

STANDARD HIGH SCHOOL ZZANA

S.3 CRE 223 NOTES

Instructions: Read and Write these notes please

LOYALTY IN THE NEW TESTAMENT

According to the New Testament, loyalty means a personal commitment to God and His people through His son Jesus Christ. He presented as the new covenant that united man in fellowship with the Father (God) and each other. In doing this, Jesus remained loyal to the will of God who had sent him to bring salvation to the people and the people he was serving.

JESUS' LOYALTY IN SERVING THE WILL OF GOD

1. Jesus accepted to be born as a human being (John 1:1-5). Jesus was with God and he was God, but allowed to become a human being so as to fulfill the Father's will of bringing salvation to mankind.
2. Jesus Christ accepted to be baptized. Although he was not a sinner, he humbled himself and joined other sinners to take a requirement necessary to build the kingdom of God (Mark 1:9).
3. Jesus also resisted the temptations he underwent through to demonstrate his loyalty to God. He knew he was serving only the father's will and therefore remained firm even when he was tempted during difficult situation such as changing the stone into bread after spending forty days and nights without food. (Matthew 4:1-11, Mark 1:12-13, Luke 4:1-13).
4. Jesus demonstrated his loyalty to God by preaching the good news in spite of the oppositions. He never gave up the preaching even at the time he was being accused by the religious leaders who were looking for any slight mistake to persecute him. He did not fear persecution because knew he had to bring people closer to God (John 15:1-2).
5. Jesus Christ was loyal to God by giving himself to be arrested. He had earlier known the plot of arresting him by Judas Iscariot but allowed it to happen so as to fulfill God's will of redeeming mankind from the bondage of sins (Mark 14:18-21, 48-49).
6. Jesus demonstrated his loyalty to God by accepting to undergo severe suffering. In Mark 14:34, Christ was overwhelmed by sorrows. He had weak body, but his soul was willing to fulfill God's purpose of bringing salvation to mankind. He even knew that there was more hardship of him but did not give up.
7. Christ showed loyalty by declaring himself publicly as the true son of God who had come to do the father's will. This happened at the time when the Pharisees were looking for any reason to kill him. In spite of this, he had no fear and called himself the son of God even when it appeared to be blasphemy to the Pharisees. (Luke 6:1-

- 5, John 5:18ff, 8:28-29).
8. Christ attacked the religious leaders for over emphasizing the observation of the petty laws that had led them to neglect the urgent need of man (Mark 2:27, 3:4). On this occasion, Jesus made it clear that the Sabbath was made for man but not man for it. He even condemned purification rites that restricted people from doing their normal activities. (Mark 7:1-7).
 9. Christ attacked traders in the temple to show his loyalty to God. On this occasion, Jesus chased the traders away, over turned their tables and ordered them to stop making his Father's house a market place. (John 2:13-30).
 10. Jesus also showed his loyalty to God by staying hungry while attending to the people. He pointed out that man does not only live on bread alone but also on the word of God (Mark 3:20ff, John 4:31).
 11. Christ performed many miracles to express his loyalty to God. He healed the sick, raised the dead like the daughter of Jairus (Mark 5:36ff). all these miracles proved the reality of his preaching that later on brought glory to the kingdom of God.
 12. Christ led a prayerful life to show his loyalty to God. In his prayers, he recognized that nothing was above the authority of God (Mark 1:35).
 13. In his loyalty to God, Christ called upon his disciples to follow him and to be ready to die for the sake of the heavenly kingdom. This was a call for the building and defending the kingdom of God (Mark 1:16-20, Luke 9:23-24).
 14. Christ showed his loyalty to God by putting the will of God first after the demands of his family and self. He pointed out clearly that he had to be his father's house when the parents had been looking for him (Luke 2:4ff, Mark 3:34-35).

JESUS' LOYALTY IN SERVING MAN

1. Jesus Christ reconciled man with God. He identified and gave himself as the right way through which man could reach God (John 14:1ff).
2. Christ performed many miracles that redeemed people from their suffering. Through miracles, the lame walked, the blind gained sight, the hungry fed and others. This showed his genuine love for the people he was serving. (John 6:1ff, Luke 13:6ff).
3. Christ offered his life and died on the cross for the sins of man. It was through his death that man finally achieved salvation. (Mark 15:21-32, John 19:17ff, Matthew 27:32-44, Luke 23:26-43).
4. Christ showed loyalty to man by loving and forgiving his enemies. He prayed to his father to forgive those who plotted for his arrest and crucifixion. He pointed out that this was a fulfillment of what was written in the scripture. (Luke 6:12-16, 23:33-34).
5. Jesus uplifted the status of the children to serve the needs of man. He mixed and played with them freely. But this was not allowed in the Jewish cultures. (Luke 18:15-17).
6. Christ also uplifted the status of women to serve the needs of man. Women were marginalized and considered dirty and evil in the Jewish society. Christ recognized their rights by accepting the woman's anointment and even appreciating the

- widow's offer of a coin to the temple as being special (Mark 14:9 and Luke 10 :39).
7. In serving the needs of man, Christ explained the parables to his disciples who had failed to understand. Despite the disciples being too slow to understand him, he never got annoyed but gave them time necessary for proper knowledge of him and building the kingdom of God. (Mark 8:21ff).
 8. Christ showed his loyalty to serve the needs of man by calling himself a servant. He emphasized that he had come to serve but not to be served. (Matthew 20:26-28).
 9. To show his loyalty to the needs of man, Christ preached the good news faithfully even when he was being opposed. He did not give up because he knew it was the only way through which man could achieve salvation. (Mark 3:5).
 10. Christ was obedient to the Jewish rule. For example, he supported the payment of tax, he quoted as saying "give to Caesar what is Caesar's and tot God what is God's" (Matthew 22:15-22, Mark 12:13-17, Luke 20:20-26).
 11. Christ lived a non-discriminative life. For example, associated with the Samaritan woman even when the Jews and the Samaritans were enemies (John 4:1ff).
 12. Christ protected marriage relationship as a way of demonstrating his loyalty to the needs of man. He condemned adultery, polygamy and divorce and referred to them as poisons in marriage that could only ruin the relationship. (Matthew 5:27ff, Mark 10:1ff).

THE MEANING OF LOYALTY FOR A CHRISTIAN

1. For a Christian, loyalty means loving God and neighbors as oneself. In doing this, one must be committed and dedicated. Christ loved God and man to the extent of giving his own life.
2. To Christians, loyalty means being faithful to the call of God. One must have a clear understanding of his or her role as a Christian to which he or she must be committed to just as Christ did so.
3. Loyalty to Christians means being ready to serve others. Christ served others by performing many miracles for the benefit of mankind. He even washed the feet of his disciples. A Christian should therefore be a servant of others.
4. Loyalty for a Christian means being ready to accept suffering just as Jesus Christ suffered from torture, abuses, persecution, etc. during his ministry. (2 Corinthians 6:33f, Philippians 3:10ff).
5. Loyalty for a Christian means obeying the state unless the demands of the state conflict with those of God. Christ encouraged the payment of tax when he said “give to Caesar what is Caesar's and to God that is God's” (Mark 12:13-17).
6. Loyalty for a Christian means resisting temptations in one's daily life. Christ resisted temptations and remained faithful to the will of God.
7. Loyalty for a Christian means being ready to die for one's faith. Christ showed his commitment and did everything possible to the extent of dying.
8. Loyalty for a Christian means acknowledging that all authority comes from God. One should submit himself or herself to the authority when it means suffering for the righteous (1 Peter 2:13ff and Romans 13:1-7).
9. Loyalty for a Christian means serving all people equally without fear and discrimination. This should be through the help of the holy spirit given to us through the death and resurrection of Jesus Christ.
10. Loyalty for a Christian means forgiving one's enemies. Christ prayed to God to forgive those who persecuted, betrayed and killed him. (Luke 23:32-34).

HAPPINESS

Happiness is the feeling of joy, pleasure, excitement and satisfaction by a person or a group of individuals.

Happiness can be expressed in the following ways:

- Singing
- Screaming
- Crying
- Hugging
- Kissing
- Laughing
- Smiling
- Dancing

Happiness differs from age to age, person to person and from situation to situation. Therefore, this means that what makes a child or a youth happy may not make an elderly person or an adult happy.

In the same way, people can be happy depending on the opportunities available to them and this differs from chances that they have.

Happiness is also based on the personality or the character of an individual.

HAPPINESS IN THE PRESENT SITUATION

The following are the general ideas and views people think about as sources of happiness;

1. Many people when they are in a good relationship with God they share their spiritual life with God through religious activities like praying, fasting, praise and worship because God is the source of everything.
2. People in a good marriage relationship makes people happy especially where there is love, faithfulness and understanding others. In such a case their emotional feelings are well catered for.
3. Giving birth in a marriage relationship makes people happy. Children is a blessing from God and it shows that there is a continuity of the lives of the parents.
4. Attaining and attending a good formal education are sources of happiness of people. Educational qualifications like diploma, degree and masters among others make people happy as they lead to employment and better living standards.
5. To most people having material wealth like land, houses and huge sums of money take them are sources of happiness. Apart from giving them prestige, it makes their lives easier as they as they are in better condition to support themselves and others.
6. Employment especially in popular jobs with attractive income like managers, lawyers and accountancy make some people happy. The income they get from their jobs help them to solve their immediate needs and even invest.
7. To some people, happiness is all about being popular in the community. The musicians and footballers find joy in pulling huge crowds around them. Because of their popularity, they feel great and respected and this gives them joy.
8. Enjoying leisure activities like singing, touring, listening to music brings joy to almost everyone. Such activities refresh minds and promote a good inter-person relationship among them.

