

TABLE OF CONTENT

TERM ONE

TOPIC 1: WITNESS

- What is a witness?
- What John means by Jesus as the light.
- Ways Jesus is the light of the world.
- How Jesus' light can be seen in us
- The birth of John the Baptist announced. Luke 1: 10 – 17
- The nature of the child (John the Baptist)
- What Biblical facts show that Jesus was human?
- Characteristics' of a person with Jesus' light
- How to live as witness of Christ on earth
- Examples of witnesses of Christ
- How different personalities witnessed for Christ
- Apollo Kivebulaya
- Mother Tereza of Calcutta
- Julius Kambarage Burito Nyerere
- How to reflect the light of Christ to other people
- Avoiding social evils and moral degeneration in society
- Causes of moral degeneration
- Ways of avoiding moral degeneration
- Social evils in our community
- Examples of social evils in the community
- Ways of preventing social evils
- The roles and responsibilities of the election officials

TOPIC 2: DISCIPLESHIP AND ITS REWARD

Meaning of discipleship

- Differentiate between an apostle and a disciple.
- Examples of Jesus' apostles and their deeds
- Examples of discipleship
- Forms of behaviors expected in a true discipleship
- True discipleship
- Some famous Christians who lived a life of true discipleship
 - St. Francis of Assisi
 - St. Clare
- St. Augustine of Hippo
- How St. Augustine witnessed in the Christ
- The death and resurrection of Lazarus

TOPIC 3: RELATIONSHIP WITH GOD

- Relationship
- Types of relationship
- How we can have good relationships with others
- Importance of relationships
- Causes of broken relationship
- Effects of broken relationships (Dangers of broken relationships)
- Ways of restoring broken relationships
- Reconciliation (Define)
- Ways of reconciling with friends
- Importance of reconciliation

- Trinity
- Characteristics of God in Jesus
- How Jesus showed His Kindness to people
- How to accept God the Son in our daily lives
- What the resurrection of God the son means to His friends.
- God the Holy Spirit
- Events of the Holy Spirit (Pentecost day)
- Power received by disciples after anointment
- Symbol of the Holy Spirit
- Ways how the Holy Spirit helps Christians today
- Fruits of the Holy Spirit (Gal 22)
- Gifts of the Holy Spirit
- How to serve others as taught by Jesus
- Importance of serving others
- How Christians can serve others as Jesus.
- The two great commandments of love
- Examples of Christians who loved without discrimination
- How the Old Testament teacher about hope in the coming of the Messiah
- The coming of the Messiah
- How people prepared for the coming of the Messiah
- The birth of Jesus Christ
- How God gives hope for eternal life
- How Christians can overcome factors that affect Christians' hope for eternal life

TOPIC 4: 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

TERM TWO

TOPIC 5: EVIL AND SUFFERING

- Forms of 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 6: 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.

TOPIC 7: CHRIST IS THE ANSWER

- Christ's concern for different people.
- Jesus' concern for the one in need.

- Jesus' concern for sinners.
- Importance of prayer
- Jesus as an example of a prayerful individual
- Importance of forgiveness.

TOPIC 8: CHRIST'S GIFT FOR THE JOURNEY

- Meaning, need and importance of Baptism
- Meaning, need and importance of Holy Communion.
- The institution of the sacrament of Baptism and Holy Communion.
- The Pentecost
- Gifts of the Holy spirit
- Importance of the Holy Spirit.
- Overcoming temptation (John 14:16)
- Christian qualities needed to bring about the community life.
- Different roles of people in the community
- Biblical teachings on justice.
- Values of diversity
- The benefit of international diversity.
- Good communication as a way of relating with people.
- How Jesus responded to people with different needs.
- Good relationships
- Church relationships
- Our response to relationships.

TERM THREE

TOPIC 9: FRIENDS ON THE WAY

- Meaning and importance of friendship
- Jesus' example of friendship
- Qualities of a good friend
- Importance of advice
- Good and bad advice
- Crisis and how friends offer support in times of crisis
- Building good friendship
- Marriage as a bond of friendship for life

TOPIC 10: CHRISTIAN INVOLVEMENT IN THE WORLD

- Meaning of talents
- Using God-given talents to improve the world we live in.
- Using our talents in cooperation with others
- Cooperation in the larger community; the church and the world we live in.
- Using our talents in cooperation with others
- Cooperation in the larger community; the church and the world.
- The role of science, technology and education in development.
- Rights and freedoms of voters
- Duties of Electoral Commission
- Qualities of a good citizen

TOPIC 11: HAPPINESS ON THE WAY TO ARRIVAL

- Happiness
- Giving and receiving as source of happiness
- Good relationship with God as a source of happiness.
- Biblical teachings about life and death.
- Causes of suffering
- Enduring suffering.
- Biblical concept of Heaven

TOPIC 1: WITNESS

What is a witness?

A witness is a person who has testimonial evidence on a matter.
As a believer of Christ, a witness may mean any of the following

- ✓ Spreading the Good News
- ✓ Supporting Christ
- ✓ Opposing evils
- ✓ Evangelizing the world

We as Christians, a have witnessed that Christ is the light.

Christ is the light

According to John, the coming of Jesus removed all darkness and sin from the hearts of many. (John 8:12-20)

What John means by Jesus as the light.

1. Jesus is the light that gives life.
2. Christians should follow him since he is the source of life and light.
3. God the father sent him into the world to give life to all.
4. His light is the source of everlasting life.
5. It is only through him that people can see God.

Ways Jesus is the light of the world.

1. He trained his disciples to be ready to serve others.
2. He told the disciples to receive the kingdom of God humbly like little children.
3. He loved Lazarus so much that wept at his death.
4. Jesus was loyal to his father throughout his mission.
5. He healed the sick.
6. He fed the hungry.

In Mathew 5:14 -16, Jesus says that if people are to remain as salt and light of the world, we should show the following.

1. As salt of the earth we should remain tasty and never lose taste.
2. We should come out in open and shine for others to benefit from our light of Christ that we will.
3. We should be the source of light for the sinners.
4. The follower of Jesus should not hide the gifts of the holy spirit

ACTIVITY

1. What is a witness?

2. Who is the light to the Christians?

3. Write down **two** things that Christians have witnessed to prove that Jesus is the light.
i) _____
ii) _____
4. Mention any **two** things John means by Jesus as the light.
i) _____
ii) _____
5. State any **two** ways Jesus was the light of the world.
i) _____
ii) _____
6. Give any **two** things Christians should do to remain as salt and light of the world.
i) _____

- ii) _____
7. State any **two** reasons why Jesus Christ performed miracles.
- i) _____
- ii) _____
8. Mention any **two** miracles performed by Jesus.
- i) _____
- ii) _____
9. Name the town from which Jesus Christ performed the above first miracles.
- _____

LESSON

How Jesus' light can be seen in us

The healing of a blind beggar (Luke 18:35-43)

In the teachings of Jesus, Luke tells us that our lives should reflect Jesus Christ light. The story of the healing blind beggar illustrates this:

- a) As light, Jesus brought life to the beggar.
- b) The beggar gained vision. This was new life that he had no had since birth.
- c) The beggar increased in faith. He started proclaiming Jesus' name.
- d) Those with faith behave the way the beggar did.

The birth of John the Baptist announced. Luke 1: 10 – 17

Zechariah was a man who had strong faith in the coming of the Messiah.

He served God well in the temple and one time during his daily work.

Angel Gabriel appeared to him with good news.

The news was that his wife Elizabeth would bear a child and his name would be John.

The nature of the child (John the Baptist)

- ✓ Be filled with the Holy Spirit from birth.
- ✓ Change the hearts of many for God.
- ✓ Act as a bearer of good news for many people.
- ✓ Come as messenger before the appearance of the Messiah.
- ✓ live a simple life and eating simple things
- ✓ Lead the type of life Elijah lived.

What Biblical facts show that Jesus was human?

- a) He was born (Matthew 1:8-24)
- b) He was tempted (Matthew 4:1-11)
- c) He got tired and needed rest. (John 4:6)
- d) He wept on losing his friend Lazarus (John 11:35)
- e) He was angered by traders, doing business in church and had to beat them and threw them out of church (Matthew 21:12)
- f) He feared death and asked God to save him. (Matthew 26)
- g) He died (Matthew 27:50)
- h) He became hungry (Matthew 21:18)

LESSON

Characteristics' of a person with Jesus' light

A person which has Jesus' light in him/ her has the following characteristics.

- | | | |
|------------------------------------|----------------|------------------------|
| a) Humble polite | d) Patient | g) Loving and lovable |
| b) Trustworthy | e) Sympathetic | h) Simple in lifestyle |
| c) Childlike | f) Gentle | |
| i) Full of pity for the suffering | | |
| j) Ready to witness for Christ | | |
| k) Ready for the kingdom of God | | |
| l) Courageous to defend God's word | | |

How to live as witness of Christ on earth

1. By spreading the Good News for the world
2. Act as a lamp or light for the world
3. Fight against all kinds of evil
4. Makes all disciples of all nations by evangelization
5. Baptize people in the name of Christ
6. Teach the truth about Jesus Christ
7. Promote love and justice in the world

Examples of witnesses of Christ

- | | | |
|-------------|-------------|----------------|
| 1. Prophets | 4. Teachers | 7. Evangelists |
| 2. Doctors | 5. Pastors | 8. lawyers |
| 3. Nurses | 6. Apostles | |

All these people with different gifts of the Holy Spirit work together as one for the ministry and to build the Body of Christ which is the Church.

This is what we mean by the word **incarnation**.

What is incarnation?

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

10. ACTIVITY

1. State any **two** characteristics of a person with Jesus' light.
i) _____
ii) _____
2. Mention any **two** ways in which a Christian can live as witness of Christ on earth.
i) _____
ii) _____
3. Mention any **two** examples of witnesses of Christ.
i) _____
ii) _____
4. What do you understand by the word incarnation?

Lesson

How different personalities witnessed for Christ

(a) Apollo Kivebulaya

Apollo Kivebulaya, whose original name was Wasswa Munubi, was a Muganda soldier and Anglican by faith. He was born in 1964 and died in 1933.

How Apollo kivebulaya witnessed for Christ

- ✓ He admired the good values of Alexander Mackey and changed his life from a Muslim to an Anglican preacher.
 - ✓ He believed in Jesus' teaching and allowed it to completely change his life.
 - ✓ He preached to the Batoro in Nyagwaki and other people around the slopes of Mount Rwenzori.
 - ✓ He spread the gospel in Boga-Zaire, present day the Democratic Republic of Congo.
 - ✓ He converted Bambuti pygmies, Welese and Wanyali to Christianity
 - ✓ He opposed polygamy and drinking of alcohol.
- He made Anglican Church one of the biggest and strongest churches in the Democratic Republic of Congo

How Mother Tereza of Calcutta witnessed for Christ

1. She spent her life educating the poor in the city of Calcutta.
2. She started a Soup Kitchen to feed the hungry in the streets of Calcutta in India.
3. She gave shelter to the homeless children in India
4. She started the congregation of the missionaries of Charity which is working for the poor today in 120 countries around the world.

Qualities that Christians should admire from Mother Tereza

1. Being caring
2. Being trusted
3. Being exemplary
4. Being loyal to other people
5. Being mindful of the needy people

ACTIVITY

1. From which religion did Apollo Kivebulaya change to an Anglican?

2. Mention any **two** things which were opposed by Apollo Kivebulaya in his preaching.
i) _____
ii) _____
3. State any **two** lessons that Christians should learn from the life of Apollo Kivebulaya.
i) _____
ii) _____
4. Who made Anglican of the biggest and strongest churches in the Democratic Republic of Congo?

