that can be used to identify Ugandan citizens.
2. What is citizenship?
3. State **two** types of citizenship recognized in Uganda.
4. Who is a citizen of Uganda?
5. Give **two** ways in which people become citizens of Uganda.
6. Mention any **two** reasons why a good citizen should pay taxes.
7. What type of citizenship are Indians born in Uganda?
8. Give any **two** things a good citizen is expected to do for the government.
9. (b) Who is a citizen of Uganda:
  - (i) By birth?
  - (ii) By descent?

### **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 have government of their choice.
4. Freedom of speech.
5. Freedom of association.
6. Freedom of press.
7. Freedom of movement
8. Freedom of assembly
9. A right for fair trial in courts of law
10. A right to freedom of worship.
11. A right to vote/elect leaders

#### **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) Uganda Human Rights Initiative.
- v) Slum Aid project and responsibilities.

#### **International Organizations that protect human rights,**

- i) Amnesty International (Based on British)
- ii) Human Right Abuse/Violation.

#### **Forms of Human Right abuse**

- ✍ Denial of fair judgment in court
- ✍ Mistreating a person for unjustified cause.
- ✍ Denial of freedom of movement.
- ✍ Denial of rights to own property
- ✍ Denial of right to form or join any association

## ACTIVITY

1. What are human rights?
2. State **two** examples of human rights in the world today.
3. Mention **two** organizations that help to promote and protect people's rights in Uganda.
4. State **two** International Organizations that protect human rights.
5. Give **two** forms of Human Right abuse.

### Children's Rights

This is the freedom enjoyed by children.

#### State any one of the Children's Rights

- i) A right to food.
- ii) A right to shelter.
- iii) A right to culture.
- iv) A right to medical care.
- v) A right to play.
- vi) A right to freedom of speech.
- vii) Right to freedom of movement.
- viii) A right to have a name.
- ix) A right to parental love
- x) A right to be listened to.
- xi) A right to protection.
- xii) A right to clothes.
- xiii) A right to life.

### Children's responsibilities

These are different activities which children are supposed to do for their own welfare.

#### Examples of the children's responsibilities

- v) Obeying parents.
- vi) Keeping law and order.
- vii) Working for the unity of the family.
- viii) Living in peace with family members.
- ix) To do housework.
- x) Promoting discipline.
- xi) Respecting others.
- xii) Caring for the environment.
- xiii) Caring for themselves and their property.
- xiv) Love and protect the family/property.
- xv) To go to school and study.

### Reasons why children should know their rights

- i) So that you are not exploited.
- ii) So that they are not abuses.
- iii) To live happy and peaceful.
- iv) To develop their skills.

## Activity

1. What are children's rights?
2. State any **two** reasons why children go to school.
3. Name the place where children learn from.
4. State any **two** rights that children should enjoy.
5. Give any **two** responsibilities that children must observe.
6. State any **two** reasons why children should know their rights.

### Child Abuse

It is the violation of the children's rights.

#### Forms of child abuse

- ✍ Physical abuse
- ✍ Emotional abuse
- ✍ Psychological abuse

#### Examples of Child Abuse

- |                       |                          |
|-----------------------|--------------------------|
| ✍ Denial              | ✍ Defilement             |
| ✍ Corporal punishment | ✍ Child kidnap           |
| ✍ Denial of clothes   | ✍ Denial of a name       |
| ✍ Child labour        | ✍ Child battering        |
| ✍ Denial of education | ✍ Bad cultural practices |

#### Causes of Child Abuse

1. Poverty
2. Ignorance
3. Insecurity in some areas.
4. Bad cultural practices
5. Domestic violence.
6. Divorce of parents.
7. Indecent dressing
8. Death of parents.