9. Being in a good health is a source of joy. It is an avenue through which a person can live longer. Besides, it makes possible for individuals to engage in productive activities in order to better their lives.
10. Coming out victorious in stiff competitions makes people happy. For example, winning a highly-contested election or a difficult game makes the individuals to feel loved.
11. Political stability or good governance is a source of joy to many people. It ensures that there is peace and harmony among people.
12. Observing culture is a source of joy among some people. It helps to give them identity as a particular group of people.
13. Having a good relationship with the community members makes the people happy. The people feel secure because of this.
14. Attaining economic development is an aspect of happiness today. Economic development such as industrial growth, improved education, health and roads help to ease life in the community through offering employment and income.

UNHAPPINESS IN THE PRESENT SITUATION

Unhappiness is the feeling or expression of sorrow, sadness, disappointment or misery by a person or a group of individuals.

Unhappiness can be expressed in the following ways:

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| • Becoming gloomy or moody. | • Fainting. |
| • Fighting. | • Quarreling. |
| • Crying. | • Sleeping. |
| • Remaining silent. | • Jeering. |
| • Refusing to eat. | • Committing suicide. |

Therefore, unhappiness in the present situation is associated with the following:

1. Unemployment despite one's qualifications. This makes it difficult for the person to earn a living especially after spending a lot to attain the qualification.
2. Death of a family member or a friend causes sadness brought about by the physical separation and the loss of the contribution of the departed.
3. Marital unfaithfulness especially adultery causes sorrow. It shows lack of commitment in one's relationship. It is an act of betrayal.
4. Domestic violence makes people unhappy. it has always let to bodily injuries and death among others.
5. Political instability is the cause of unhappiness. It is always associated with the loss of lives, destruction of property and the feeling of insecurity.
6. People are unhappy because of discrimination basing on sex, tribe, religion and status among others. This becomes the source of insecurity and makes people to feel unwanted and useless in the society.

7. Barrenness or infertility in marriage causes unhappiness in many families. This is especially if one partner desires to have children.
8. Poverty causes unhappiness today. The poor people may fail to provide basic needs for themselves and this leads to misery.
9. Exploitation of workers makes so many people unhappy. In some work places, there is low payment, delayed payment and over working among others.
10. Cultural rigidity causes unhappiness to many people. Some cultures deny the individuals their freedom and lead to suffering in different forms like the circumcision of the female among the Sebei people.
11. Divorce causes unhappiness. It comes with the feeling of being rejected thereby causing shame and discomfort.
12. Mob justice causes sadness. It publicly humiliates the suspected criminal including his or her family members. This means that such people become a laughing stock before the public hence leading to unhappiness.
13. The existing level of poverty in Uganda today is a major factor causing unhappiness. It renders an individual helpless to acquire basic needs such as food, education, medical care, clothing and others.
14. Corruption is also causing unhappiness today. This is a practice where some civil servants misuse facilities meant to benefit the public for their own gains. This is selfishness and greediness that causes suffering to others.
15. Unwanted pregnancies are responsible for unhappiness today. The girl or the woman and the man may not be ready to bear the child for one reason or another. It is even made worse on the side of the woman who may not know the man responsible for the pregnancy or when the man denies the responsibility.
16. Diseases including AIDS, malaria, cholera and others today are causing unhappiness. This is as a result of continuous body weaknesses that render an individual helpless to do anything.

HAPPINESS IN AFRICAN TRADITIONAL SOCIETY

In African traditional society, there were commonly accepted values that guided people's life. Therefore, everybody knew and understood what it was meant to be happy. The main ideas of about happiness include the following.

1. According to the traditional Africans, happiness meant a state of being contented with what one had or what one was.
2. Happiness in traditional Africa was being in harmony or good relationship with the spirits (goods), deceased ancestors, neighbors, and tribes. It was believed that one would receive blessings through this kind of relationship.
3. Happiness in traditional Africa laid in having good harvest and plenty of food. This was an insurance against famine within the homestead.
4. Happiness in traditional Africa was being in possession of material wealth such as land, cattle, sheep, goat and others. People with such materials were highly respected in the community.

5. Happiness in traditional Africa meant being faithful to customs or the traditions of the society. Such traditions created a sense of belonging.
6. Being elderly and wise was considered happiness in traditional African society. The wise elderly held status in the community because of using their wisdom to guide other members. They were therefore considered the light of the society and given much respect.
7. Happiness in traditional Africa was understood as having power and prestige. Leaders such as Kings, chiefs, clan leaders and others were given much respect and were therefore happy.
8. Happy in traditional Africa was linked to having many children. Children were considered God's blessings to the marriages, source of labour and insurance against old age among others. People with children were therefore happy basing on this ground.
9. In traditional Africa, happiness meant being married. Marriage was compulsory aspect of social life. Being married therefore meant being loyal to the existing culture.
10. In traditional Africa, happiness also meant being faithful to one's role in society. This was because fulfilling one's duties like being a mother, a father, and a son etc. created unity and the sense of belonging among the members.
11. Being healthy was considered happiness in traditional Africa. This was an indication that one was in good terms with the ancestral spirits. It is meant that one could live for a longer period.
12. Marrying many wives was a source of happiness for men in traditional Africa. Such men were respected because of the responsibility they had like feeding the many wives and their children. The respect given to such a man brought them happiness.
13. Happiness in traditional Africa was understood as sharing all the resources within the community like land. This explains why the poor and the disabled were not considered failures in life. This prevented selfishness and eliminated suffering among the people hence creating joy.
14. Having talents was considered happiness. Such talents like being a medicine man or woman, diviners and pottery among others that served the needs of others in various ways created happiness.
15. In traditional Africa, happiness was being prosperous but not at the expense of others. The prosperity of an individual was for the benefits of all members in the community.

Revision questions

- Qn.1. Explain the traditional African understanding of happiness.**
- Qn.2. What was meant to be happy in African Traditional Society?**
- Qn.3. Explain the main ideas about happiness in the African past?**

OCCASIONS OF HAPPINESS IN TRADITIONAL AFRICA

They were popular moments when people in African tradition could come together and express their joy. Such moments were characterized by celebrations or feasting; slaughtering of animals and birds, drinking, singing and dancing formed part of the occasions. These events include the following;

1. Child birth was an important social event that the traditional Africans celebrated together. Goats and chicken were slaughtered to welcome the new member of the family.
2. Initiation ceremonies such as circumcision and puberty rites were also occasions of happiness in traditional Africa. In such ceremonies, the Africans celebrated one's passage from one stage of life to another like a boy becoming an adult man.
3. The traditional Africans celebrated marriage or introduction ceremonies. Animals and birds such as cow, goat and chicken respectively were slaughtered accompanied with drinking beer, singing and dancing. This was done in bidding farewell to the outgoing member of the family and to recognize the newly acquired status of the two partners.
4. The traditional Africans also celebrated the beginning of a good harvest season. They could offer sacrifices as a way of appreciating God for the blessings in the form of good harvest. This called for celebration because it guaranteed security against famine.
5. Victories in wars were also celebrated in traditional Africa. Victory in wars meant security against loss of lives, property and foreign domination by other tribes.
6. In some societies, the enthronement of a king was an occasion that brought joy among the traditional Africans. The enthronement was associated with a series of rituals and feastings. This was because it was a fulfillment of their cultural set up.
7. House warming was also an occasion of happiness in traditional Africa. This was a day when the traditional Africans could celebrate the entrance into a new house. It was associated with eating, singing and dancing.
8. Official traditional welcome of twins was an occasion of happiness. The coming of twins in some African understanding signified misfortune to happen in the near future. Because of this they sacrifice and feasted as a way of trying to cleanse or "wash away" the would-be misfortune.
9. Beer party was also an occasion of happiness in traditional Africa. This was usually organized after a particular task or work had been completed. In such a party, people could eat, drink, sing and dance.
10. Acquiring land was another occasion of happiness in traditional Africa. This was because land was the most valuable resource in the community's life.
11. Successful hunting expedition contributed to happiness among the traditional Africans. This was because they believed that the ancestral spirits blessed the successful hunting.

12. Children naming called for celebrations among the traditional African. Some names were given basing on the circumstances surrounding the birth. Such names helped the Africans to identify themselves and describe the condition they living.
13. Some African people were happy on seeing a new moon appearing. For example, among the Khoi-Khoi of South Africa, the appearance of a new moon showed the presence of their god and therefore they were happy.