5. From which country was Mother Tereza?

6. Mention **two** ways in which Mother Tereza of Calcutta witnessed for Christ.
i) _____
ii) _____
7. State any **two** qualities that Christians should admire from Mother Tereza
i) _____
ii) _____

LESSON

Julius Kambarage Burito Nyerere

Julius Nyerere was born in 1922 at Butiamu village, in Musoma, Tanzania. He was from the Wazanaki tribe.

Julius Nyerere being a teacher, taught in several schools in Tanzania between 1945 -1952. This spread literacy, which was later needed for Tanganyika's struggle for her independence.

He was a strong catholic who rarely missed mass.

How Julius Nyerere witnessed for Christ

- ✓ He encouraged unity between Tanganyika and Zanzibar in 1964 this resulted into the establishing of the Republic of Tanzania.
- ✓ He made Swahili a common language.
- ✓ He encouraged peaceful means of struggle for the independence in Tanzania.
- ✓ He called for adult voting rights for all Tanzanians.
- ✓ He promoted peace and harmony among Tanzanians.

How to reflect the light of Christ to other people

Christians demonstrate good behaviour when or by showing values such as:

1. Being merciful to the suffering
2. Forgiving those who offend them
3. Practicing charity to the needy and the poor
4. Sharing material goods, money and time
5. Working hard in all activities
6. Promoting loving eservices in society
7. Being faithful to God and authorities

8. Respecting others
9. Being honest

6 ACTIVITY

1. From which country was Julius Nyerere born?

2. State any **two** ways how Julius Nyerere witnessed for Christ.
i) _____
ii) _____
3. Mention any **two** lessons we learnt from the lives of Julius Nyerere.
i) _____
ii) _____
4. State any **two** good behaviours that a P.5 Christian child can demonstrate to the elders and teachers.
i) _____
ii) _____
5. Mention **two** ways in which Christians demonstrate good behaviours to other people.
i) _____
ii) _____

LESSON

Avoiding social evils and moral degeneration in society

Acting as salt of the earth and light of the world means that the Christians ought to avoid wrong doing.

Moral degeneration refers to the state of being degenerated in mental or moral qualities.

Causes of moral degeneration

- | | |
|----------------------------|---------------------|
| 1. Mass media | 4. Mass shooting |
| 2. Peer pressure | 5. Social injustice |
| 3. Poor family involvement | |

Ways of avoiding moral degeneration

1. Living exemplary lives for others to copy
2. Opposing evils
3. Teaching Christian standards of lives
4. Correcting brothers and sisters who sin
5. Witnessing for Christ by oneself
6. Living a life of loving service
7. Supporting the truth
8. Promoting reading of scriptures

LESSON

Social evils in our community

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 and mob justice
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
10. Gender disparity
11. Public defecation or urination

12. Unhygienic living conditions

Ways of preventing social evils

To prevent suffering, the above social evil should be prevented by:

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. Define the term moral degeneration.

2. State any **two** causes of moral degeneration in Christians today.

i) _____

ii) _____

3. Write any **two** ways of avoiding moral degeneration

i) _____

ii) _____

4. What are community social evils?

5. Mention any **two** examples of common social evils in the community

i) _____

ii) _____

6. Give any **two** ways of avoiding social evils among Christians.

i) _____

ii) _____

7. Name **one** common group of people who practice prostitution.

LESSON

The roles and responsibilities of the election officials

Election is the process of choosing leaders through voting for them.

It is done from the polling stations. Every polling station should have specific qualities that are pleasing to God. Whatever pleases God reflects light in Christ and of Christ.

Examples of polling officials

1. Returning officer
2. Presiding officer
3. Polling assistants
4. Polling constables

Roles of the returning officer

- ✓ Select and appoint assistant returning officers
- ✓ Establish a number of polling stations
- ✓ Ensure that registration is made continuously for the eligible voters
- ✓ Ensures the safety of the election materials
- ✓ Takes care of all electoral commission properties
- ✓ Cooperate with Election Commission in all matters concerning election matters
- ✓ Publicize election programmes and activities
- ✓ Monitors campaigns
- ✓ Meet candidates and listen to their complaints

- ✓ Organize security for the voters and voting materials
- ✓ Receive results and supervises tallying on the polling day
- ✓ Declares results
- ✓ Prepare election returns

ACTIVITY

1. What is an election?

2. State any **two** reasons why people elect their leaders.
 - i) _____
 - ii) _____
3. Who are the polling officials?

4. Name any **two** examples of polling officials you have ever witnessed from an election.
 - i) _____
 - ii) _____
5. Who is a returning officer?

6. Mention any **two** roles of the returning officer
 - i) _____
 - ii) _____
7. State any **two** election materials kept secured by the polling officials.
 - i) _____
 - ii) _____
8. Write down any **two** qualities of the eligible Ugandan voters.
 - i) _____
 - ii) _____
9. How do we obtain religious leaders?

LESSON

Presiding officers

Presiding officers are the overall supervisors of the polling station on Election Day.

Roles of the presiding officers

1. Prepares the polling station
2. Collects polling kits from stores in times
3. Provide security of polling kits
4. Supervises other polling officials
5. Conducts election at a polling station
6. Open and closes election in time
7. Opens ballot boxes in full view of every ones present
8. Issues ballot papers in an organized way.
9. Count all the votes transparently
10. Ensures free, fair and peaceful polling.

Polling Assistants

Polling assistants are the officials who help presiding officers in the performance of their duties at each polling station.

Roles of the polling Assistants

1. Checks fingerprints of voters by examining the indelible ink mark\check accuracy of the voters information on voters' cards and registers
2. Mark voting registers
3. Issue ballot papers to the voters

4. Mark voters thumbs with indelible mark
5. Allocates right seats to the campaign agents
6. Help preceding officers during counting of votes
7. Assist in the transfers of the ballot papers to stores
8. Listens and follow instructions from higher officers.

Polling constables

Polling constables are the police officers in charge of polling stations

Roles of the polling constables

1. Keep law and orders
2. Makers sure the voters are orderly
3. Organize voter so form or stand in a line and vote in an orderly ways
4. Kreps crowds away from the polling stations
5. Ensures the safety of the polling materials

ACTIVITY

1. Who is a presiding officer?

2. Mention any **two** duties of the presiding officers.
i) _____
ii) _____
3. State any **two** examples of polling officers supervised by the presiding officer.
i) _____
ii) _____
4. How is a polling Assistant different from polling agent?

5. Suggest any **two** roles of the polling Assistants
i) _____
ii) _____
6. Who are polling constables?

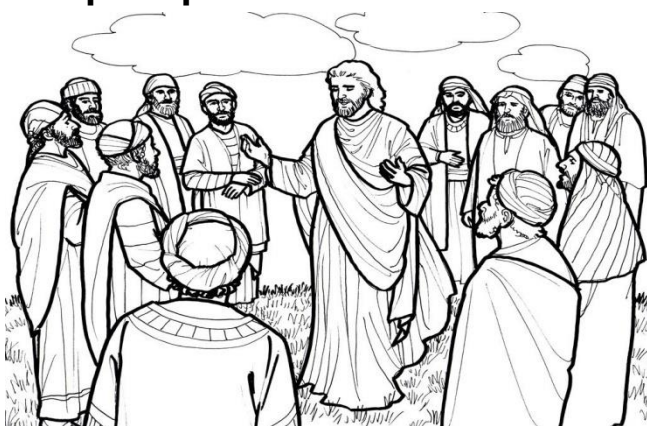
7. State **two** reasons why we need polling constables at the polling station during election.
i) _____
ii) _____

TOPIC 2: DISCIPLESHIP AND ITS REWARD

LESSON

A disciple of Jesus is the follower of Jesus Christ who believes in him and accepts his teachings.

Discipleship refers to the dedicated followers of Jesus Christ.



Differentiate between an apostle and a disciple.

An apostle is one of the twelve men chosen by Jesus to help him in the work of teaching while a disciple is any follower of Jesus Christ.

Examples of Jesus' apostles and their deeds

Simon Peter: Was the first to be called by Jesus.

Thomas: doubted the resurrection of Jesus.

Judas Iscariot: betrayed Jesus Christ for 30 silver pieces.

Mathias: replaced Judas Iscariot.

John: Was loved most by Jesus.

Simon Peter: denied Jesus three times before the cock crowed.

John and Peter: Healed a lame man at a beautiful gate.

Simon Peter: became the leader of Jesus after Jesus had ascended to heaven.

Judas Iscariot: committed suicide at Akaldema (field of blood) after betraying Jesus

8 ACTIVITY

1. Who are the disciples of Jesus?

2. What is discipleship?

3. Name any two apostles who were with Jesus in the Gethsemane.

4. Differentiate between an apostle and a disciple.

5. Name the apostle of Jesus Christ who:

a) Was the first to be called by Jesus Christ.

b) doubted the resurrection of Jesus.

c) betrayed Jesus Christ.

d) Was loved most by Jesus.

6. Name the apostle who denied Jesus three times before the cock crowed.

7. Name the apostle who was replaced by Mathias.

Lesson

Jesus' teaching on discipleship (Mark 1:16-20, Mathew 4:23-25)

Examples of discipleship

1. Spiritual uprightness
2. Comfort in sorrow
3. Being humble
4. Being pure in heart
5. Working for peace
6. Courage in persecution (Mathew 5:1-10 Luke 12:29-31)

Discipleship calls for a lot of discipline. The disciples of Jesus Christ fulfill the following standard of life

1. They are spiritually upright
2. They are humble
3. They are pure in heart, thought and deeds
4. They promote and work for peace
5. They are courageous in persecutions

Forms of behaviors expected in a true discipleship

1. Blessed are the poor in spirit, for theirs is in the Kingdom of Heaven
2. Blessed are those who mourn, for they will be comforted
3. Blessed are those the meek, for they will inherit the land
4. Blessed are those who hunger and thirst for righteousness, for they will be satisfied
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean in heart, for they will see God.
7. Blessed are the peace makers, for they will be called children of God.

8. Blessed are they who are persecuted for the sake of righteousness, for there is the kingdom of Heaven.

Luke 12:29-31: True discipleship

In this teaching, true disciples do not worry about earthly things, wealth and pleasures. They seek for and get the kingdom of God as it is stated: Instead, seek His Kingdom and these other things will be given to you.

8 ACTIVITY

1. Mention any **two** examples of discipleship

- i) _____
- ii) _____

2. State any **two** standards of life that disciples of Jesus Christ should fulfill.

- i) _____
- ii) _____

3. What is a true discipleship?

4. State any **two** forms of behaviors expected in the true discipleship

- i) _____
- ii) _____

LESSON

Some famous Christians who lived a life of true discipleship

1. St. Francis of Assisi
2. St. Clare
3. St. Augustine

St. Francis of Assisi

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

St. Clare

St Claire also came from rich family. She left her family to serve Christ. Claire and Francis of Assisi founded the Order on the Palm Sunday in A.D. 1213.

How St. Claire demonstrated her discipleship in Christ

- a) She founded congregation of the poor Clares
- b) She chose to live a life of poverty and service for the sake of Christ
- c) She helped the poor and the needy by taking care of their physical needs
- d) The congregation of the Poor Clares preached to people by their actions and examples
- e) She lived a life of constant worship of God
- f) Clare and her followers chose the real life of poverty
- g) The Poor Clares practice the Christian values of love, charity, generosity humility and loyalty.

St. Augustine of Hippo

He was born on 13th November, AD354 at Tagaste in modern Algeria in North Africa. His parents were Patricius and Monica. The mother was a dedicated Christian and the father was a strong pagan. He was ordained as a priest in AD 391 and became bishop in AD 396. He served as a teacher, pastor, preacher, church administrator and a judge.