#### Ways how children have contributed to children's right abuse

1. By being disobedient to parents
2. By being in bad group
3. Behaving irresponsibly
4. Indiscipline of children
5. Indecent dressing
6. Moving to risky places at night
7. Much interest for material goods

#### Ways of controlling Child Abuse

- i) Sensitizing people/masses about children's rights.
- ii) Punishing those who abuse children's rights.
- iii) Putting laws to protect children's rights.
- iv) Children should be responsible

#### Reasons why children leave their homes to go on streets

1. Death of parents.
2. Cultural beliefs.
3. Indiscipline of children.
4. Divorce of parents.
5. Insecurity.
6. Bad peer groups
7. Poverty
8. Domestic violence
9. Forced early marriages

### Activity

1. How does alcoholism cause child abuse in the community?
2. Give **two** ways in which the government is trying to reduce child abuse in Uganda.
3. Mention **one** of the commonest types of child abuse in Uganda.
4. State **two** examples of "child abuse" in Uganda.
5. Mention any **two** ways churches have contributed in stopping child abuse.
6. In which **two** ways have children contributed to their right abuse?
7. Give **two** reasons why children leave their homes to go on streets
8. Mention any **two** examples of child abuse caused by:
  - i) Indecent dressing.
  - ii) Indiscipline

### 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

5. Relationship by blood
6. Relationships by marriage
7. Relationships by peer
8. Relationships by work

#### Qualities of good relationship

8. Happiness
9. Supportive
10. Telling truth
11. Sharing interests
12. Praying together
13. Absence of discrimination
14. 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

10. Use personal talents
11. Use gifts of the holy spirit
12. Pray for one another
13. Practice charity for all
14. Fight against evil
15. Be open in feelings and thought
16. Share responsibilities
17. Love without discrimination
18. Practice tolerance

#### The different people you need to relate with

1. Parents/ Guardians
2. Teachers
3. Friends
4. Workmates
5. 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 having good relationships**

9. Promotes unity among people
10. Promotes love
11. Promotes security
12. Promotes development

### **Activity**

1. What do you meant by “good relationship?”
2. Mention any **two** types of relationship.
3. Name the type of relationship which exists between John and his brothers.
4. Mention any **two** groups of people who are related by blood.
5. Give any **two** qualities of good relationship
6. Define church relationship as used in Christianity.
7. Mention **two** ways in which we can develop good relationships in church
8. Suggest **two** different people you need to relate with while at school.
9. State **two** importance of having good relationships

### **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

### **Activity**

1. What are broken relationships?
2. State **two** bad acts which spoil good relationships with others.
3. Mention any **two** effects of broken relationships.
4. Mention **two** ways of restoring broken relationships.
5. What do you understand by the word "happiness"
6. Mention **two** signs of happiness.

### **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

### **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 in an individual**

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

### **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. They improve on inter-personal relationship
2. They strengthen unity among members of the community
3. They sustain life
4. They relate friendship
5. They bring peace
6. They make us secure with one another in the community
7. They allow us to enjoy God's blessings

#### **Activity**

1. In which **two** ways can a good relationship with God be a source of happiness?
2. State **two** sources of happiness in our community.
3. Give **two** ways in which giving and receiving are a source of happiness.
4. Mention **two** values of giving and sharing.

### **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 and prohibited.
- ✓ 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   | ✓ Honesty   | ✓ Truth fullness |
| ✓ Generosity                                   | ✓ Charity   | ✓ Loyalty        |
| ✓ Mercy  | ✓ Peace     | ✓ Hope           |
| ✓ Kindness                                     | ✓ Integrity |                  |
| ✓ 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

### **Activity**

1. What is purity according to the Bible?
2. State **two** characteristics of a person with pure heart.
3. Mention **two** ways of achieving purity after uncleanness.
4. State **two** values Jesus taught us to help us achieve purity.
5. How is purity of the heart different from impurity of the heart?
6. Mention **two** ways of living a life of purity to enter heaven.
7. Give **two** different ways in which we can purify our lives as Christians

### **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 Ecclesiastes 1:3, life is full of working laboring 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 the separation of man's spirit from his body and of man from God.

Death is not the end of a Christian.