Revision Questions.

Qn.1. On what occasion were the people of African Traditional Society happy?

Qn.2. Explain the particular moments in African tradition where the people expressed joy.

CAUSES OF UNHAPPINESS IN TRADITIONAL AFRICA

1. Having bad relationship with the ancestral spirits caused unhappiness. They believed that this could result into curses.
2. Having poor harvest caused unhappiness in traditional Africa. This was because of the expected famine that could befall the population.
3. Lacking material possessions such as land, cattle and goats among others caused unhappiness in traditional Africa. This was a sign of poverty and suffering.
4. Unhappiness in African traditional was caused by lack of faithfulness or failure to follow the customs or the traditions. In such a case, other members of the community isolated such individuals.
5. Losing wars also resulted into unhappiness in traditional Africa. This was because of its consequences such as loss of lives, foreign domination and loss of property.
6. Failure to produce children in a marriage caused unhappiness in traditional African. This was because of the belief that the ancestral spirits could have cursed the couple.
7. Failure to get married brought about unhappiness to traditional Africans. Single life was never accepted and was considered as going against the culture where marriage was compulsory. The unmarried people were considered social misfits and were always isolated.
8. Death of human beings and even animals caused unhappiness in traditional Africa. This was because death was taken to be unusual, a curse and a misfortune.
9. Being sickly caused unhappiness in traditional Africa. Sick people were believed to be in bad terms with the ancestral spirits.
10. Failure to show commitment to one's social roles like being a father, a mother and others caused unhappiness in traditional Africa. This was a disgrace in the life of the community.
11. Anti-social behavior such as witchcraft, theft and murder also caused unhappiness in traditional Africa. This was a sign of one's disloyalty in serving the needs of the community.

HAPPINESS IN CHURCH HISTORY

1. Happiness in the early history of the church came from the belief in the gospel Jesus Christ had started. People found joy in being Christians because it was a way of serving others and obtaining salvation.
2. The resurrection of Jesus Christ was a source of happiness to Christians. The Christians saw this resurrection as their source of strength and their own resurrection. (1 Corinthians 15).
3. Christians also obtained happiness when being persecuted for the sake of the gospel. They felt happy when they suffered because of their religion and some even accepted to be martyred following the example of Jesus Christ. (2 Corinthians 11:24-27, Romans 8:9-20).
4. At a later history, Christians found happiness by believing in renunciation. The Monks and the Nuns who lived in the North Africa initiated this and urged that true happiness could only be achieved by doing without the pleasures of the world such as eating food, sexual intercourse and others.
5. Christians found happiness through praying constantly. This was a direct way of communicating with God. In their prayers, they thanked and requested God for the provision of their daily needs.
6. Some Christians achieved happiness by helping the needy such as the poor, widows, disabled and others. They believed that they were doing it for Christ himself who also did the same during His ministry. (Matthew 25:45).
7. The early Christians found joy through performing miracles. Such miracles like healing the sick, the lame and others brought glory to God's name and His kingdom.
8. Carrying out water baptism brought happiness among the Christians. This signified the growing number of God's children and the good preaching being carried out.
9. Some Christians, especially the Monks and the Nuns, found joy in providing educational services. They built schools and health centres to deliver God's people from their various suffering like diseases and illiteracy.
10. The Monks and the Nuns found joy through engaging in productive work such as agriculture. They cultivated crops and distributed the output to the needy.
11. Easy spread of the gospel brought joy to Christians. This meant that the kingdom of God was growing and a sign of salvation.
12. The Christians found joy while celebrating important religious days such as the Pentecost, Easter and others. Such days reminded them particular events in the growth of Christian faith.
13. Building church structures also brought joy to the Christians. This was because it signified the growing number of God's children.
14. Fasting made some Christians happy. It was through which they could dedicate themselves and mediate on God's provision for them. This denied themselves food, drink and even sexual intercourse for a given period of time.

15. Some Christians found joy by writing inspiring letters to others. This was a way of sharing their Christian faith. St. Paul wrote so many epistles to various Christian communities like Corinth, Galatia, Rome and others.

HAPPINESS INSPITE OF DIVERSITY (SUFFERING)

Some Christians in the history of the church remained happy when they were suffering. Such personalities and groups of people included;

Ignatius.

- He was the first Christian slave but he did his slavery work with joy because he was a believer in Christ.
- He found more joy when he was ordained as a bishop of Antioch in Syria.
- He remained happy when he was imprisoned for his belief in the gospel of Christ.
- Ignatius was always joyful when writing thanks giving letters to the Christians who were visiting him while he was in prison.
- He was joyful when being murdered by a gang of brutal soldiers for the sake of believing in Christ.
- He used to sing songs of praises while he was in his slavery conditions.
- He continued the preaching of the good news of salvation at the climax of his suffering.
- He endured a lot of suffering for Christ with a lot of joy. He knew that he would be rewarded in the heavenly kingdom.
- Ignatius was happy when he attained freedom from spiritual slavery. (slavery of sin through repentance).
- He continued praying for the unity of the church while he was in deep suffering.

Bishop Cyprian.

- He was a bishop of Carthage in North Africa. He did not experience suffering in his life but found happiness in the following ways.
- He was happy when he got converted to Christianity because this was the beginning of understanding of gospel truth that later inspired him to become a bishop.
- He was a man filled with happiness on the day of his baptism. The knowledge that had joined the family of God brought joy to him.
- He found joy through repentance which made him right with God.
- He preached the good news of salvation to many of his followers with a lot of joy.
- Reading the scriptures gave him a lot of joy for it was important in keeping him strong in his faith.
- Having numerous believers made him so happy. He had thought that was something impossible because of his sinful background.
- He was happy when he felt that the Holy Spirit had filled him up. This gave him courage to do his work even in times of difficulties.

St. Augustine of Hippo.

- Augustine praised God at a time he lost his beloved mother. He therefore thanked God for having taken his mother's life.
- He was joyful because of his belief in the resurrection of Jesus Christ.

The Monks and the Nuns.

- They enjoyed living in harsh conditions in the desert but continued to be happy because they were living with life of Christ.
- They lived in isolation as they looked true happiness. This made them to appear to be anti-social.
- By renunciation, they gave up all the pleasures of the world including smiling, sexual intercourse and sometimes doing without food.
- They chose to be poor and yet they remained happy in that kind of life.
- They enjoyed working on their own despite the difficult agricultural work in their gardens.
- They joyfully provided for the needy like widows and orphans even when they were also poor.
- They were happy when they were insulted by the non-believers because of following the gospel of Jesus Christ.
- They praised God when they were faced with persecution from their own people.
- They accepted to be put to death with happiness and joy because they believed they would come back to life like their savior Jesus Christ.
- They lived in a life of self-denial and continued to be happy. They stayed without food and no proper source of water.
- They joyfully accepted to be disowned by their own people because of their new faith.
- They disobeyed the orders of the king because of believing in the good news of salvation.
- Even when they threatened to death, the martyrs continued praising and worshipping God.

Missionaries in Africa.

- They endured the harsh conditions in Africa but continued to be happy when spreading the good news of salvation.
- Some of the missionaries died in the process of their work but their colleagues continued doing the work joyfully.
- The early Christians continued to be happy despite their being persecuted for believing Jesus Christ.
- They suffered from poverty and continued to be happy because Jesus had lived in the same way.
- They moved long distances in their missionary journey but with a lot of joy.

- The Christians continued praising God with goodness even at the time they saw their friends killed.
- There were always threatened by the political authority but they continued with their work. They were happy to identify themselves with and helping the needy including the widows and the orphans.

UNHAPPINESS IN CHURCH HISTORY

Just like any other human beings, Christians experienced sadness in their lives. This was caused by the various sufferings they underwent. This came about as Christians tried to look for true happiness as seen below;

1. The suffering and the eventual death of Jesus Christ caused unhappiness among Christians. The Christians lacked knowledge on Jesus' coming and were grieved to see him suffering and dying.
2. The persecution of Christians in various communities also brought sadness in their faith. The disciples in particular suffered persecution with some even being killed like Stephan. This caused fear, which resulted into unhappiness.
3. Spiritual rivalry especially among the disciples brought sorrow in the Christian faith. Some apostles spoke in tongues, while others performed miracles. This caused disunity, which resulted into unhappiness.
4. The predestination doctrine brought by John Calvin of Switzerland caused unhappiness in church history. Calvin argued that God had already determined the destiny of all human beings before birth. He stressed that one could either go to heaven or hell and that nothing human could be done to change the arrangement. This caused panic among the Christians, which resulted into unhappiness.
5. The sale of indulgence that became a business in the church was responsible for man's unhappiness. The church leaders encouraged Christians to give gifts especially money to the church so that their sins were forgiven before being granted salvation. This caused unhappiness to the poor who could not afford pay because they knew that they could go to hell after their death.
6. Unhappiness in church history came as a result of slavery and slave trade. Such victims were over worked and yet less attention was paid to their welfare. This limited their freedom and caused a lot of pain on them this eventually resulted in unhappiness.
7. Christians experienced unhappiness due to poverty. Besides failing to support themselves, Christians had the duty of providing basic needs to the poor, orphans and the widows with food and shelter. This even made preaching the good news difficult.
8. Christians experienced sadness due to long unpleasant missionary journey they engaged in. They faced oppositions, harsh climate and inadequate facilities. This made life more difficult for the Christians to bear.
9. Oppression of Christian minority also caused sadness. In the Roman Empire more especially during the reign of emperor Nero, the Christian minorities were blamed

for any small mistakes. For example, the Christians were at one time persecuted as having burnt the city yet they were innocent.