How St. Augustine witnessed in the Christ

- a) He wrote many Christian books that guide the church to this day.
- b) He lived an exemplary life which others copied

- c) The founded the Friars of the orders of St. Augustine.
- d) He made rules called St. Augustine for the priests
- e) The founded Order of the Monastic Monks who were educators and the evangelists
- f) His teachings influenced Martin Luther , the founder of the protestant church

The death and resurrection of Lazarus

The death of Lazarus (John 11:1 – 44)

A man named Lazarus, who lived in Bethany, was ill.

He had two sisters: Mary and Martha who were great friends to Jesus. They sent a message to Jesus "Lord, your dear friend is ill. When Jesus received the message he stayed where he was for two more days.

Jesus told the disciples to go back to Judea that their friend Lazarus had fallen asleep meaning that Lazarus was dead.

Jesus found that Lazarus had been buried for four days before.

Jesus went to the tomb, Jesus looked up and prayed to his father, after praying he called out in a loud voice, Lazarus come out. He came out.

5 ACTIVITY

1. Mention any **two** contributions made by St Francis of Assisi as a true disciple of Jesus.
 - i) _____
 - ii) _____
2. State **two** ways how St. Claire demonstrated her discipleship in Christ.
 - i) _____
 - ii) _____
3. Give any **two** ways how St. Augustine witnessed the Christ.
 - i) _____
 - ii) _____
4. Who raised Lazarus from the death?

5. State any **two** characteristics that Christians should admire from:
 - a) St Francis of Assisi
 - i) _____
 - ii) _____
 - b) St. Claire
 - i) _____
 - ii) _____
 - c) St. Augustine
 - i) _____
 - ii) _____

TOPIC 3: RELATIONSHIP WITH GOD

RELATIONSHIP

- ✓ Relationship refers to connection or feelings that exist between two or more people.
- ✓ Relationship may be a feeling of love or friendship between two or more parties.

Types of relationship

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

The different people you need to relate with are;

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

How we can have good relationships with others

1. Being kind and loving
2. Being helpful
3. Being concerned
4. Being obedient
5. Being trust worthy
6. Forgiving one another
7. Respecting other
- 8. By sharing things with others**

Importance of relationships

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

5 ACTIVITY

1. What do you understand by the word relationship?

2. Mention any **two** types of relationship.

i) _____

ii) _____

3. Mention **two** different people you need to relate with freely while at school.

i) _____

ii) _____

4. State any **two** ways we can have good relationships with others.

i) _____

ii) _____

5. Mention any **two** importance of relationships.

i) _____

ii) _____

6. Suggest any **two** dangers of relationships to Christians.

i) _____

ii) _____

Lesson

Causes of broken relationship

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

Things which can spoil good relationships with others

- | | | |
|---|----------------|------------------|
| 1. Being Cruelty | 4. Witch craft | 7. Being selfish |
| 2. Envy | 5. Enmity | 8. Corruption |
| 3. Poverty | 6. Adultery | |
| 9. Being unkind and unloving | | |
| 10. God's disobedience (Gen. 3:1 -24) | | |
| 11. Being disrespectful | | |
| 12. Being disobedient | | |
| 13. 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

ACTIVITY

1. What is a broken relationship?

2. State any **two** things which can spoil good relationships with others

i) _____

ii) _____

3. Mention any **two** dangers of broken relationships

i) _____

ii) _____

4. State any **two** ways of restoring broken relationships

i) _____

ii) _____

LESSON

Reconciliation (Define)

Reconciliation is the restoration of broken relationship between two or more disagreeing parties.

Ways of reconciling with friends

1. Seek to reconcile instead of going to war
2. Be contented with what you have
3. Work diligently
4. Avoid laziness
5. Imitate the life of Jesus Christ

Importance of reconciliation

1. Helps to restore friendship and love
2. Helps to restore personal communication
3. Prevents bitterness and revenge
4. Misunderstandings are easily corrected
5. Promotes peace and harmony

ACTIVITY

1. What term is used to mean the restoration of broken relationship between two or more disagreeing parties?

2. Suggest any **two** causes of disagreements among people at home.

i) _____

ii) _____

3. State any **two** groups of people who can cause disagreement at school.

i) _____

ii) _____

4. Mention any **two** things that can cause disagreement at school.

i) _____

ii) _____

5. What is reconciliation

6. Write down any **two** Christian ways of reconciling with friends.

i) _____

ii) _____

7. Suggest any **two** importance of reconciliation.

i) _____

ii) _____

LESSON

Trinity

This is the existence of God in three persons.

God exists in three persons

1. God the Father
2. God the Son (Jesus)
3. God the Holy Spirit

God the son is Jesus

God the Father

God the father is the heavenly father.

God the son is Jesus Christ.

Characteristics of God in Jesus

- a) Love
- b) Kindness
- c) Thoughtfulness
- d) Holiness
- e) Authority

How Jesus showed His Kindness to people

Jesus was kind to all people

He helped people in many different ways

1. He made the lame to walk
2. He made the deaf to hear.
3. He made the blind see.
4. He made the dumb talk
5. He fed the hungry [5000 people]
6. He died for our sins on the cross
7. He loved the children
8. He forgave people for the bad things they did to him and others.
9. He rose from the dead

How to accept God the Son in our daily lives

1. We should follow God's commandments.
2. We should repent and ask for forgiveness.
3. We should be faithful and trustworthy.
4. We should seek guidance from the Holy Spirit.
5. We should pray to God for guidance and strength.

What the resurrection of God the son means to His friends.

1. Jesus' resurrection means that there is life after death.
2. We should repent our sins so as to go to heaven.
3. We should always pray to God.

4. We should forgive others.
5. We should pray for others.

ACTIVITY

1. What do you understand by the word Trinity?

2. Name the **two** of the **three** persons in which God exist.

i) _____

ii) _____

3. State any **two** characteristics of God in Jesus

i) _____

ii) _____

4. Mention any **two** ways how Jesus showed His Kindness to Christians.

i) _____

ii) _____

5. Give any **two** ways of accepting God the Son in our daily lives.

i) _____

ii) _____

6. Mention any **two** values for the resurrection of God the son to his friends.

i) _____

ii) _____

LESSON

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

Symbol of the Holy Spirit

1. A dove
2. Fire frame
3. Strong winds

Ways how the Holy Spirit helps Christians today

- a) The Holy Spirit guides Christians
- b) The holy spirit unites Christians
- c) The holy spirit heals people
- d) Helps us to get wisdom
- e) Gives us knowledge
- f) Gives us ability to speak strange language
- g) Helps us to know what is good or bad
- h) Ability to preach the word of God



- i) Ability to understand the word of God
- j) The Holy spirit gives strength to Christians
- k) The holy spirit acts as God's mediator with people

ACTIVITY

1. Who promised apostles to send a helper?

2. Name the helper which was sent by the person named above.

3. When did the apostles receive the Holy Spirit?

4. Where were the apostles of Jesus Christ when the Holy Spirit came?

5. State any **two** events of the Holy Spirit
 - i) _____
 - ii) _____
6. Suggest any **two** power received by disciples after anointment
 - i) _____
 - ii) _____
7. State any **two** symbols of the Holy Spirit
 - i) _____
 - ii) _____
8. Write any **two** ways how the Holy Spirit helps Christians today
 - i) _____
 - ii) _____

LESSON

Fruits of the Holy Spirit (Gal 22)

- | | | |
|-------------|-------------|-----------------|
| 1. Humility | 4. Goodness | 7. Self-control |
| 2. Love | 5. Peace | |
| 3. Kindness | 6. Patience | |

Importance of the fruits of the Holy Spirit

1. They promote peace
2. They promote unity and harmony
3. They control Christians from sinning

Ways in which the Holy Spirit helps Christians today

1. The Holy Spirit guides Christians.
2. Holy spirit unites people
3. The Holy Spirit builds faith in Christians.
4. The holy spirit gives courage to Christians

Gifts of the Holy Spirit

A gift is anything good you get from a friend or relative.

Examples of gifts of the Holy Spirit (Acts 3: 1 -1 0) (4: 30 – 31)

- | | | |
|-------------------------------|-------------|------------------------|
| 1. Love | 4. Patience | 7. Understanding |
| 2. Joy | 5. Serving | 8. Speaking in tongues |
| 3. Peace | 6. Teaching | 9. Prophesying |
| 10. Power to perform miracles | | |

Jesus fed a great crowd (Luke 9:12 – 17)

Jesus fed 5000 people using the five loaves and two fish

Jesus took the five loaves and two fish, looked up to heaven thanked God for them, broke them and gave them to the disciples to distribute to the people. They all ate and had enough and the disciples took up twelve baskets of what was left over.

ACTIVITY

1. What are fruits of the Holy Spirit?

2. Mention any **two** examples of fruits of Holy Spirit.

i) _____

ii) _____

3. State any **two** importance of the fruits of the Holy Spirit

i) _____

ii) _____

4. Write down any **two** ways in which the Holy Spirit helped Jesus Christ.

i) _____

ii) _____

5. Write down any **two** ways in which the Holy Spirit helps Christians today.

i) _____

ii) _____

6. What are gifts of the Holy Spirit?

7. State any **two** examples of gifts of the Holy Spirit.

i) _____

ii) _____

LESSON

THE STORY OF A GOOD SAMARITAN

Jesus' teaching on serving others (Matthew 6:2 – 4)

How to serve others as taught by Jesus

1. By praying for them
2. By giving them food
3. Showing concern for the needy
4. By bathing them
5. By fetching water for old people
6. Sharing with them

Importance of serving others

1. It makes one happy
2. It pleases others
3. It leads to unity
4. It pleases God
5. It leads to co-operation

How Christians can serve others as Jesus.

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

1. We serve others by praying for them.
2. By caring for the sick.
3. By giving food to those who are hungry.
4. By helping the needy.
5. By guiding and counseling others.
6. By helping the orphans.
7. By preaching the word of God.
8. By cleaning the church.

ACTIVITY

1. Mention any **two** ways you serve others as taught by Jesus.
 - i) _____
 - ii) _____
2. State any **two** things you can serve others with as taught by Jesus.
 - i) _____
 - ii) _____
3. Mention any **two** importance of serving others
 - i) _____
 - ii) _____
4. Give any two groups of needy people that we need to serve with special care.
 - i) _____
 - ii) _____
5. Mention any **two** ways how we can serve others as Jesus.
 - i) _____
 - ii) _____

Lesson

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."

Ways how Jesus showed his love for humankind while on the earth

- a) He associated with sinners and forgave their sins.
- b) He resurrected the dead like Lazarus
- c) He fed the hungry
- d) He welcomed children and taught all adults to be like them to enter heaven
- e) He restored the sight of the blind man
- f) He shared sorrow with those who had lost their dear ones
- g) He taught His followers how to love God best

Examples of Christians who loved without discrimination

1. First lady Janet Kataha Museveni who founded UWESO (Uganda Women's' Efforts to Save Orphans)
2. Dr. James Lukwiya who died while on duty fighting to save the Ebola patients at St. Mary's Hospital Lacor in Gulu
3. Sergold Smith and Reverend C.T. Wilson of the church Missionary Societies (CMS) were the first missionaries to introduce Christianity in Uganda in 1877.
4. Fatger Lourdel Momper (Mapeera) and brother Amans of the Romans Catholic Mission(RCM) introduced Catholicism in Uganda in 1879.
5. Archbishop Janan Luwum was murdered during Amin's' regime in 1970 as he was defending all citizens against bad government.
6. Nelson Mandela of South Africa who fought against racial segregation till it was stopped.

8 ACTIVITY

1. Write the **two** great commandments of love

- i) _____
- ii) _____
2. On which mountain were the Ten Commandments given?

3. Who was given the Ten Commandments by God?

4. Who summarized Ten Commandments in to two Commandments of love?

5. Write any **two** ways how Jesus showed his love for humankind while on the earth
 - i) _____
 - ii) _____
6. Name any **two** examples of Christians who loved without discrimination
 - i) _____
 - ii) _____
7. Name the founder of UWESO.