It is just a passage to the everlasting life.

#### **Types of death**

- ✍ Physical death
- ✍ Spiritual death

Physical death is the separation of soul from the body.

Spiritual death is the separation of man's spirit from his body.

*(James 2:26 "the body without spirit is dead already")*

#### **Causes of death**

1. Old age
2. Misfortunes
3. Witch crafts
4. Diseases
5. Drug abuse
6. Drunkardness
7. Judgment for sins (Romans 6)
8. Rebellion against God
9. Accidents

The first person to die was Abel( The son of Adam and Eve) He was killed by his brother Cain. His death marked the first murder in the Bible.

*(Ecclesiastes 12:7 says 'then shall the dust return to the earth as it was; the spirit shall go to God who have it and the soul no longer exist')*

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

Jesus encourages us 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**

1. There is life after death
2. God is more power full than death
3. In Christ, people overcome death
4. The dead shall resurrect one day
5. Jesus' mission is to set every one free
6. 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

God will reward **those who remain faithful to Him after their** death with everlasting life/eternal life /life after death

### **Places where different categories of people will go after their death.**

The righteous /faithful ones- Paradise/Heaven

The sinner- Hell

### **Activity**

1. Why do Christians believe in life after death?
2. Death is not the end of a Christian but it is just a passage to the everlasting life. Support this statement.
3. State **two** causes of death
4. "I am the way, the truth and life and those who believe in me will live even though they die and all those who live and believe in me will never die"
  - a) Who said the above statement?
  - b) State **two** lessons we learn from the above text.
5. Name the first person to die according to the bible?
6. How did the person named above meet his death?
7. What reward will God give to those who remain faithful to Him after death?
8. What lesson do Christians learn from the suffering and death of the martyrs?

### **Heaven**

It is a place of Joy and happiness

Heaven **means** paradise

Heaven is a place where the righteous people 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.

### **Factors that affect Christians' hope for eternal life in heaven**

1. Diseases
2. Death of important persons
3. Poor harvest
4. Academic failures
5. Unemployment
6. Accidents
7. Poverty
8. Insecurity and instability
9. Hunger and famine
10. Wrong marriage partners.

### **How Christians can overcome factors that affect Christians' hope for eternal life**

1. Living a prayerful life
2. Being exemplary
3. Working harder
4. Being forgiving
5. Avoiding peer influence
6. Being obedient

### **Activity**

1. "We are going to Jerusalem, where the son of man will be handed over to the Chief Priest and teachers of the law. They will condemn him to death." (Mart. 20 18-19)
  - a) Who said these words?
  - b) Name the group of believers to whom the above words were said.
  - c) Mention any **two** things which happened shortly after the death of the person in (a) above.
  - d) Mention any **two** things which happened shortly after the death of the person named in (a) above
2. State any **one** reason why some Christians fear death
3. How did Jesus show his power over death?

### **SIN**

A sin is an act against the will of God

### **What should one do after sinning if he/she is to go to heaven?**

Should repent/ask for forgiveness

### **What is the Biblical teaching about our enemies?**

We should love and forgive our enemies.

### **The need to keep on trying to keep one's life pure**

### **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 persevere so as to enter the kingdom of heavens as to win the competition e.g. in sports

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?**

1. To repent their sins.
2. To love one another.

### **Give examples to God's messengers today**

1. The Priests.
2. Teachers
3. Parents.

### **Activity**

1. What should one do after sinning if he/she is to go to heaven?
2. State **one** way in which the above mentioned task can be fulfilled.
3. What is the Biblical teaching about our enemies?
4. What is to persevere?
5. What is God's message for his people today?
6. Give **two** examples to God's messengers today

### **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

### **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     | 4. Depression | 7. Gloom      |
| 2. Stress    | 5. Sadness    | 8. Sullenness |
| 3. Isolation | 6. Irritation | 9. Trauma     |

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

## Activity

1. What does the suffering and death of Jesus Christ on the cross reminds Christians?
2. Define the word “suffering”
3. State any **two** forms of suffering a Christian can go through.
4. How is physical suffering different from emotional suffering?
5. Mention any **two** causes of physical suffering to Christians today.
6. Give any **two** common causes of emotional suffering.
7. Mention any **two** impacts of emotional suffering

### **Spiritual suffering**

These are suffering which affects one's soul.