10. The missionaries who came to Africa used a threatening method of preaching the good news. This caused discomfort and frightened the Africans because of the preaching that whoever had not heard the gospel could go to hell.
11. The restrictive nature of Christianity was responsible for unhappiness among the Christians. Christianity came to be viewed as a religion full of don'ts that limited the freedom of people.
12. Unhappiness in church history was caused by the renunciation practiced by the Monks and the hermits in North Africa. They lived and encouraged their followers to live a self-denial life by doing without the pleasures of the world such as drinking, dancing and sexual intercourse. This was based on the belief that it could give them more time to enjoy friendship with God. This instead caused suffering among the people, which resulted into unhappiness.
13. Christians in church history experienced unhappiness during the inter-denominational conflicts. This was especially between the Catholic and the Protestant. The Catholics labelled the Protestants as rebels and that they would go to hell. This resulted into contradiction with the effects being disastrous.
14. Unhappiness in the church history came as a result of the martyrdom of Christians. In Uganda, the burning of the first Christian converts in 1886 caused fear and panic to other Christians who were still alive. This made them unhappy.

HAPPINESS IN THE OLD TESTAMENT

1. God is a source of joy for mankind. He was joyful after completing the given piece of creation. (Gen 1:31).
2. Completing a given piece of work in the most desirable way gives joy to mankind. God experienced happiness after completing his works of creation.
3. God gave the human beings the worldly resources like plants and animals to use for their happiness. Therefore, man's joy comes from depending on God's provision (Genesis 1:27-30).
4. By creating human beings as male and female in his image, God wanted man to enjoy a close relationship with (Genesis 1:26).
5. Man's happiness comes from enjoying the company with others. This was seen as the man felt so lonely before the woman was created. Upon the creation of a woman, the man was filled with happiness (Genesis 2:18-25).
6. Disobedience brings unhappiness in man's life. The first human beings disobeyed God's command by eating the forbidden fruit and the result was unhappiness (Genesis 3:1ff).
7. Selfishness and jealousy are the root causes of unhappiness. Cain was selfish and became jealousy of his brother Abel and was punished by God. Therefore, there is need to share our belongings for a man to be happy. (Genesis 4:1ff).

8. Happiness comes from depending on God's provision. God gave the worldly resources to the first human beings to use for their own happiness and Adam and Eve ate the forbidden fruit they experienced sadness (Genesis 26-28).
9. The Old Testament points out that life of man consists of joy and sorrow (Ecclesiastes 3:4). God set time for everything including time for sorrow and the time for joy.
10. Giving birth among the Israelites was a source of joy. Hannah, the wife of Elkanah filled with joy when she gave birth to Samuel. (1 Samuel 2:1ff).
11. Happiness meant being free from any human act including slavery. The Israelites celebrated the day of their freedom from slavery in Egypt (Exodus 12:1ff).
12. Happiness in Israel was enjoying God's blessings. Hannah was filled with joy when she was blessed with a baby boy whom she named Samuel (1 Samuel 2:1ff).
13. Possessing the land promised to them was a source of happiness to the Israelites. They celebrated taking over the Canaan land from their enemies the Canaanites.
14. The presence of God among the Israelites meant being joyful. King David together with the rest of the Israelites sung and danced as the covenant box was returned to Jerusalem. This covenant box represented their God (2 Samuel 6:1).
15. The happiness among the Israelites was dependent on worshipping only God. God told them that worshipping many gods would make them to be punished. This was later proved when they suffered from 2-3 years' drought because of king Ahab's mistake of worshipping the gods of his wife Jezebel (1 Kings 18:1ff).
16. The righteous are called to be happy and give praise to God to His mighty acts (Psalms 33:1).
17. Happiness was having an earthly king. The Israelites sung and danced with a lot of joy as they received Saul as their king.
18. Suffering in the form of illness caused sadness among Israelites. Job was overwhelmed by the skin diseases which made him to curse the day he was born (Job 3:1ff).
19. Happiness is being in union with one's fellow men (Psalms 133:1ff). the biblical text points out that it is wonderful and pleasurable for God's people are to live together in harmony.
20. Happiness means sharing and enjoying the fruits of one's labour (Psalms 128:2).
21. Happiness means fulfilling one's promises like God giving Canaan to Israelites (Deuteronomy 4:1, 6:24, Psalms 37:1ff). this was an act of God leading the Israelites to discover the way to happiness.

Revision Question

Qn.1. Explain the Old Testament teaching about happiness.

Qn.2. How can you use the Old Testament teaching to be truly happy?

- Look unto God for our happiness.
- We should complete the task before us in a desirable way or do our work thoroughly.
- We should depend on God's provision.

- We should be close to God by sharing our feelings with him.
- We should be a company of others. Adam was lonely before Eve was created.
- We should obey the laws or rules and regulations of the society unlike the first man who disobeyed God's command and they were punished.
- We should share what we have with other people.
- We should be fair and promote justice in human relationship.
- We should seek blessings from God.
- We should set a side time for everything.
- We should be righteous in our conducts.
- We should worship only one God.

OCCASIONS OF HAPPINESS IN THE OLD TESTAMENT

1. The Israelites celebrated the Passover event. On this day, God commanded the Israelites to feast in celebrating the end of their slavery in Egypt and Mark the beginning of their movement to the promised land (Exodus 12:1ff).
2. The people of Israel created the covenant renewal of Shechem. On this day, they re-affirmed their faith with God accompanied by offering sacrifices (Joshua 24:1ff).
3. The Israelites enjoyed having God's provision in the form of food. God gave them manna and quails as they were on their way to the promised land (Exodus 16:1ff).
4. The Israelites were also happy after receiving the physical king appointed by God. They sang and danced when God gave them Saul as their first king following their request for a physical leader. (1 Samuel 10:23-24).
5. The return of the ark of the covenant from the Philistine was an occasion that called for celebration among the Israelites. They danced because it signified the presence of God among them. (2 Samuel 6:5-16).
6. The killing of Goliath by David brought happiness to the Israelites. This was because Goliath had over powered and caused great suffering onto the Israelites. His death was therefore a relief that prompted celebration. (1 Samuel 18:5-7).
7. The Israelites were filled with joy when the building of the temple was completed and finally dedicated to God. They celebrated this about one week because it signified that their God (Yahweh) could be kept in a safer place. (1 Kings 8:65-66).
8. The celebration of special feasts including the unleavened bread and the tabernacles was an occasion of happiness among the Israelites. This became the tradition in commemorating the exodus events. (Exodus 34:18-22).
9. Elijah's victory over the prophets of Baal was also an occasion of joy. It was in this victory that the Israelites came to realise that Elijah's God was the true God because the God brought back rain after three years of drought. This made the Israelites to sing and dance with joy. (1 Kings 18:41-45, 19ff).
10. The relief of Job from long illness brought happiness among the Israelites. They feasted because Job was given more blessings. (Job 42:10-16).

Revision Question:

Qn.1. On what occasion were the people of Israel happy?

Qn.2. Identify events in the Old Testament that brought happiness to the people.

UNHAPPINESS IN THE OLD TESTAMENT

The book of the Old Testament does not only bring out events of happiness in human life. Even though God had done everything possible for man's happiness. Man made mistakes and lost his happiness as seen below.