8. Suggest any **two** beneficiaries of the UWESO programmes.
 - i) _____
 - ii) _____
9. Write UWESO in full

10. Name the first **two** missionaries to introduce Christianity in Uganda in 1877.
 - i) _____
 - ii) _____
11. Name the archbishop was murdered during Amins' regime.

LESSON

HOPE IN CHRISTIANS

Hope in Christians mean a confident expectation of God's blessing and protection. In Christian teachings, hope is a theological virtue or spiritual grace given to mankind directly from God.

Three spiritual graces are: faith, hope and charity

Biblical teaching on hope

Psalms 31: 24

It encourages those who believe to love God because he protects the loyal but punishes the proud. God gives strength.

Lesson we learnt from the above teachings

- ✓ We should all believe in God
- ✓ To be strong and courageous

Psalms 33:20

This says that our souls wait for the Lord who is our help and shield. He is the protector. This helps the believers to express joy in what God did in the past and will do the same in the future.

Psalms 33:22

It prays for the Lord's kindness and constant love for those who put hope in Him.

Psalms 34:17-18

It points out that God will punish the evil doers and remove them from the earth; but when they just cry to Him, he hears and rescues them from sorrow.

Lesson we learnt from the above teachings

1. All people good and bad face problems
2. God listens to and answers prayers
3. He protects people in time of danger and threats
4. When we put trust in God, fears disappears.

LESSON

How hope in God helps Christians to face difficulties with courage

- a) It gives strength
- b) It removes fears and worries
- c) It allows the Holy spirit to dwell in a person and gives courage
- d) It demonstrates love and trust in God.
- e) It removes feelings of hopelessness
- f) It strengthens faith in God

Old Testament teachings about hope

Jeremiah 23:5-6

Jeremiah foretold the coming of the Messiah from the House of David. He says that the Messiah would rule the world with peace, justice and wisdom. The hope He brings is that in the days of Messiah Judah would be safe and secure.

Jeremiah 31:1-5

He says the chosen race would live in peace

Jeremiah 31: 31-34

Jeremiah promises a new covenant which would be made with the people to replace the old covenant of Mount Sinai. This new covenant would be written in the heart of each person so as to make the believers to know God personally.

How the Old Testament teacher about hope in the coming of the Messiah

1. The book of Genesis says evil would be defeated and the world made free.(Genesis 3:15)
2. Abraham was promised to be the father of the nations and a blessing to the whole world.
3. Isaiah promised the Messiah would come and would be the prince of peace.
4. Prophet Jeremiah also foretold the coming of the Messiah.
5. Angel Gabriel was sent to Zechariah to announce the birth of a Messenger who would come to open the way for the Messiah.

ACTIVITY

1. Mention any **two** difficulties that Christians should face with courage

i) _____
ii) _____

2. Who foretold the coming of the Messiah from the House of David?

3. Mention any **two** other prophets who foretold the coming of Messiah.

i) _____
ii) _____

4. What is Hope according to the Christians?

5. Mention any **two** importance of hope to Christians.

i) _____
ii) _____

6. Mention any **two** spiritual graces in Christians.

i) _____
ii) _____

Lesson

The coming of the Messiah

Zachariah's vision

(Luke 1:5-25)

Luke tells us that Zachariah was a very religious man. He worked in the temple of the Lord but back at home they didn't have any child. His wife Elizabeth was growing old without any hope at all.

While doing his daily duties in the Temple, the Angel Gabriel brought a message from the Lord to Him.

Messages from the Angel Gabriel

1. Elizabeth would conceive and bear Zachariah a son
2. This baby boy would be called John.
3. John's life would be filled with the Holy Spirit right from the mother's womb.
4. He would live a simple life of poverty.
5. He would face difficulties as the prophet Elijah did.

When Zachariah doubted the message from Angel Gabriel, he was made dumb till the prophecy was fulfilled.

Preparation for the coming of Messiah

Six months later from the Zachariah's vision in the Temple, Angel Gabriel was again sent to Nazareth to a young virgin called Mary. She was engaged to Joseph of the House of David. The Angel told her that she would conceive by the power of Holy Spirit. The child would be the holy one from God, the son of God and His name would be called Jesus.

Mary doubted this message because she was not married yet.

How people prepared for the coming of the Messiah

1. There were constant prayers in the Temple
2. Stars were studied to find out the signs of birth of Messiah
3. Prophecies were made and Jews tried to understand them
4. Some people kept their heart pure to welcome the Messiah
5. Some Jews lived in the temple as their homes. Examples were: Simeon and Anna.
6. Prophets wrote scriptures foretelling the coming of the Messiah.
7. There were people who lived simple lives with total submission to God.

Mary responded with a song of joy and hope. Her song is called The Magnificat.

Jesus was conceived with the power of Holy Spirit because Mary the mother of Jesus was virgin.

10. ACTIVITY

1. Who was the wife of Zachariah?

2. Name the angel who brought the message for the birth of Jesus Christ.

3. To whom did the above angel appear?

4. Why did Mary doubt the message from Angel stated above?

5. Mention any **two** messages from the Angel Gabriel

i) _____

ii) _____

6. State any **two** ways in which people prepare for the coming of the Messiah

i) _____

ii) _____

7. Mention any **two** ways how Mary responded to the message from Angel Gabriel.

i) _____

ii) _____

Lesson

The birth of Jesus Christ

When Mary was about to give birth, she and Joseph left Nazareth and went to the town of Bethlehem for census which were conducted by the Roman authorities to know the number of people in the whole world. On the silent night of the Christmas day, Mary started experiencing labour pain but they did not find any space in the guest house because the people were so many so the Messiah was born in a manger and was wrapped in a swaddling cloth.

When baby Jesus was born, many people who had hope of His coming were filled with hope.

Three wise men who welcomed Baby Jesus were Melchior, Balthazar and Gaspar. They were all called the Magi. The word Magi comes from a Greek word Magoi which means the wise men.

The magi were guided by the position of the bright shining star which signaled that the King of the Jews was born in Bethlehem.

When King Herod heard of this news he became worried of losing his kingship. King Herod instructed that the place where the Messiah was born should be located so that he would go and worship Him. This was not true. He wanted to kill the Baby Jesus.

The wise men travelled till they reached Bethlehem as they carried along their gifts.

Gifts of the magi and their importance

Gift

Gold

Frankincense (perfume)

Myrrh (Oil)

Importance

symbol of kingship on earth

Was a symbol of priesthood

For anointing Jesus as a King

ACTIVITY

1. On which day was the Jesus born?

2. Who is the mother of Jesus?

3. What name is given to the three wise men who welcomed baby Jesus?

4. Name the **three** wise men who welcomed Baby Jesus.
i) _____
ii) _____
5. How important was the position of the bright shining star to the Magi?

6. Name the king who wanted to kill Baby Jesus.

7. Why did the above named king want to kill baby Jesus?

8. How important was the gold as the gift given to baby Jesus?

9. Apart from gold, mention any **two** other gifts that were given to baby Jesus by the Magi.
i) _____
ii) _____

Lesson

Christians hope for eternal life

Things in which Christians put their hope on

- | | |
|------------------------------|--------------------------------|
| 1. Good harvests | 6. Well-paying jobs |
| 2. Success in examinations | 7. Good university education |
| 3. Good health | 8. Victory over our enemies |
| 4. Good marriage partners | 9. God's answer to our prayers |
| 5. Lived lives up to old age | |

How God gives hope for eternal life

- The work of love leads to everlasting life
- He sent His son to reconcile humankind with Him to receive eternal life but not to suffer.
- Christ came to prepare for all humankind for eternal life
- Jesus died and resurrected, conquered death so that people can live forever.
- Baptism is for the membership of God's family.
- Jesus ascended in to the heaven to prepare room for mankind in His father's house.
- Jesus sent the Holy Spirit to live with people and teach them how to live forever
- Jesus is now seated in the right hand side of God.

Factors that affect Christians' hope for eternal life

- | | |
|-------------------------------|-------------------------------|
| 1. Diseases | 6. Accidents |
| 2. Death of important persons | 7. Poverty |
| 3. Poor harvests | 8. Insecurity and instability |
| 4. Academic failures | 9. Hunger and famine |
| 5. Unemployment | 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

10. ACTIVITY

1. Mention any **two** things in which Christians put their hope on
 - i) _____
 - ii) _____
2. State **two** ways how God gives hope for eternal life
 - i) _____
 - ii) _____
3. State any **two** factors that affect Christians' hope for eternal life
 - i) _____
 - ii) _____
4. Suggest **two** ways how Christians can overcome factors that affect Christians' hope for eternal life
 - i) _____
 - ii) _____

TOPIC 4: GOD CREATED ME

Understanding and appreciating myself as a unique person

LESSON 1

- ✓ 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 | 4. Uniqueness in height |
| 2. Uniqueness in sex | 5. Uniqueness in skin colour |
| 3. Uniqueness in tribe | 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

i) _____

ii) _____

3. State any **two** forms of uniqueness in Christians.

i) _____

ii) _____

4. Give any **two** examples of physical uniqueness.

i) _____

ii) _____

5. Write down any **two** examples of social uniqueness

i) _____

ii) _____

6. Describe your physical uniqueness.

7. State any **two** examples of physical uniqueness.

i) _____

ii) _____

Human weaknesses and strengths

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

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 scientific 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
1. Being obedient

Ways people were created differently from other creatures

1. People have a more developed brain than other creatures.
2. People were created in God's image unlike other creatures.
3. 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)
4. People were created to take care of God's creation and not the creation to take care of man.

11 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.
i) _____
ii) _____
4. Mention any **two** examples of personal weaknesses
i) _____
ii) _____
5. Write **two** ways in which we can turn our weaknesses into strengths
i) _____
ii) _____
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.
i) _____
ii) _____

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
i) _____
ii) _____
3. Mention any **two** characteristics of talents in an individual Christian.
i) _____
ii) _____
4. State any **two** examples of talents
i) _____
ii) _____
5. Write down any **two** importance of talents
i) _____
ii) _____
6. Mention any **two** ways of identifying talents in an individual Christian.
i) _____
ii) _____

How to use our talents to benefit others

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

Ways of misusing talents

1. By violating people's rights
2. By killing people
3. By interrupting with peoples' work
4. By spending much more time in leisure
5. By creating armed weapons and tools

6. By misleading friends
7. Some musicians sing songs that promote immorality.
8. Dancing while naked
9. Doctors give wrong medication to patients.
10. Leaders use their powers to oppress others.
11. Preachers over ask for money from their followers.

Ways 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. State any **two** ways how we can use our talents to benefit others.
 i) _____
 ii) _____
2. Write any **two** ways how Christians can misuse their talents.
 i) _____
 ii) _____
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.
 i) _____
 ii) _____
5. Write **two** ways in which people are similar to one another.
 i) _____
 ii) _____
6. How do leaders misuse their talents?
 i) _____
 ii) _____
7. State any **two** examples of sense organs
 i) _____
 ii) _____
8. Suggest **two** ways how people use their senses well
 i) _____
 ii) _____
9. Mention **two** ways how people misuse their senses.
 i) _____

- ii) _____
10. State any **two** outcomes of misusing talents to the Christians.

i) _____

ii) _____

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"> ✓ Body becomes muscular ✓ Voice deepens, Adam's apple appears ✓ They grow taller and bigger, shoulders widens ✓ Beards, pubic hair, hair in the armpits, legs, arms start to grow ✓ Genitals become bigger ✓ They start producing semen 	<ul style="list-style-type: none"> ✓ Body becomes smooth and shapely. ✓ The voice becomes soft and attractive ✓ They grow wider hips, breasts develop ✓ Pubic hair, hair in the armpits start to grow ✓ Reproductive organs become mature ✓ They start monthly menstruation

Social characteristics of adolescence

- ✓ They develop strong feelings towards opposite sex
- ✓ They become sensitive and socially active
- ✓ They change life style such as encouraging in risky aggressive behaviour face storm and stress in life's social matters

- ✓ they develop sexual feeling
- ✓ Feelings and desires become strong.
- ✓ They form or join peer groups, close associates, they face storm and stress that comes with social matters

Mental characteristics of adolescence

- ✓ They start to think independently
- ✓ Reasoning capacity and ability to argue out issues develop

- ✓ They start to think logically
- ✓ They begin to reason discriminatively about what they hear or see.