#### **Causes of spiritual suffering**

1. Disobedience to God's command
2. 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**

1. Discrimination
2. Imprisonment
3. Rejection
4. Neglect
5. 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
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 sign 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 counseling
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

### **Activity**

1. What lesson do Christians learn from the suffering and death of the martyrs?
2. Define spiritual suffering as a follower of Jesus Christ.
3. State any **two** causes of mental suffering.
4. Mention any **two** general causes of suffering.
5. Give any **two** values of suffering to Christian.
6. State any **two** ways of enduring suffering successfully.
7. Give any **two** effects of suffering

### **Examples of people who endured suffering in the Bible**

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

### **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)**

- ✍ Loss of God's love
- ✍ Loss of God's glory
- ✍ Man lost ability to live forever
- ✍ Death and pain came into the world
- ✍ Man and woman began to quarrel
- ✍ All kinds of evil came into the world

### **Effects/consequences of man's sinning to the world today**

- ✍ People work hard to get food.
- ✍ People die and they are buried.
- ✍ Women produce with a lot of pain.
- ✍ Women are subject to men.
- ✍ God became invisible to man.

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### **Activity**

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1. Why is the suffering and death of man blamed on Adam and Eve?
2. State **two** punishments which were given to the:
  - a) Serpent
  - b) Eve
  - c) Adam
3. State any **two** people who endured suffering according to the Bible.
4. State any **two** ways in which the fall of man led to suffering.
5. Give any **two** consequences of man's sinning to the world today

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### **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 counseling 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)

### **Activity**

1. State **two** ways how Jesus shared suffering with mankind.
2. Mention any **two** different forms of Jesus' suffering.
3. Write down any **two** examples of social evils in the community.
4. State any **two** ways of preventing suffering.
5. Mention any **two** ways we can involve in the suffering of others.

### **What is incarnation?**

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

### **How can personal irresponsibility cause suffering?**

- ❶ Driving under the influence of alcohol may lead to road accidents.
- ❶ Keeping petrol in our houses may lead to fire outbreaks.
- ❶ Misuse of drugs may lead to death, madness.

### **How can we prevent social evil in our societies/suffering?**

- ❶ By guiding and counseling others to avoid bad behaviour.
- ❶ By praying for and comforting people in times of trouble, sorrow and difficulties.
- ❶ By respecting people's rights.

### **How can we respond to suffering as Christians?**

1. Through praying daily.
2. We should not despair.
3. By following Jesus' examples.
4. By creating friends to assist one another.

### **Ways of caring for the suffering in our community**

1. By looking after the sick.
2. By counseling people suffering.
3. By visiting the hospitalized.
4. By reaching out to the war victims.
5. By giving food to the hungry.
6. By giving shelter to the displaced.

### Examples of people who suffered in the Bible

- ❶ Job (Job 1: 13-22)
- ❶ How did Job suffer? (Job 1:13)
- ❶ He lost his children.
- ❶ His wealth was destroyed.
- ❶ He suffered from diseases

Stephen (Acts 1: 54-60)

#### How did Stephen suffer?

He was stoned to death.

He was arrested and thrown to prison.

#### 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.

### Activity

1. What is incarnation?
2. State **two** ways in which personal irresponsibility cause suffering.
3. Mention **two** ways we prevent social evil in our societies/suffering.
4. How can we respond to suffering as Christians?
5. Write **two** ways of caring for the people suffering in our community
6. Give **two** examples of people who suffered in the Bible.
7. How did Stephen suffer according to the Bible?
8. State any **two** qualities of good Christians we admire from St. Stephen.