1. The disobedience of man as recorded on Genesis 3:1ff brought sadness in his life. Adam and Eve disobeyed God's command and ate the forbidden fruit. This resulted into the punishments that made them unhappy. man's disobedience therefore caused unhappiness because of the following.
2. Man experiences sadness because of his selfishness and jealousy. It was out of such that Cain killed his brother Abel. The punishment God gave him there after made him sad. (Genesis 4:1ff).
3. Man lost his happiness through his greediness, false wisdom, lack of faith and trust in God. This is reflected in the story of the builders of the tower of Babel who wanted to reach God. God instead punished them by mixing their languages and destroying the tower itself. This made them unhappy (Genesis 11:1ff).
4. Man experienced sadness through the drunkenness of Noah. Out of this, Noah cursed his son who had seen his nakedness. The suffering that the cursed son experienced caused sorrow in the whole family. (Genesis 9:20-25).
5. The flood man experienced was responsible for his sadness. The flood that lasted for forty days was God's punishment to the people who has become disobedient. (Genesis 7:1).
6. The sale of Joseph by his brothers to Egypt was an event of sadness in the Old Testament. Jacob, who was the father of Joseph, was grieved by the disappearance of his beloved son. It was also this sale that later on led to the movement of Jacob's family to Egypt where they were eventually enslaved. (Genesis 37:31-35).
7. The sin of immorality in the city of Sodom and Gomorrah resulted into sorrow. This was because God destroyed the cities because of the attempted rape by men living there. (Genesis 19:1ff).
8. Man experienced unhappiness through the rape of Dinah (the daughter of Jacob and Leah) by Shechem (the son of Hamos). As a result of this rape, Jacob's sons murdered many people including those from Shechem's family. (Genesis 34:1ff).
9. The enslavement of the Israelites in Egypt caused sadness not only to them but also to God. The Israelites were subjected to prolonged suffering because of over working. It was this kind of suffering that made God to call and commission Moses to go and deliver His people. (Exodus 3:7ff).
10. Man lost happiness through the provocations as reflected in Elkanah's family. Peninnah provoked Hannah who was her co-wife basing on her failure to produce

- children. This was a dilemma that kept Hannah in a sorrowful state. (1 Samuel 1:5-8).
11. The Old Testament brings out sadness when the Israelites demanded a physical king. Samuel who was the high priest was grieved. This demand did not please God because it meant the Israelites had rejected His divine authority that rescued them from the Egyptian slavery and led them to the promised land. (1 Samuel 8:6-8).
 12. Man experienced unhappiness through the forced labour especially during the time of kings. For example, king Solomon subjected his people to forced labour during the building of his palace. (1 Kings 5:13-16).
 13. The misery of diseases and death caused unhappiness in the Old Testament. For example, the sickness of Job did not only bring sadness to himself but to the entire Israelites community. (1 Kings 21:1ff).
 14. The greediness of king Ahab caused unhappiness among the Israelites. King Ahab grabbed the vineyard of Naboth and went ahead to recognize his death after the plot by his own wife. This angered the Israelites, the prophets and God (1 Kings 21:1ff).
 15. Man lost his happiness through the practice of corruption and bribery. God punished the Israelites because of these evil acts (Micah 7:1ff).
 16. The worshipping of idols resulted into man losing his happiness. This became common among the Israelites during the time of kings. It annoyed the prophets and God responded by punishing the Israelites because it reflected they are disobedient to the covenant law of not worshipping other gods.
 17. There used to be discrimination among the people of Israel. For example, kings like Solomon and Rehoboam discriminated against the northern tribes and treated them with a lot of cruelty.
 18. The people of Israel suffered from natural disasters particularly drought. This was during the reign of king Ahab and the prophetic ministry of Elijah. Many people cried out because of the consequences of the drought which included starvation and death among others.
 19. The people of Israel were sad for being in exile in Babylon. They cried out to God to rescue them from their suffering.
 20. Grabbing of property resulted into sorrow among the Israelites. King Ahab grabbed the vineyard of Naboth.
 21. The Israelites were unhappy because of their unrepentant ways. For example, God punished king Solomon because of being unrepentant.

Revision Question

Qn.1. Identify in the Old Testament where man experienced unhappiness, sorrow and sadness.

Qn.2. How did man lose their happiness in the Old Testament?

HOW THE EATING OF THE FORBIDDEN FRUIT RESULTED INTO UNHAPPINESS

1. Both the man and the woman were chased out of the garden of Eden and therefore they lost God's free provision.
2. The man and woman became ashamed of themselves particularly when they realized they were naked.
3. They became afraid of God and this was the reason why they went into hiding.
4. The man blamed God for putting a woman with him meaning that there was a broken human relationship.
5. God cursed the soil for the survival of human beings saying that it was going to produce weeds and thorns.
6. God cursed the man to begin surviving through his own sweat by working hard.
7. God punished the woman by making her experience pain during delivering.
8. God put the woman under the man's control. She was therefore to be submissive to the man.
9. God punished the woman by making her to have a special desire for a man.
10. God punished human beings by death. They were to go back to soil from where they were formed.
11. The human beings were cursed to eating wild plants meaning that they had lost free provision from God.
12. The human beings and other creatures started being enemies. Man started fearing a snake.
13. Sin entered into the world and this was the beginning of man's suffering through evils.
14. Man lost his immortality. He was cursed back into the soil from which he was formed.

Revision Questions

Qn.1. Explain how the eating of the forbidden fruit resulted into man's happiness.

Qn.2. How did the disobedience of man in Genesis 3 lead into their own unhappiness?

HAPPINESS IN THE NEW TESTAMENT

The coming of Jesus Christ brought the good news of salvation. This became the main source of happiness to mankind. God made him man and his coming fulfilled the prophet's vision (John 1:1-5 and Isaiah 11:1-9). The New Testament gives the following teaching about happiness.

1. Happiness is having the belief in the good news preached by Jesus Christ. Through this believing, man is able to achieve salvation (Luke 4:18ff).
2. Happiness comes from knowing that God is our father and that we are His sons and daughters. This is the only way through which man would inherit His kingdom. (John 19:27).

3. Happiness is the fruit of a continuing struggle to get rid of selfishness. Jesus emphasized that selfishness is the barrier to man's relationship with God and neighbors. (John 13:1 and Mark 14:34).
4. Happiness is being open to the invitation of Jesus Christ. Zacchaeus experienced happiness when he opened himself to good news of the kingdom in response to Jesus' invitation (Luke 19:1-10).
5. Happiness is having freedom from slavery, diseases or anything that causes discomfort to man. Jesus' miracles of healing the sick and the dead made his followers happy. (Luke 5:15).
6. Jesus denied that wealth security or political success were necessary for happiness or proof of God's approval to man. He points out that its man's heart and soul that are important. (Matthew 19:16-30, Mark 10:17-23 and Luke 18:18-25).
7. Christ also denied that the strict observance of the mosaic laws could guarantee salvation, which is the source of man's happiness. He is of the view that is man to benefit from the laws instead of the laws taking advantage of man. (Matthew 12:1ff).
8. Happiness is being united with Jesus Christ. This union is seen as the key to loving and thanking others even during difficulties (Philippians 4:1ff).
9. Happiness is being with God in the heavenly kingdom. God is presented as the loving father doing everything for His children to achieve happiness. (Philippians 21:1-4).
10. Christ emphasizes that the sorrow caused by death is not permanent. He pointed out that this would be followed by joy that lasts forever (John 16:16-22).
11. Jesus encouraged forgiveness and reconciliation for the believers to be happy. He talked about the prodigal son who was accepted back by his father with a great festival.
12. Happiness according to Jesus Christ is living by the beatitudes. He showed his followers the true nature of happiness which included being humble and merciful among others.
13. Jesus Christ advised His followers to believe in the heavenly treasures and work for them so that they may be truly happy. He therefore said wealth, security and political success are not necessary for one's happiness.
14. Jesus called upon every believer to be happy on the day of judgment. On such a day, the righteous would be together with the father in heaven.
15. Saint Paul said that Jesus' resurrection is a source of happiness to every believer. By it every believer is assured of coming back to life.
16. Happiness comes from having the love for God and fellow men.
17. Jesus' miracles were to offer man full happiness. His miracles had power over sins, the barrier to man's happiness (John 8:11, Luke 7:1ff, Matthew 9:4-8).

JESUS' TEACHING ON TRUE HAPPINESS (IN THE BEATITUDES – MATTHEW 5:1-11 OR LUKE 6:20-23)

1. Happiness is being spiritually poor. The kingdom of God belongs to such people (Matthew 5:3).
2. Happy are those who mourn. God will comfort them (Matthew 5:4).
3. Happy are the meek (humble). They will receive what God promised (Matthew 5:5).
4. Happy are those who are hungry and thirsty for the righteousness. God will fill them fully (Matthew 5:6).
5. Happy are the merciful. God will also be merciful to them. (Matthew 5:7).
6. Happy are the pure in heart. Such people will see God. (Matthew 5:8).
7. Happy are those working for the peace of mankind. God will make them His children (Matthew 5:9).
8. True happiness is being persecuted for what God requires. The kingdom of heaven belongs to such. (Matthew 5:10).
9. Happy are those insulted, persecuted and having all sorts of lies and said against them because of following Christ. A great reward waits in the heavenly kingdom (Matthew 5:11).

Revision Question.

Qn.1. Basing on the words and actions what should Christians do to be fully happy?

- Should be poor spiritually.
- Should be faithful.
- Should be merciful to others.
- Should allow to be persecuted.
- Should preach the good news of salvation to others.
- Should respond to God's call in faith.
- Should be humble in faith.
- Should encourage righteousness in their ways.
- Should forgive and reconcile.
- Should work for peace.
- Should know that God loves every one.

CHRISTIAN OCCASIONS OF HAPPINESS

1. Christmas day where Christians celebrate the birth of Jesus Christ, the savior who came to deliver man from his sins.
2. Good Friday where Christians celebrate the day Jesus died on the cross. This means that man would achieve salvation.
3. Easter day where Christians celebrate the day Jesus Christ resurrected. This is a sign that death is no more to Christians.
4. Ascension Day where Christians celebrate the day Jesus went back to heaven to prepare the heavenly kingdom for them.