4 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.

i) _____

ii) _____

4. State any **two** forms of growth and development.

i) _____

ii) _____

5. How is physical growth different from physical development?

i) _____

ii) _____

6. Mention any **two** social characteristics of adolescents.

i) _____

ii) _____

7. State any **two** physical characteristics adolescent boys

i) _____

ii) _____

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 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 | (d) Sisters | (g) Cousins |
| (b) Mother | (e) Grand parents | (h) Nephews |
| (c) Brothers | (f) Adopted persons | (i) Workmates |

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

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

8 ACTIVITY

1. Define the term individual social growth.

2. What is a family?

3. State any **two** types of family.

i) _____

ii) _____

4. What is nuclear family?

5. Mention any **two** members of a nuclear family.

i) _____

ii) _____

6. Define extended family.

7. State any **two** members that make up the extended family.

i) _____

ii) _____

8. State any **two** ways we can relate with other people's weaknesses.

i) _____

ii) _____

9. Suggest any **two** ways in which P.7 children can behave before their parents.

i) _____

ii) _____

10. How is a guardian different from a parent?

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 religious 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 | | ✓ Secretaries |
| ✓ Prefects | Cleaners | ✓ Librarians |
| ✓ Form captains | ✓ Cooks | ✓ School bursars |
| | ✓ Gate keepers | ✓ Infants |

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

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 facilities
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
 - i) _____
 - ii) _____
2. State any **two** people who need our respect and consideration in the community.
 - i) _____
 - ii) _____
3. Who is a youth?

4. Mention any **two** ways how youth should use their energy in productive work to serve others positively
 - i) _____
 - ii) _____
5. Write **two** ways we can be considerate and have respect for others.
 - i) _____
 - ii) _____
6. Mention any **two** ways how Jesus showed respect and consideration for others.
 - i) _____
 - ii) _____

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

- | | | |
|-------------------|--------------------------|--------------|
| 1. Fetching water | 4. Clearing water source | 6. Building |
| 2. Farming | 5. Teaching | 7. Lumbering |
| 3. Fishing | | 8. Hunting |

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

i) _____
ii) _____

3. State any **two** types of work

i) _____
ii) _____

4. State any **two** examples of work

i) _____
ii) _____

5. Suggest any **two** biblical reasons for work

i) _____
ii) _____

The account of God's creation

What did God create on each of the following days?

Day	God's creation
1 st day	Light
2 nd day	Sky
3 rd day	Earth, sea, plants
4 th day	Sun, moon, stars
5 th day	Birds, sea creatures
6 th 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.

6 ACTIVITY

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

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, etc.
- 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

6 ACTIVITY

1. Who was the first worker ever?

2. Mention any **two** various types of work done by the Jesus' apostles.

i) _____

ii) _____

3. Which of the **two** apostles of Jesus Christ were the fishermen?

i) _____

ii) _____

4. State any **two** ways we can work responsibly using God given talents.

i) _____

ii) _____

5. Mention any **two** ways we can develop talents to the fullest.

i) _____

ii) _____

6. Mention any **two** things Jesus tells people to do using their talents.

i) _____

ii) _____

7. State **two** lessons the life of Jesus teaches Christians to relate with others.

- i) _____
- ii) _____

8. In which **two** ways do works create joy?

- i) _____
- ii) _____

CRE NOTES FOR TERM II

TOPIC 5: 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

9 ACTIVITY

1. What is suffering?

2. Mention any **two** types of suffering

- i) _____
- ii) _____

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.

- i) _____
- ii) _____

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 | 3. Loneliness | 5. Aggression |
| 2. Guilt | 4. Isolation | |

Causes of emotional suffering

- | | |
|----------------------------------|-------------------|
| 1. Misunderstandings | 6. Mental torture |
| 2. Loss of property or loved one | 7. Worries |
| 3. Loss of jobs | 8. Discomfort |
| 4. Emotions are strong feelings | 9. Fear |
| 5. Failure | 10. 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

10. ACTIVITY

1. What is physical suffering?

2. State any **two** examples of suffering which can be seen physically on an individual.

i) _____
ii) _____

3. State any **two** causes of physical suffering

i) _____
ii) _____

4. Define the term emotional suffering.

5. Mention any **two** examples of emotions

i) _____
ii) _____

6. What is emotional suffering?

7. Mention any **two** symptoms of emotional suffering

i) _____
ii) _____

8. Suggest **two** causes of emotional suffering

i) _____
ii) _____

9. List down any **two** outcomes of emotional suffering

i) _____
ii) _____

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 spirit

- | | | |
|--------------|-------------|---------------|
| 1. Intellect | 3. Feelings | 5. Passions |
| 2. Emotions | 4. Fears | 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

10. ACTIVITY

1. What is a spirit?

2. Mention any **two** examples of spirit

i) _____

ii) _____

3. Define spiritual suffering.

4. State any **two** causes of spiritual suffering

- i) _____
- ii) _____

5. Mention any **two** symptoms of spiritual sufferings

- i) _____
- ii) _____

6. Suggest any **two** importance of spiritual suffering to the Christians.

- i) _____
- ii) _____

7. State any **two** ways in which a Christian can endure sufferings.

- i) _____
- ii) _____

8. Mention any **two** effects of spiritual suffering

- i) _____
- ii) _____

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 | 4. Neglect |
| 2. Imprisonment | 5. Death of beloved ones |
| 3. Rejection | |

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.

- i) _____
- ii) _____

3. State any **two** examples of social suffering.

- i) _____
- ii) _____

4. What is economic suffering?

5. State any **two** causes of economic suffering.

- i) _____
ii) _____

6. Suggest **two** impacts of economic suffering to the Christians.

- i) _____
ii) _____

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

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

Effects of suffering

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

Examples of people who endured suffering in the Bible

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

9 ACTIVITY

1. Mention **two** ways in which believers can become holy.

- i) _____
ii) _____

2. State any **two** benefits of suffering the Christians today.

- i) _____
ii) _____

3. Mention any **two** reasons why Christians fear to suffer.

- i) _____
ii) _____

4. State any **two** common sinful acts which test our faith as Christians.

- i) _____
 ii) _____
5. Write down any **two** ways of enduring suffering successfully
- i) _____
 ii) _____
6. State any **two** effects of suffering
- i) _____
 ii) _____
7. Mention any **two** examples of people who endured suffering in the Bible
- i) _____
 ii) _____

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.
 i) _____
 ii) _____
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.

i) _____

ii) _____

5. Give **two** punishments God gave to Eve for disobeying Him.

i) _____

ii) _____

6. State any **two** punishments served by Adam for disobeying God.

i) _____

ii) _____

7. Mention any **two** ways how the fall of man led to suffering.

i) _____

ii) _____

8. State any **two** effects of man's sinning to the world today.

i) _____

ii) _____

HIV/AIDS AS A FORM AND CAUSE OF SUFFERING

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 attach 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 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

How people acquire HIV/ AIDS

- ✓ Having unprotected sex with an infected person
- ✓ Though sharing drug injection equipment
- ✓ Blood transfusion

✓ 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.

- i) _____
- ii) _____

4. Suggest **two** ways in which body HIV affected body fluids can be exchanged.

- i) _____
- ii) _____

5. Give any **two** common practices which cannot spread HIV virus from one person to another.

- i) _____
- ii) _____

6. Mention **two** clinical practices that may lead to HIV infection.

- i) _____
- ii) _____

7. Suggest **two** cultural practices that can spread HIV infection

- i) _____
- ii) _____

8. Mention any **two** ways how Christians acquire HIV/ AIDS

- i) _____
- ii) _____

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.

8 ACTIVITY

1. Mention any **two** signs of HIV/AIDS

- i) _____
- ii) _____

2. State any **two** common symptoms of HIV/ AIDS

- i) _____
- ii) _____

3. State any **two** people who are at the risk of getting HIV/AIDS

- i) _____
- ii) _____

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

AT ACTIVITY

1. Mention any **two** effects of HIV/ AIDS to an individual Christian victim.
i) _____
ii) _____
2. State any **two** effects of HIV/ AIDS to the Christian family.
i) _____
ii) _____
3. Mention **two** ways in which HIV/ AIDS has caused suffering to the Christian community.
i) _____
ii) _____
4. State any **two** ways a P.6 pupil can prevent and control the spread of HIV/AIDS.
i) _____
ii) _____
5. Suggest **two** ways in which Alice can care for her parents who are AIDS patients.
i) _____
ii) _____
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.
i) _____
ii) _____

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

Causes of election malpractice

- | | |
|----------------------------|-----------------------------------|
| 1. Ignorance | 4. Material needs and interests |
| 2. Lack of civic education | 5. Poor record keeping |
| 3. Lack of transparency | 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 where sometimes people are struck by tear gas.
10. Some people have been denied their rights of being leaders

Solutions to suffering caused by election malpractices

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

ACTIVITY

1. What do you understand by election malpractices?

2. State any **two** forms of election malpractice.
i) _____
ii) _____
3. Mention any **two** causes of election malpractice.
i) _____
ii) _____
4. Mention any **two** effects of election malpractice.
i) _____
ii) _____
5. Suggest **two** solutions to suffering caused by election malpractice.
i) _____
ii) _____

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 is frequent and this put the lives of both the mother and child in danger
6. Caesarean birth that often happens makes the young mother go through a lot of pain
7. It may lead to school dropout
8. Lower educational levels
9. Production of premature babies

10. It leads to developmental disabilities in children
11. It leads to increase of child mortality
12. Unmarried adolescents experience rejection and stigma by parents and peers.
13. It leads to unsafe abortion

Solutions to teenage pregnancy

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

ACTIVITY

2. Define teenage pregnancy.

3. State any **two** causes of teenage pregnancy

i) _____

ii) _____

4. State any **two** effects of teenage pregnancy in the community.

i) _____

ii) _____

5. Mention **two** outcomes of teenage pregnancy to an individual school ongoing Christian girl child.

i) _____

ii) _____

6. State any **two** solutions to teenage pregnancy

i) _____

ii) _____

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

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

4 ACTIVITY

1. What is social evil?

2. Mention any **two** examples of social evils in the community.
i) _____
ii) _____
3. Write any **two** ways of preventing social evils in Christian community.
i) _____
ii) _____
4. Mention any **two** commandments that can help us to prevent social evils.
i) _____
ii) _____
5. Mention any **two** ways we can respond to suffering as Christians.
i) _____
ii) _____
6. Write down **two** ways of caring for the suffering in our community.
i) _____
ii) _____
7. State any **two** examples of people who are always suffering
i) _____
ii) _____

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

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

How did Job suffer? (Job 1:13)

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

8 ACTIVITY

1. State any **two** biblical evidences which prove that Jesus was human being.
i) _____
ii) _____
2. Mention any **two** forms of suffering Jesus went through.
i) _____
ii) _____
3. Mention **two** ways how Jesus shared suffering with mankind.
i) _____
ii) _____
4. In which **two** ways can we share in the suffering of others?
i) _____

- ii) _____
5. Mention **two** ways in which Job suffered according to the Bible.
- i) _____
- ii) _____
6. Apart from Job, mention **two** other people who endured suffering according to the bible.
- i) _____
- ii) _____
7. What is incarnation?
- _____
8. Mention any **two** persons in which Holy Spirit exist.
- i) _____
- ii) _____
9. Mention any **two** personal irresponsibility that can cause suffering to the Christians.
- i) _____
- ii) _____
10. In which **two** ways can personal irresponsibility can cause suffering
- i) _____
- ii) _____

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.

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

11 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.
i) _____
ii) _____
4. How did Hannah suffer according to the Bible?

5. State any **two** Christian values that we need to copy from Hannah.
i) _____
ii) _____
6. State any **two** characteristics of a person with pure heart.
i) _____
ii) _____
7. What is purity in Christianity?

8. Mention any **two** common uncleanness in Christianity.
i) _____
ii) _____
9. 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

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 | 5. Anger |
| 2. Desire to commit adultery | 6. Desire to fornicate |
| 3. Evil ambitions | 7. Evil thoughts |
| 4. Murder | 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.
i) _____
ii) _____
3. Mention **two** ways of achieving purity after uncleanness.
i) _____
ii) _____
4. State **two** values Jesus taught us to help us achieve purity.
i) _____
ii) _____
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.

i) _____

ii) _____

7. Give **two** different ways in which we can purify our lives as Christians

i) _____

ii) _____

TOPIC 6: 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

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

Types of relationship

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

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

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.

10. ACTIVITY

1. What is relationship?

2. Mention any **two** different people you need to relate with while at school.
i) _____
ii) _____
3. State any **two** types of relationship
i) _____
ii) _____
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.
i) _____
ii) _____
6. Mention any **two** qualities of good relationship
i) _____
ii) _____
7. Mention any **two** importance of relationships
i) _____
ii) _____
8. State any **two** Christian behaviour that can build good relationship
i) _____
ii) _____

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

- | | | |
|---|------------------|-------------------------------|
| 1. Being Cruelty | 6. Witch craft | 10. Being unkind and unloving |
| 2. Envy | 7. Enmity | 11. Corruption |
| 3. God's disobedience | 8. Adultery | 12. Being disrespectful |
| 4. Lousiness | 9. Being selfish | 13. Being disobedient |
| 5. Poverty | | |
| 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 counseling
6. Sharing with others

9 ACTIVITY

1. Define the term broken relationships.

2. Mention any **two** personal behaviours that can destroy relationships.
i) _____
ii) _____
3. State any **two** actions which spoil good relationships with others
i) _____
ii) _____
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.
i) _____
ii) _____
b) Mention **two** things children can learn from their parents.
i) _____
ii) _____
5. State any **two** dangers of broken relationships.
i) _____
ii) _____
6. Write any **two** ways of restoring broken relationships
i) _____
ii) _____

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 8th), international teachers' day (oct 5th) 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.

i) _____

ii) _____

3. State any **two** ways in which good relationships can be sustained between Christians and Muslims

- i) _____
 ii) _____
4. Who is a redeemer?

5. Mention any **two** other redeemers according to the Bible
 i) _____
 ii) _____
6. Name the main redeemer of all the Christian believers.

7. Mention **two** ways people have broken their relationship with God.
 i) _____
 ii) _____
8. How did God reconcile with man?

9. Mention any **two** ways how Christians reconcile with God.
 i) _____
 ii) _____

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?

i) _____

ii) _____

3. What is a Covenant?

4. What Covenant did God make with Abraham?

5. Apart from Abraham, who else did God make a covenant?

i) _____

ii) _____

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. The announced the coming of the Saviour.

How people responded to the messages

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

13 ACTIVITY

1. What do you understand by the word Exodus?

2. State any **two** reasons why Moses was chosen by God to lead His people out of slavery
i) _____
ii) _____
3. Mention any **two** miracles performed by Moses during Exodus.
i) _____
ii) _____
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.
i) _____
ii) _____
8. Why did John the Baptist baptize people?

9. Suggest any **two** qualities that made God to call John the Baptist.
i) _____
ii) _____
10. State any **two** messages delivered by John the Baptist.
i) _____
ii) _____

God calls Jeremiah and Isiah

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.

ACTIVITY

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.
i) _____
ii) _____
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.
i) _____
ii) _____
6. Name any **two** God's messengers today.
i) _____
ii) _____
7. State any **two** God's messages to the people today
i) _____
ii) _____

TOPIC 7: CHRIST IS THE ANSWER

10. ACTIVITY

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

Different ways Jesus showed love and compassion to his disciples.

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 talk
9. He made the deaf hear
10. He washed the disciples' feet
11. He blessed his people

Prayer (Matth: 6:5-13)

Meaning of a prayer

A prayer is a 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

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.

10. Dedication prayer

Examples of prayers:

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

ACTIVITY

Reasons why people pray

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?

1. Early in the morning
2. Before meals
3. Before and after journey
4. Before going to bed
5. On Sabbath /Sunday
6. 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. We should pray with humility (humbly).
3. We shouldn't pray boastfully (Mat 6 : 5-8, Chr 7 :14)
4. We should pray with sincerity and not with bad motives. (James 4:3)
5. We should pray through Jesus Christ because he is the way to the father.
6. Prayer must always be made to God. We should know that before we ask, God already knows what we want.
7. Even when prayers are not answered, there are no reasons to stop praying if we are asking for something good.
8. 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.

Jesus as an example of a prayerful individual

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

ACTIVITY

1. State any **two** reasons why people pray.

i) _____

ii) _____

2. When do Christians pray?

3. State any **two** ways how Christians can pray.

- i) _____
- ii) _____

4. Mention any **two** gestures of humility during prayer.

- i) _____
- ii) _____

5. State any **two** reasons why Christians could pray together.

- i) _____
- ii) _____

6. Mention any **two** ways in which Jesus showed us an example as a prayerful individual.

- i) _____
- ii) _____

THE LORD'S PRAYER (MATHEW 6: 9 – 13)

Lord's Prayer

Our father who are in heaven
Hallowed be thy name
Thy kingdom come
Thy will be done
On earth as it is done in heaven
Give us this day our daily bread
And forgive us our trespasses,
As we forgive those who trespass against us
And lead us not into temptation
But deliver us from evil
For thine the kingdom, and the power, and the glory,
Forever and ever
Amen

Lord's Prayer was the prayer that Jesus Christ taught His disciples

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
3. To ask God for forgiveness
4. To ask God to protect us from evil
5. To forgive others.

Reasons why Jesus prayed

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

Reasons why Christians pray:

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

Importance of prayers:

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

7 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.

i) _____

ii) _____

3. Give any **two** lessons learnt from the Lord's Prayer.

i) _____

ii) _____

4. Mention any **two** reasons why Jesus prayed.

i) _____

ii) _____

5. Suggest **two** places where Jesus prayed from

i) _____

ii) _____

6. State any **two** reasons why Christians pray.

i) _____

ii) _____

7. Write down any **two** importance of prayers to the Christians.

i) _____

ii) _____

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. State **two** importance of communicating with God.
i) _____
ii) _____
2. State any **two** forms of a loud prayer.
i) _____
ii) _____
3. Give any **two** principles of follow during a prayer.
i) _____
ii) _____
4. When should a Christian pray?

5. Write down any **two** incidents for common prayers.
i) _____
ii) _____
6. State the main reason why we pray:

a) At night time.

b) Before meals

7. Suggest **two** ways the Holy Spirit guides us to know God

i) _____

ii) _____

8. State **two** ways of serving God as a Christian today.

i) _____

ii) _____

Forgiveness

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

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

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.

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

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

What should a Christian do after sinning?

1. Repent (ask God for forgiveness)
2. not to sin again

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

8 ACTIVITY

1. Define forgiveness.

2. State any **two** importance of forgiveness among Christians.
i) _____
ii) _____
3. Who denied Jesus three times before the cock crowed twice?

4. How did the above apostle demonstrate his repentance and forgiveness?

5. Mention any **two** reasons why Jesus forgave Peter and appointed him as a leader of the church.

6. What should a Christian do after sinning?

7. What is repentance?

8. Write down any **two** ways of repentance.
i) _____
ii) _____
9. State any **two** reasons for the repentance.
i) _____
ii) _____
10. Why should Christians forgive each other?

TOPIC: 9 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 a material sign e.g. wine, bread
2. Must have permanent system of giving or receiving.
3. Must confirm the presence and power of Jesus.

Examples of sacraments

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

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.



Symbols of Baptism

- Water

Reasons why we use water 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

- 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.
- Removes original sin
- Removes personal sin
- Gives us holy spirit

11 ACTIVITY

1. What is a sacrament?

2. State any **two** characteristics of Sacraments.

i) _____

ii) _____

3. Mention any **two** examples of sacraments.

- i) _____
- ii) _____

4. Name the sacrament that initiates a Christian into God's family.

5. Name the first Sacrament which is received by a Christian.

6. State any **one** symbol of Baptism.

7. Mention any **two** reasons why we use water during baptism.

- i) _____
- ii) _____

8. Mention any **two** necessities of Baptism.

- i) _____
- ii) _____

9. State any **two** importance of Baptism.

- i) _____
- ii) _____

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.

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

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.

i) _____

ii) _____

4. What do you understand by Holy communion/Eucharist?

5. State any **two** symbols of Holy Communion

i) _____

ii) _____

6. Give any **two** needs for the Holy Communion

i) _____

ii) _____

7. Mention any **two** importance of Holy Communion to the Christians.

i) _____

ii) _____

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

Examples of people who receive Holy order

Monks, reverends, pastors and bishops

Holy matrimony

✓ This is a sacrament which gives a man and a woman Holy marriage

✓ This is the sacrament that unites man and woman to become wife and husband

Holy Communion:

✓ Carried out in memory of Jesus' blood and body.

✓ Was made on Holy Thursday

Conditions for receiving Holy Communion:

1. Repentance

2. Baptism

3. Confirmation

Importance of Holy order:

Makes a person to serve in the church

Anointing of the sick people

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

Importance of anointing the sick

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

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;

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

8 ACTIVITY

- What do you understand by the word Penance?

- Name the sacrament symbolized by feeling sorry for one's sins.

- State any **one** importance of Penance.

- Name the sacrament through which a Christian receives religious leadership.

- Mention any **two** religious leaders got through ordination.
i) _____
ii) _____
- State any **two** importance of Holy order.
i) _____
ii) _____
- What is Holy matrimony?

- State any **two** conditions for receiving Holy Communion.
i) _____
ii) _____
- State any **two** importance of anointing the sick.
i) _____
ii) _____
- "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?

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

THE PENTECOST

This was the day holy spirit came to the apostles.

Events that happened on Pentecost

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

Where were the apostles on Pentecost day?

The apostles were in Jerusalem

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

Gifts of the Holy Spirit

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

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

Fruits of the Holy Spirit

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

Symbols of the Holy Spirit today

- | | | |
|---------|---------|----------------|
| 1. Fire | 2. Dove | 3. Strong wind |
|---------|---------|----------------|

ACTIVITY

- 1. State any **two** roles of the Holy Spirit Jesus promised the disciples.
 - i) _____
 - ii) _____
- 2. What happened on the Pentecostal day?

- 3. State any **two** events that happened on the day of the Pentecostal
 - i) _____
 - ii) _____
- 4. Where were the apostles on Pentecost day?