5. Baptism day where Christians celebrate the increasing number of people joining God's family.
6. Confirmation day where Christians celebrate their declaration to remain firm in their faith.
7. Holy matrimony (wedding) where Christians celebrate fulfilling God's divine plan for marriage.
8. Ordination day where the Christians celebrate the consecration of church leaders who are important in developing and strengthening the spiritual lives their people through spreading the good news.
9. Holy communion where Christians remember the last supper Jesus Christ had with the apostles before being arrested and eventually put to death through crucifixion.
10. All Saints' days. Here some Christians celebrate and remember great personalities who died in their Christian faith after offering important services.
11. Starting a new church. This is an indication of growth within the Christian community.
12. Fellowship where Christians come together, share experiences and encourage one another to remain firm in their faith.

UNENDING LIFE

The phrase “unending life” means life without an end. It is the continuation of human life in another form usually in the form of spirit or soul in the world which is invisible.

Unending life comes after a person has died. The belief in unending life comes from the fact that the body of each person comprises two parts that is the physical body and the soul or the spirit.

The belief is that the physical body is mortal (can die) while the soul or the spirit is immortal (cannot die or lives forever).

Therefore, for one to attain unending life must first lose the physical body in the process called death.

Death is, therefore, a point in life when the physical body is transformed to a spiritual being.

Death can also mean a point in life when the immortal soul leaves or separates from the mortal body.

Many words can be used to describe the life that is attended after the physical world or death. Such included;

- Life here after.
- An afterlife.
- Life after death.
- Eternal life.
- An everlasting life.

UNENDING LIFE IN THE PRESENT SITUATION (OPINIONS AND VIEWS ABOUT UNENDING LIFE)

1. Death is accepted as a reality in life for every human being experience. For this matter, it is an avoidable.
2. Some people believe that there is life after death. They accept that they would continue to exist in a spiritual life after this physical form.
3. However, to some people life after death is non-existent. This is the view held by the scientists and the highly educated among others.
4. Some people are believed that life after death is determined by morality or the way one behaves. The righteous are rewarded with eternal life and the wicked are punished with a life of suffering.
5. Some people look at death as a mystery and something that remains difficult for the human being to understand and explain.
6. Some people turn to death when they face extreme difficulties in life like poverty and incurable diseases among others. Such people feel that it is better to be dead than to continue with their suffering and therefore, commit suicide.

7. Death is taken to be brutal, rude and cruel by some people. It robs them off their beloved and dear ones unexpectedly.
8. News about the death of good and righteous people is treated with a lot of sorrow and sadness. It is great loss compared to the death of the wicked.
9. The death of the young ones or children is taken to be more painful than the death of an old person. This means that by dying the old people are assumed to have rested.
10. Some people believe that there is judgment at the point of death. The righteous would be given place in the kingdom of God and the wicked condemned to hell.
11. Some people believe in the resurrection of the body. The Christians in particular believe that they are going to share the resurrection with Jesus Christ.
12. Many people prepare themselves for life after death by being morally upright, repenting their sin and helping the needy among others.
13. The souls of the dead are respected and remembered especially if before their death such people have been useful to community. They are remembered by giving their names to new born, roads and buildings.
14. Some people believe in purgatory. This is a place where Christians believe people are made pure of their sins or given before going to heaven.
15. Some people pray for the souls and through the soul of the living dead.

Revision Question

Qn.1. Explain the view held about unending life in your community.

Qn.2. How is the concept of life after death understood in the present situation?

HOW CHRISTIANS PREPARE FOR THE LIFE TODAY

1. Going through the rituals of water baptism. This is intended to remove the original sin inherited from Adam and Eve as to live a pure life, which is a requirement necessary for joining the kingdom of God.
2. Carrying out confirmation. This is a means of re-affirming one's faith and belief in the gospel.
3. Sharing Holy Communion (Eucharist). This is because the body and blood of Christ sealed the new relationship between man and God.
4. Engaging in prayers. This is a direct means of communicating man's needs to God and a way of expressing gratitude for the blessings received. Prayer is therefore a way of keeping in touch with the Kingdom of God.
5. Some people repent their sins. This is a way of confessing and condemning one's sins so as to embrace righteousness required by God.
6. The sick are anointed so as to obtain the divine blessings of God in their last stages of their worldly life.
7. Other people attend bible studies and fellowships. Here Christians share their experiences, faith and give courage to one another to remain firm on the course of inheriting the heavenly kingdom.
8. Some have taken the duty of preaching the word of God. This is done in following the example of Christ who also did the same before his arrest, death and resurrection

where he instructed his apostles to evangelize the whole world before he went back to heaven.

9. Christians are carrying out charitable work in preparing for eternal life. They give support to the needy such as orphans, poor and disabled. By doing this, Christians are following the example of Christ their savior who also did the same.
10. Some Christians go in for holy matrimony. This is with the intention of fulfilling God's divine plan for marriage as recorded in Genesis 1:28.
11. Some Christians pay tithe to church as a way of expressing their loyalty to God. This is because God is the giver of everything.
12. Other people have embarked on reconciling conflicting parties in search of peaceful living. Christ also reconciled man with God and man with man.

Revision Questions

- Qn.1. In what way do Christians prepare themselves for the life after death?**
Qn.2. Explain the activities that Christians do to get ready for eternal life.
Qn.3. Explain how Christians prepare themselves for unending life.

CAUSES OF DEATH TODAY

1. Diseases like AIDS, malaria and cholera.
2. Accidents through vehicles, drowning and electrocution.
3. Natural disasters such as landslides, earthquakes and flooding.
4. Domestic violence such as child and women battering.
5. Committing suicide through self – poisoning, hanging and jumping into water.
6. Wars i.e. many do lose their lives in the battle fields.
7. Old age. This is a natural way of dying after being tired and worn out.
8. Mob justice. This is because it is associated with serious beating, kicking, stoning or burning to death.
9. Armed robbery where victims are killed with the intention of destroying the evidence.
10. Government policy of sentencing criminals to death through hanging.
11. Abortion. This is the deliberate expulsion of the foetus from the mother's womb. Facing the foetus may cause some implications and over bleeding.
12. Child birth.
13. Drug abuse e.g. taking opium, cocaine and marijuana.
14. Poisoning food, drinks or pouring acids.

HOW CHRISTIANS VENERATE OR REMEMBER THE DEAD

These are the ways through which the Christians respect those who died in their Christian faith. In other words, it is giving honour and recognition to the contributions of a person towards the growth and development of the church.

1. Christians pray for the soul of the dead. This is done as a way of requesting God to grant eternal life.

2. Christians give the names of the dead to institutions in remembering them. For example, St. Mary's college Kisubi and Namirembe hospital.
3. Christians commemorate the days their colleagues passed away. In Uganda, 3rd June is a public holiday and is celebrated annually in recalling the day Uganda martyrs were burnt in 1886 because of their faith.
4. Christians remember their dead ones by building monuments. These are structures built resembling the dead. They are commonly known as statues and are always found in and around the church buildings.
5. Books are written about the dead. In such books, the life and the activities of the dead are explained for the living Christians to read and try to do the same.
6. Some of the Christians are canonized and called of saints. They are given such a name because of the roles they played in the church before their death. For example, Saint Paul, Saint Michael and Saint Mary among others.
7. The dead are venerated through embalmment. This is where the body of the dead is preserved to prevent it from decaying by the use of chemicals or electrification. In Gulu cathedral, the bodies of two bishops in the names of Angelo Negri and Kihangire were embalmed and are there for people to see.
8. Christians honor their dead ones by burying them in the church grave yard. People like the bishops, priests, pastors and the Nuns are always buried in such places prepared by the church.
9. Memorial services are also organized in honoring the dead Christians. In such services, prayers are said to dedicate the life of the dead to God.
10. Songs of praise are composed in the names of the dead. Such songs are sung regularly in the church during time for worshipping. Singing in the names of the dead reminds the Christians of their contributions.
11. Christians make pilgrimage as a way of respecting the dead. These are visitations to holy sites or areas of religious importance like Namugongo where the Uganda martyrs were burnt in 1886.
12. Christians build shrines to express their fellowship with the departed members. For example, Namugongo shrine was built in memory of the Christians who were burnt alive on the order of kabaka Mwanga in 1886 when they refused to denounce their faith in Christianity.
13. Christians consult the dead ones through prayers. They request them to intercede on their behalf in order to be granted salvation on the day of judgment.
14. Memorial lectures are organized in the names of the dead. Such lectures may be used to inspire the living to live exemplary lives as the dead had lived.
15. Christians give the names of the dead to the living ones especially the newly born babies. Names such as John, James and Peter are given in memory of the apostles of Jesus for their great services.
16. Organizations are also set in the names of the dead. These organizations are always formed to continue with the services of the dead to the community.

Revision Questions

- Qn.1. In what ways do Christians remember those who died in faith?**
Qn.2. How do the believers recall the lives of the fellow departed member?

REASONS WHY SOME PEOPLE DOUBT LIFE AFTER DEATH

The following are the reasons that make some people doubt the existence of the life after death.