- 5. State any **two** importance of the Pentecost
 - i) _____
 - ii) _____

6. Mention any **two** gifts of the Holy Spirit

- i) _____
ii) _____

7. Write down **two** ways how people use the gifts of the Holy Spirit

- i) _____
ii) _____

8. List down any **two** ways how the Holy Spirit helps us today

- i) _____
ii) _____

9. Name any **two** fruits of the Holy Spirit.

- i) _____
ii) _____

10. State any **two** symbols of the Holy Spirit

- i) _____
ii) _____

Temptation of Satan to Jesus

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

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

Christian community

Qualities of a good Christian in Christian community life

- | | |
|---------------------------|--------------------------|
| a) Should be trust worthy | e) Should be kind |
| b) Should be faithful | f) Should be loving |
| c) Should be helpful | g) Should be considerate |
| d) Should be obedient | 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. Transporting services
9. Help others
10. Live at peace with others

Symbols of a Christian family

- | | |
|--------------|----------|
| • Holy Cross | • Prayer |
| • Bible | • Rosary |

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

- helped the needy ones
- preached and blessed birds

11 ACTIVITY

1. Who led Jesus to the wilderness or desert?

2. Why was Jesus led to the wilderness?

3. Why was Jesus tempted by Satan?

4. How did Jesus Christ overcome the temptation made by the Satan?

5. State **two** different ways we can avoid temptations
i) _____
ii) _____
6. State any **two** qualities of a good Christian in Christian community.
i) _____
ii) _____
7. State any **two** roles of father in a Christian family.
i) _____
ii) _____
8. Mention any **two** symbols of a Christian family
i) _____
ii) _____

Selfishness (Gen. 4)

- selfishness refers to thinking only one's personal needs and benefits

Examples of selfishness

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

Results of selfishness

- | | | |
|--------------------|------------------|--------------------|
| 1. Being neglected | 4. Being unhappy | 7. Poor roads |
| 2. Being punished | 5. Being a cheat | 8. Death of people |
| 3. Being lonely | 6. Accidents | |

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

1. One is loved by God and other people
2. It helps us in getting rewards and blessing
3. It shows how caring we are
4. It promotes peace and cooperation

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 selfishness?

2. State any **two** examples of selfishness in Christians.

i) _____

ii) _____

3. Mention any **two** results of selfishness.

i) _____

ii) _____

4. State any **two** reasons why other Christians are selfish

i) _____

ii) _____

5. Define unselfishness.

6. State any **two** examples of unselfishness

i) _____

ii) _____

7. Mention any **two** results of unselfishness

i) _____

ii) _____

8. Mention any **two** ways in which Jesus Christ showed us example of unselfishness

i) _____

ii) _____

Christian attitudes towards justice

Meaning of justice

- Justice means fair treatment to everyone
- Injustice in unfair treatment to people

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

Forms of injustices

- | | |
|----------------------|-------------------|
| 1. Domestic violence | 5. Nepotism |
| 2. Cheating others | 6. Corruption |
| 3. Being greedy | 7. Discrimination |
| 4. Stealing property | |

Benefits of justice

1. Peace and happiness
2. The poor are helped
3. The weak are protected
4. Network 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. Quarrelsomeness 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

i) _____

ii) _____

3. State any **two** common forms of injustices.

i) _____

ii) _____

4. Give any **two** benefits of justice to Christians.

i) _____

ii) _____

5. State any **two** biblical teaching on justice

i) _____

ii) _____

Diversity

- Diversity means differences in the people we meet

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

Benefits of international diversity

- | | | |
|--------------|----------------|----------------------|
| 1. Culture | 4. Jobs | 7. Development |
| 2. Knowledge | 5. Trade | 8. Political systems |
| 3. Experts | 6. Commodities | 9. Religions |

Ways through which people communicate today

- | | | |
|------------------|---------------|-----------------|
| 1. Mobile phones | 3. Satellites | 5. News papers |
| 2. Internet | 4. Radios | 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. Define diversity.

2. State any **two** values of diversity

- i) _____
- ii) _____

3. Define international diversity

4. Mention any **two** benefits of international diversity

- i) _____
- ii) _____

5. What is communication?

6. State any **two** ways through which people communicate today.

- i) _____
- ii) _____

7. Suggest any **two** qualities of good communication.

- i) _____
- ii) _____

8. Mention any **two** benefits of good communication

- i) _____
- ii) _____

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. Fed five thousand men
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

2. ACTIVITY

1. What are basic needs?

2. State any **two** types of needs.

i) _____

ii) _____

3. Mention any **two** values of needs to an individual

i) _____

ii) _____

4. State any **two** ways in which we obtain our basic needs

i) _____

ii) _____

5. How did Jesus respond to different needs of His disciples?

6. _____

7. Write down any **two** needs people we meet daily.

i) _____

ii) _____

THIRD TERM

TOPIC 10: 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 to others | ✓ pleasant to others | ✓ peaceful |
| ✓ forgiving | than self | ✓ generous |
| ✓ tolerant and patient | ✓ guide and counsel | ✓ humble |
| ✓ humble to their | friends | ✓ loving |
| friends | ✓ respectful | ✓ kind |
| | ✓ trustworthy | ✓ faithfulness |

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.

ACTIVITY

1. Define the word friendship.

2. State **two** importance of friendship.

i) _____

ii) _____

3. Mention any **two** qualities of a good friend.

i) _____

ii) _____

4. Suggest **two** importance of being trustworthy person.

i) _____

ii) _____

5. State any **two** ways in which Jesus Christ showed friendship to people

i) _____

ii) _____

6. Mention any **two** ways a Christian child can show friendship to others.

i) _____

ii) _____

Advice

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

Importance of advice (Sam 2:12)

1. May save someone from danger
2. Promotes peace and harmony
3. It promotes unity
4. It promotes friendship
5. Encourages development (2 Sam 1:12) difficult mission of prophet Nathan)

GOOD ADVICE

Good advice 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.

Advantages of good advice

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

Examples of people who give good advice

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

BAD ADVICE

Bad advices are 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. Being unfaithful.
5. Being disobedient.

Characteristics of bad advice

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

Ways people have been wrongly advised.

1. To fight.
2. To join bad 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.

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

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

ACTIVITY

1. Define the word '**advice**' as a Christian.

2. State **two** importance of advice to a P.7 candidate.

i) _____
ii) _____

3. State **two** indicators of good pieces of advice.

i) _____
ii) _____

4. Mention any **two** examples of good advice.

i) _____
ii) _____

5. Write down **two** values of good advice.

i) _____
ii) _____

6. State **two** examples of people who give us right advice.

i) _____
ii) _____

7. What term is used to mean wrong opinion about what somebody should do in a particular situation?

8. Mention any **two** sources of bad advice.

i) _____
ii) _____

9. State **two** effects of bad advice.

i) _____
ii) _____

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.

1. Exchanging promises (vows)
2. Signing marriage certificate
3. 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.

ACTIVITY

1. What is marriage?

2. Mention any **two** types of marriage.

i) _____

ii) _____

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.

i) _____

ii) _____

6. Mention any **two** vows that a couple exchanges in church.

i) _____

ii) _____

7. In which **two** ways are the vows mentioned above important in marriage?

- i) _____
ii) _____

8. Mention **two** things that the couple does in church during marriage.

- i) _____
ii) _____

9. Give **one** importance of a wedding ring.

10. State the importance a white wedding gown.

11. Why are couples given marriage certificates?

TOPIC 11: 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 can contribute to the improvement of the world.

Examples of those talents

- | | | |
|--------------------------|-----------------------|-------------|
| 1. Drawing and painting. | 5. Debating | 9. Dancing. |
| 2. Singing. | 6. Writing | 10. Jumping |
| 3. Running. | 7. Playing ball games | |
| 4. Acting | 8. Swimming. | |

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. They 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.

8 ACTIVITY

1. What do you understand by the word talents?

2. Mention **two** examples of talents that we learn from school.

i) _____

ii) _____

3. Give any **two** examples of talents that can help us earn a living.

i) _____

ii) _____

4. Mention **two** ways in which we can use talents to serve God.

i) _____

ii) _____

5. State **two** ways in which we can develop talents among people.

i) _____

ii) _____

6. In which **two** ways can people benefit from their talents?

i) _____

ii) _____

7. Give **two** ways in which we can misuse talents.

i) _____

ii) _____

8. Mention **two** effects of misusing talents.

i) _____

ii) _____

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)

9 LESSON

Voluntary Organizations 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 Organization (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 Organizations (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 counseling 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.

10. ACTIVITY

1. What do you understand by co-operation?

2. Mention any **two** groups of people you can co-operate within the community.

i) _____

ii) _____

3. Outline **two** possible ways of co-operating with others.

i) _____

ii) _____

4. State **two** various ways we can co-operate in making the world a better place for everybody.

i) _____

ii) _____

5. Give **two** reasons why we need to co-operate with our friends.

i) _____

ii) _____

6. State **two** main roles of Christian organizations in developing the world

i) _____

ii) _____

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.

i) _____

ii) _____

10. State **two** ways in which World Vision International has been useful to Ugandans.

i) _____

ii) _____

Contributions of Christian Organisations towards the development of the World

Economic Contributions

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

Social contributions;

1. They spread Christianity.
2. They promoted morals e.g. Mothers Union and Fathers Union
3. They carry out 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.

11 ACTIVITY

1. Mention any **two** economic contributions of Christian Organisations towards the development of the World.

i) _____
ii) _____

2. In which **two** ways have Christian Organisations led to development of the World socially?

i) _____
ii) _____

3. Give any **two** political contributions of Christian Organisations towards the development of the World.

i) _____
ii) _____

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.

What is science?

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

What is education?

Education is providing people with information and knowledge

Roles of technology

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

Disadvantage of technology

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

Bad effects of science

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

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

1. People have got a lot of fame (acquired a name) because of Education
2. Through education people have learned to cure disease

3. People have got jobs
4. People have learnt to fight ignorance
5. People have fought low infant mortality rates
6. People have learnt to read the bible and other literature
7. People can easily find directions to places by following road maps and sign posts.
8. People have learnt about their human rights and how to protect them

Bad effects of education

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

Importance of laws in society

1. Guide people how to treat others
2. It makes people fear crime
3. Guides leaders on how to govern their people
4. Protect the vulnerable groups e.g. women, children and elderly
5. It ensures adequate sharing of world resources
6. Promotes respect of authority

12 ACTIVITY

1. In which way is science different from technology?

2. Under which ministry is education in Uganda?

3. State **two** ways in which science has improved agriculture.

i) _____

ii) _____

4. Mention any **two** disadvantages of technology in human life.

i) _____

ii) _____

5. State **two** bad effects of science and technology to the environment.

i) _____

ii) _____

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

i) _____

ii) _____

7. Mention any **two** negative effects of education to people.

i) _____

ii) _____

The ten commandments

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

They were given to Moses on Mount Sinai.

NB: The above commandments were given to guide people

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

13. ACTIVITY

1. Name the first commandment according to the Bible.

2. Name the mountain where Moses received ten commandants.

3. Why did God give Moses the Ten Commandments?

4. How does keeping the Ten Commandments help Christian?

On earth? _____

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. Give the commandment which protects married people.

Participating in an electoral process

An election

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

Requirements for participating in an electoral process

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

What a voter should know

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

Terms used during elections.

i) Ballot paper

This is a special paper that is used during elections.

ii) Ballot box

This is a special box where voters cast their votes.

iii) Polling station

Is a place where voters go for elections / a place where voters go to cast their votes.

iv) Presiding officer

Is a person who heads all the election activities at a polling station.

v) **Returning officer**

Is the title that is given to the person who 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.

i) _____

ii) _____

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.

i) _____

ii) _____

5. How is a ballot paper different from a ballot box?

6. How is a work of a presiding officer different from that of a returning officer?

7. Write **two** qualities of a good voter.

i) _____

ii) _____

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

14 ACTIVITY

1. In early 2021, presidential and parliamentary elections took place in Uganda, Name the body which conducted those elections.