1. The influence of science and technology makes it appear that there is no life after death. This is because such an idea cannot be proved.
2. The different approaches or views concerning life after death tend to make some people doubt its existence. This is because such different teaching end up confusing people.
3. Death has remained a mystery and something beyond human explanation. This can make some people to express doubt about what comes thereafter.
4. Some people want to enjoy life and therefore they don't want to think about what happens after death.
5. The sorrows associated with the loss of a member make it difficult for people to imagine life after death. This is because the mourning is always heart breaking.
6. The fear that people have towards death makes them doubt whether there is life after death or not.
7. The delay in the second coming of Jesus Christ (Parousia) has made some people to imagine life after death. Some people tend to become impatient and hence lose their faith.
8. Some people are influenced by their material wealth to believe that there is life after death. They tend to concentrate on their riches other than thinking about the unknown.
9. The influence of formal education also makes it difficult for some people to believe in after death. The highly-educated people look at life as a circle. One is born, lives, dies and decomposes.
10. Some people believe that the idea after death is a consolation for those who are frustrated in life.
11. To some people, the issue about life after death is a moral education intended to control behavior of human beings when still alive in order to create harmony.

Revision Question.

- Qn.1. Give reasons to explain why some people doubt the existence of life after death.**

UNENDING LIFE IN AFRICAN TRADITIONAL SOCIETY

It was a belief among the people in African tradition that the dead continued to exist in another world after the physical life. This belief was reflected in the daily activities of the people.

BELIEFS ABOUT LIFE AFTER DEATH

1. The dead in African tradition were not dead they were referred to as the living dead.
2. The Africans therefore believed that the dead would continue living in the form of spirit in an invisible world.
3. Death was not complete destruction of a life of a person. Only the body was believed to have been destroyed to let the spirit of the person join the rest of the departed family members and ancestors in another world.
4. Death in Africa was taken to be a change of one's environment. That is from the visible to the invisible world.
5. Death in Africa was taken to be a form of sleep but with the belief that one would wake up in another world.
6. The living dead were believed to be more powerful than the living and therefore they had to be respected.
7. The living dead were believed to have power either to bless or curse the living depending on the kind of relationship one had with them.
8. The dead were believed to be active members of the family. They had control over the family affairs and were therefore consulted through giving sacrifices.
9. The dead were believed to pay visit to the living family members through dreams and visions.
10. The Africans believed to be determined by the way one live the visible life. If one had been good, one could go to good spirit world and the vice versa. Therefore, morality was important aspect of life hereafter.
11. In some cultures, dying while giving birth meant that one had died completely. Among the Acholi people, the dead were remembered through their children among others. The Chagga of Tanzania believed that the existence and the happiness of the dead depended on having had children.

PRACTICES OR RITUALS ABOUT UNENDING LIFE

1. Each family had a common burial ground where all the members were laid to rest. The people believed that they would continue being together as a family members.
2. In some cultures, particularly the Bemba of Zambia the people whispered words into the ears of the dead. The family members could tell the living dead what they wanted from their ancestors.
3. The dead were buried with their belongings including food, drums and stools among others. Among the Egyptians, a king would be buried with a wife and servants. The belief was that they could continue to use such items and human beings in the next world.

4. The Africans could wash the body of the dead person with the belief that he or she could go into the world through a long journey when clean.
5. The dead were buried in the evening hours. The people believed that they could go into the next world when cool.
6. In some cultures, the dead were buried inside the house to show that they were still part of the family.
7. The dead were buried next to each other in the compound. This meant that they could continue living as a family.
8. The graves were mounted with stones. The belief was that they were sheltered from harsh climatic conditions including rain and sunshine.
9. Some people used to sleep next to the dead body throughout the night before burial the following day. This was a way of giving company and showing solidarity to the living dead.
10. In some cultures, an opening or hole was created onto the graves of the dead. This was to allow free movement of the spirits in and out of the grave and also to allow fresh air in.
11. The Africans used to give the names of the living dead to newly born. The people believed that such would continue among them through their names.
12. The Africans used to shave or trim any bodily hair. This was a sign of mourning but which meant that a new life could begin by growing of hair.
13. The Africans respected certain places including mountains, forests, big trees and caves. Such places were believed to be sacred or holy and homes of the living dead.
14. Funeral rites were carried out. The people believed that such activities involving singing and offering sacrifices could help to settle the living dead among the ancestors.
15. The feet of the dead body came out first in the process of taking it for the burial. This was done with the belief that the person would move with the feet on the journey to the next world. They also believed that at the birth one could have come with the head first because of the inability to walk. He or she was therefore expected to use the feet while going to the spirit world as it was in the visible world.
16. The Africans believed that the water vapor (smoke) after rainfall was an indication of the dead preparing food.
17. Life here after was believed to be determined by the way one lived the visible life. If one had been good, one could go to the good spirit world and vice versa.

Revision questions

Qn.1. “The dead are not dead”. Explain the statement giving reference to African traditional practices or beliefs.

Qn.2. Explain the practices in African tradition that showed the belief in unending life.

CAUSES OF DEATH IN TRADITIONAL AFRICA

1. Violation or breaking of taboos was believed to have been the cause of death. Taboos carried religious meaning and people were not allowed to touch or to say any bad about them. Therefore, breaking them was an insult to God – the author of life.
2. Breaking brotherly blood pact was believed to result into death. This was because the relationship was built on blood, which sustains one's life. Therefore, breaking blood pact meant terminating one's life.
3. Violation of an oath by an individual was also believed to cause death. Making an oath was meant to bring out the truth about something or somebody. It was also meant to prove one's commitment in all spheres of life. Breaking it was therefore breaking the relationship already established.
4. Curses especially by the elderly people could bring death to an individual. This was because elderly people like fathers, mothers, uncles, brothers and aunties or in-laws were believed to be representative of God or gods. Their words could therefore cause death.
5. Death was also attributed to old age. They believed God could choose to call an old aged person to leave the earthly life after realizing that he or she was already worn out.
6. Death was associated with witchcraft or evil magic. In such a case, a person was poison through food, water or even casting an evil eye and saying magical words.
7. Bad spirits of the living dead were believed to cause death. They believed that if an individual had some grudge with the dead when they were still alive, he or she could also die.
8. Evil deeds of the relatives or neighbors like incest, murder and night dancing among others were also believed to cause death. This was based on the ground that it could annoy the gods responsible for social life of human beings.
9. Death in traditional Africa was attributed to lack of respect to God's holy place either through words or deeds.

WAYS OF EXPRESSING SORROW IN AFRICAN TRADITION SOCIETY

The following were the ways that people in Africa traditional mourned for the death of a person.

1. There used to be crying and weeping for the loss of a member. This was caused by the pain of physical separation.
2. The Africans could sing and dance upon the death of a person. The songs contained sorrowful messages but which were intended to help the people overcome the sorrow and the pain caused by the death.
3. In some cultures, the people could suspend their daily activities like cultivation for a given period. Among the Acholi people, activities can be suspended for three days

- in the event of a man's death and four days in the event of a woman's death. This was to show respect for the departed member.
4. There used to be slaughtering of animals and birds including goats and chicken respectively. This helped the people to overcome the sorrow caused by the death of a person.
 5. In some cultures, the people could smear their bodies with white clay. This was practiced by Masai people of Kenya.
 6. Besides, the Masai people could abandon their homestead and shift elsewhere. This was because such a home was now associated with a form of misfortune.
 7. Among the Masai people, all the pots in the house were broken down to show the life of a family member had come to an end.
 8. The people were required to dress in a particular fashion. The women in most cases could be bare chest and tying some leaves either on their heads or around their waist.
 9. In some cultures, the people could stay without bathing and washing until the period of mourning is over.
 10. In some societies, the living could trim off the bodily hair. This was to symbolize that death had occurred and yet another life was the spring out.
 11. In some societies, sexual intercourse was suspended till the period of mourning is over. Sex was associated with pleasure and therefore it could not be done at the time of mourning.
 12. Lighting fire the whole night. Some of the mourners could spend the whole night awake.

RITUALS OF DEATH IN AFRICAN TRADITIONAL SOCIETY

Death in traditional Africa was considered sorrowful and was marked by complex and long rituals. The rituals involved a lot of activities. They were not performed to unknown strangers. Thieves or murderers; such rituals included the following;

1. Rituals for disposing the body

These were ceremonies that were performed before preparation for the burial. They include:

- Washing the dead body with water or traditional medicine. This was done to prepare the individual for the journey to the next world while clean.
- Shaving the bodily hair. This meant that the living dead would begin a new life in a new world the way he or she came to the visible world.
- Cutting off the bodily nails. This had a similar reason with the above.
- Putting oil or butter in the mouth, nostrils or any other bodily opening.

The above rituals are conducted in the presence of leaders and elders. Sometimes children, pregnant women or suspected witches were not allowed to touch the corpse.

2. Burial time:

- The dead were buried with belongings like spears, arrows, foodstuffs, domestic utensils and tools. In some cases, servants and wives of the Kings were buried with them dead body. They believed that these items could help the dead in the next world.
- In some cultures, a hole was made on the grave. This was done with the belief that the spirit would move in and out freely.

3. Funeral rites.

- The last funeral rites were performed when the person was old or she or he had children.
- For the unmarried, the funeral rites were simple and only close relatives attended it.
- For a king or chief, it was taken as a national affair that involved the suspension of a normal life. It required a lot of preparation and wealth.
- Funeral rites involve selection and installation of the heir of the family, chiefdom or kingdom. The successor could either be the oldest man, daughter, niece or nephew of the deceased.

REASONS FOR CARRYING OUT OR PERFORMING DEATH RITUALS

Death rituals were intended to send the spirits to the dead peacefully into the next world. This was done by offering sacrifices.

1. Death rituals were intended to help settle the spirit of the living dead among the ancestors.
2. The rituals were to help recognize the living dead as still being part of the family especially by giving their names to the new born.
3. The rituals were intended to bring life back to normal. Some activities like singing and dancing could help to overcome sorrow brought by death.
4. The rituals were intended to show the spirit of solidarity and togetherness between the living and the living dead.
5. Some of the rituals were intended to help the living remember, respect and recall the contributions or the roles of the living dead.
6. Some of the rituals were intended to thank those who helped during the funeral arrangement like digging the graves and burying the dead person.

COMPARING THE CONCEPT OF UNENDING LIFE IN AFRICA TRADITION SOCIETY AND CHRISTIANITY

Similarities.

1. Both believe that there is life after death. Death is not considered the end of life. There is a belief that an individual would have another life in the form of spirit in an invisible world.
2. In both, names of the dead are given to places, children and buildings, lakes as the way of remembering them. For example, Saint Balikuddembe market and Luwum street.
3. In both, there is casting out demons from possessed people. Africans could sacrifice animals and pray as a way of removing the bad spirits in an individual. In the same way, Christianity believes that bad spirits can be cast out through prayers.
4. In both, shrines are built as a way of respecting and recognizing the ancestors in the livelihood of the living. For example, Namugongo shrine was built in memory of the Uganda martyrs of 1886. For Africans, shrines are built in compounds.
5. Both African tradition and Christianity believe that one's destiny into the next world is determined by the behavior of an individual in the earthly life. Africans believed that badly behaved people could go to the bad spirit world. And for Christians, hell is the destination for the sinners while righteous are rewarded with eternal life.
6. Both African tradition and Christianity respects names of the dead. Christianity refers to names of people as saints. To Africans, such names are not to be mentioned without authority from the elders or the spirit of the dead.
7. Death in both African tradition and Christianity is looked at as being the transformation of the physical body into spirits or souls. Both believe that the immortal soul leaves the mortal body at the time of death.
8. Prayers are used to attain eternal life in both African tradition and Christianity. Prayers are considered as being a direct communication to the supreme God who is behind man's existence here on earth and after.
9. Funeral rites are performed in both African tradition and Christianity. This is a day to recall the earthly life of the deceased and the day of the deceased passed away. For example, requiem masses and memorial services are conducted for Christians.
10. Sacrifices are offered in both African tradition and Christianity. Africans offered sacrifices killing domestic animals like goats and sheep or slaughtering birds like chicken to appease the spirit of the dead. Christians also offer sacrifices to bid farewell.

Differences.

1. Africans bury the dead with items such as spears, food and stools. However, for Christians, unending life is absolutely spiritual and thus has nothing to do with material possession.
2. Whereas Africans believed that the dead were reborn through their children and grandchildren, Christians believe that a person remains as a child of God.

3. To the Africans, the dead were considered active members of the family. However, Christians join the family of God in His Heavenly Kingdom.
4. Traditional Africans believed that the dead had influence over the living and were more powerful than living. This is contrary to Christianity where such an idea is not considered.
5. The dead makes demands such as sacrifices and being appeased according to the Africans. This is an idea that Christians do not agree with.
6. Unlike Christianity, the Africans believed that the dead could pay visits to their families through dreams and visions.
7. In Christianity, the soul of the dead is believed to go either to heaven or hell. In African tradition, it was believed that the soul of the dead either lingered around the homestead or went to the spirit world places such as mountains, caves and forests.

UNENDING LIFE IN CHURCH HISTORY

At the time of Jesus Christ, most people believed in life after death. This was because of His miracles and the teaching of salvation, followed by his death and the immediate resurrection. However, after His ascension, people got confused. Different groups of people expressed different ideas about life after death depending on what they thought was right. These groups include;

1. THE EGYPTIANS

- The Egyptians believed in life after death. They believed that the soul could live as much as it was on earth provided such a soul had not encountered some hazards.
- The Egyptians buried the dead with material things such as food, clothing, furniture or anything needed for the expected future existence.
- The Egyptians treated the dead bodies well to avoid decomposition. This process is called embalmment.
- They believed that dead bodies could come back to life again.

2. THE GREEKS

- The greeks believed in immortality of the soul and the mortality of the body. They believed that the soul could live forever even when the body was dead.
- Many greeks believed the immortal soul could escape from its imprisonment in the body at the time of death.
- The greeks believed that life after death was determined by the kind of life lived here on earth. If an individual behaved in a good way, he or she could have a good eternal life and vice versa.
- The greeks expressed their belief in eternal life through paintings. The paintings showed how the soul of the dead could be weighed by the god of the underworld to which the soul of the dead body had to pass.
- Some religious cults believed that those who had shared certain rituals during the earthly life could experience resurrection.

3. THE EARLY CHRISTIANS

- The early Christians believed that life after death was possible (Acts 2:22ff, 17:30ff).
- The apostles and other Christians believed that they could share the resurrection of Jesus Christ. (Philippians 1:21ff, 1 Corinthians 1:4ff).
- The Christians believed that they were saved from the power of sins and received the Holy spirit as well as became children of God because of the passion, death and resurrection of Jesus.
- The Christians believe that death was good because it was a way of achieving salvation.

THE DISTORTION (FALSE IDEAS) OF UNENDING LIFE IN CHURCH HISTORY

This began from the middle of the 3rd century. There aroused many false ideas about unending life, which changed the real meaning of salvation. These false teachings made life in the Roman Empire increasingly insecure because many Christians lost their certainty about salvation. These false teachings include;

1. The Christians were made to believe that God is cruel and harsh. Because of this, they started fearing death, which believed to be violent and sudden.
2. The preachers put emphasis on death which presented as being sudden and violent. This made the believers to begin fearing death.
3. Many Christians decorated their churches with pictures showing suffering in hell. They showed how people would be punished on their way to heaven before being accepted by God.
4. The preachers emphasized that the dying without repenting one's sins would mean a person was going to hell. By saying so they had forgotten that God was forgiving and merciful.
5. The Christians preached that rebellious people against God could not escape judgement and emphasized that their permanent place was hell. This made people to fear judgment and purgatory (space life full of suffering).
6. Parents feared the death of their babies especially if it occurred before baptism. They got frightened by their own mistakes instead of trusting God's goodness and forgiveness.
7. The sale of indulgence that later came up also confused Christians greatly. The church leaders encouraged people to give gifts especially money to the church in order for their sins to be forgiven before being granted salvation. The rich had even gone to the point of organizing hundreds of masses to be conducted after their death. This made it appear that salvation could be simply be bought.
8. John Calvin of Switzerland came up with another false idea with his pre-destination doctrine. He argued that God had already determined one's destination before birth either to go to heaven or hell and therefore nothing humanly could be done to change

- the arrangement. This made God appear cruel and man having no ability to choose between good and evil.
9. Because of scientific knowledge, some Christians looked at heaven, hell and purgatory as geographical places. They imagined their sizes to absorb all human beings. This ended up confusing the believers who also started doubting life after death.
 10. The missionaries especially those who came to Africa preached that those who never heard the gospel could go to hell. They emphasized the need for the people to embrace Christianity quickly before facing God's judgment. But St. Paul had pointed out that "those who heard the gospel are judged by it and others by conscious(Romans 1:18ff)".
 11. The Catholics taught that the Protestants were rebels and believed that they could go to hell. They based most of their teachings on frightening and alarming stories to make people believe in the gospel. This means that the Catholics had forgotten the love of Jesus Christ and His redemptive death as well as the goodness of God.
 12. The Jews had false belief that salvation was for them only. They believed that the gentiles could only receive salvation after embracing the Jewish religious practices. This was a wrong idea because salvation is universal.
 13. The idea of renunciation brought by the Monks and the Nuns was a false teaching about salvation. They preached that salvation could only be achieved by living in isolation and doing without worldly pleasures such as eating, dancing and sexual intercourse. This was a misconception because God created all the worldly resources for man's benefits. (Genesis 1:27-30).
 14. The Christians feared sickness because it was associated with death. Sick people became worried because of the lack of knowledge of what could happen after death.

Revision Questions:

- Qn.1. Explain the wrong teachings that developed about life after in the history of the church.**
- Qn.2. How was the idea and belief about life after death distorted life after death?**
- Qn.3. Explain the teachings that caused panic among the Christians about life after death in the church history.**