2. State any **two** examples of electoral disputes in that election.

i) _____

ii) _____

3. State one contribution of Simon Byabakama Mugeenyi to the electoral commission in Uganda.

4. Mention **two** reasons why a school should have regular elections.

i) _____

ii) _____

5. Mention any **two** materials of election kept by the electoral commission.

i) _____

ii) _____

6. Give any **two** qualities of good electoral commission.

i) _____

ii) _____

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. How is a referendum different from by-election?

2. Under which **two** conditions can a by-election be conducted in a country?
i) _____
ii) _____
3. In which **one** way is a voters' register important during elections

4. Define election malpractices.

5. Mention any **two** bad practices done by people during the national elections.
i) _____
ii) _____
6. State **two** effects of election malpractices.
i) _____
ii) _____
7. Apart from using elections, state **two** other way of getting leaders in a community
i) _____
ii) _____

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.
i) _____
ii) _____
2. Mention any **two** social advantages of electing leading leaders using secret ballot system.
i) _____
ii) _____
3. In which **two** ways is a democracy practiced in the schools?
i) _____
ii) _____
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.
i) _____
ii) _____
7. Suggest **two** reasons why electoral officials need to be honest and God fearing.
i) _____
ii) _____
8. Mention any **two** ways the churches have contributed in general elections in Uganda.
i) _____
ii) _____

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 minimize / reduce the number of invalid ballot papers.
3. To know the candidates in the race of elections.
4. To know when the elections will take place.

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

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

Other organizations that help to conduct Civic education in Uganda

1. The electoral commission.
2. Uganda Watch
3. Uganda Human Rights Commission.
4. 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 **three** importance of Civic education in a country.
i) _____
ii) _____
3. Mention **two** religious organizations that help to conduct Civic education in Uganda.
i) _____
ii) _____
4. In which **two** ways have Uganda Joint Christian Council help to maintain peace in Uganda through election?
i) _____
ii) _____
5. Write UJCC in full.

6. Mention **two** organizations that help to conduct Civic education in Uganda.
i) _____
ii) _____
7. Suggest **two** challenges of the electoral process in Uganda.
i) _____
ii) _____
8. Give **two** solutions to the above challenges.
i) _____
ii) _____

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) By Birth | ii) By Descent |
| iii) By Registration | iv) By Adoption |
| v) 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.

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.

8 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.

i) _____

ii) _____

4. Who is a citizen of Uganda?

5. Give **two** ways in which people become citizens of Uganda.

i) _____

ii) _____

6. Mention any **two** reasons why a good citizen should pay taxes.

i) _____

ii) _____

7. Give any **two** things a good citizen is expected to do for the government.

i) _____

ii) _____

8. (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

- i) Denial of fair judgment in court.
- ii) Mistreating a person for unjustified cause.
- iii) Denial of freedom of movement.

Children's Rights

This is the freedom enjoyed by children.

Examples of the Children's Rights

- | | |
|----------------------------------|--------------------------------|
| 1. A right to food. | 8. A right to have a name. |
| 2. A right to shelter. | 9. A right to parental love |
| 3. A right to culture. | 10. A right to be listened to. |
| 4. A right to medical care. | 11. A right to protection. |
| 5. A right to play. | 12. A right to clothes. |
| 6. A right to freedom of speech. | 13. A right to life. |
| 7. Right to freedom of movement. | |

Examples of the children's responsibilities

1. Obeying parents.
2. Keeping law and order.
3. Working for the unity of the family.
4. Living in peace with family members.

5. To do housework.
6. Promoting discipline.
7. Respecting others.
8. Caring for the environment.
9. Caring for themselves and their property.
10. Love and protect the family/property.
11. To go to school and study.

Reasons why children should know their rights

1. To avoid being exploited.
2. To avoid being abused.
3. To live happy and peaceful.
4. To develop their skills.

5 ACTIVITY

1. What are Human rights

2. State **two** examples of human rights in the world today.
i) _____
ii) _____
3. Mention **two** organizations that help to promote and protect people's rights in Uganda.
i) _____
ii) _____
4. State **two** International Organizations that protect human rights.
i) _____
ii) _____
5. Give **two** forms of Human Right abuse.
i) _____
ii) _____
6. State any **two** rights that children should enjoy.
i) _____
ii) _____
7. Give any **two** responsibilities that children must observe.
i) _____
ii) _____
8. State any **two** reasons why children should know their rights.
i) _____
ii) _____

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

- | | | |
|-------------------------|------------------------|--------------------------|
| i) Denial | v) Denial of education | ix) Child battering |
| ii) Corporal punishment | vi) Defilement | x) Bad cultural practice |
| iii) Denial of clothes | vii) Child kidnap | |
| iv) Child labour | viii) Denial of a name | |

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.

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. Death of parents.

How have children contributed to child 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

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

6 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.
i) _____
ii) _____
3. Mention **one** of the commonest types of child abuse in Uganda.

4. State **two** examples of "child abuse" in Uganda.
i) _____
ii) _____
5. Mention any **two** ways churches have contributed in stopping child abuse.
i) _____
ii) _____
6. In which **two** ways have children contributed to their right abuse?
i) _____
ii) _____
7. Give **two** reasons why children leave their homes to go on streets
i) _____
ii) _____
8. Mention any **two** examples of child abuse caused by:
a) Indecent dressing.
i) _____
ii) _____
b) Indiscipline
i) _____
ii) _____

TOPIC 11: HAPPINESS ON THE WAY TO ARRIVAL 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 relationships means living together in peace, love, unity and harmony

Types of relationship

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

Qualities of good relationships

- Happiness
- Supportive
- Telling truth
- Being open and honest to each other
- Sharing interests
- Praying together
- Absence of discrimination

ACTIVITY

1. What do you mean by "good relationship?"

2. Mention any **one** type of relationship

i) _____

ii) _____

3. Mention any **two** groups of people who are related by blood.

i) _____

ii) _____

4. Give any **two** qualities of good relationship

i) _____

ii) _____

5. Define church relationship as used in Christianity.

6. Mention **two** ways in which we can develop good relationships in church

i) _____

ii) _____

7. Suggest **two** different people you need to relate with while at school.

i) _____

ii) _____

8. State **two** importance of having good relationships

i) _____

ii) _____

Church relationship

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

How to develop good relationships in church

- Use personal talents
- Use gifts of the holy spirit
- Pray for one another
- Practice charity for all
- Fight against evil
- Be open in feelings and thought
- Share responsibilities
- Love without discrimination
- Practice tolerance

Different people you need to relate with are;

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

How we can have good relationships with others

7. Being kind and loving
8. Being helpful
9. Being concerned
10. Being obedient
11. Being trust worthy
12. Forgiving one another
13. Respecting other
14. By sharing things with others

Importance of relationships

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

8 ACTIVITY

1. What is church relationship?
- 2.
3. How do we develop good relationships with others in church?
 - i) _____
 - ii) _____
4. Mention any **two** different people you need to relate with while at school.
 - i) _____
 - ii) _____
5. How can we have good relationships with others?
 - i) _____
 - ii) _____
6. Mention any **two** importance of relationships
 - i) _____
 - ii) _____

HAPPINESS

What is happiness?

- ✓ Happiness is being in good relationship with someone you love and loves you too.
- ✓ Happiness is the mental state of wellbeing.
- ✓ 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

Activity

1. What are broken relationships?

2. State **two** bad acts which spoil good relationships with others.
 - i) _____
 - ii) _____
3. Mention any **two** effects of broken relationships.
 - i) _____

- ii) _____
4. Mention **two** ways of restoring broken relationships.
- i) _____
- ii) _____
5. What do you understand by the word "happiness"
- _____
- _____
6. Mention **two** signs of happiness.
- i) _____
- ii) _____

GOD AS A SOURCE OF HAPPINESS

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

How a good relationship with God is a source of happiness

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

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

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

Source of happiness in our community

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

Biblical teaching about true happiness

Happiness from God can only be maintained when we live rightly in Him

A good relationship with God allows God's spirit to flow freely in our lives

The spirit of God gives us strength to live happily despite the problems we experience (1 Peter 5:7)

In Romans 12:2 Paul says that we should not conform to the standards of the world but our riches should be in heaven

In Romans 11:33, He emphasizes that true source of happiness is in heaven where there are permanent riches so let us obey God's commandments and give glory to God

Giving and receiving as a source of happiness

1. Giving and receiving involves sharing what one has
2. Giving and receiving cannot be avoided because one person cannot have everything one wants
3. Happiness consists in giving and serving others

4. Give to the world the best you can and the best will come to you
5. The way you give is worth more than the gift you receive
6. No one has even become poor by giving (John 13:14-17)

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

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

8 ACTIVITY

1. Write down any **two** things we can do to please God.
 - i) _____
 - ii) _____
2. Mention **two** ways in which a good relationship with God is a source of happiness
 - i) _____
 - ii) _____
3. Suggest **two** challenges which test our relationship with God.
 - i) _____
 - ii) _____
4. State any **two** sources of happiness in our community
 - i) _____
 - ii) _____
5. State any **two** ways in which giving and receiving are a source of happiness.
 - i) _____
 - ii) _____
6. Mention any **two** values and benefits of giving and sharing to Christians.
 - i) _____
 - ii) _____

BIBLE TEACHINGS ABOUT LIFE AND DEATH

LIFE

According to the Bible, life is useless if one does not live in light of Christ (Ecc. 1:2)
 In Ecc. 1:3 lives 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 not the end of a Christian.
 It is just a passage to the everlasting life.

Causes of death

- | | |
|---------------|----------------|
| ✓ Old age | ✓ Witch crafts |
| ✓ Misfortunes | ✓ Accidents |

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

Jesus encourages it not to fear death because he has power over it.

"I am the way, the resurrection and life and 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

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.

What will happen to each of us on the judgment day?

God will judge each of us according to our deeds while on earth

What reward will God give to those who remain faithful to Him after their death?

God will reward them with everlasting life/eternal life /life after death

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

The righteous /faithful ones

Paradise/Heaven

The sinner- Hell

Give the meaning of the term heaven according to Christianity

It is a place of Joy and happiness

Heavens means paradise

A place where the righteous will go after death to meet God

THE CHRISTIANS' VIEW ABOUT HEAVEN

Christians believe that heaven is a place where Christians will meet face to face with their God.

Christians also believe that heaven is a place where all believers will meet in a gathering called the wedding feast of the lamb (Rev 21:27)

Christians believe that heaven is a place where believers will be rewarded for all their good deeds, i.e. heaven itself will be a reward for righteous people while sinners will go to hell.

Christians believe that heaven is a place where they will have full expression of eternal life in union with God the father.

ACTIVITY

1. In which is life considered useless in Christianity?

2. Name the passage to the everlasting life.

3. State any **two** causes of death.

i) _____

ii) _____

4. State any **two** reasons why Christians fear death.

i) _____

ii) _____

5. "I am the way, the resurrection 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 quoted text?

b) To whom was the statement said?

c) State any **two** lessons we learn from the above text.

i) _____

ii) _____

6. What will happen to each of the Christians on the judgment day?

7. What reward will God give to those who remain faithful to Him after their death?

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

a) Sinners: _____

b) Faithful Christians: _____

9. Give the meaning of the term heaven according to Christianity.

SIN

A sin is an act against the will of God

What should one do after sinning; he/she is to go heaven?

Should repent/ask for forgiveness

What is the Biblical teaching about our enemies?

We should love and forgive our enemies.

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 heaven so 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.

Different way in which we can purify our lives as Christians

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

What is God's message for his people today?

- To repent their sins.
- To love one another.

God's messages are delivered by God's messengers.

ACTIVITY

1. What is a sin?

2. What should one do after sinning; he/she is to go heaven?

3. What is the Biblical teaching about our enemies?

4. What is perseverance ?

5. Mention any **two** temptations that Christians should persevere.

i) _____

ii) _____

6. Mention **two** things Christians are to do if they need to persevere.

i) _____

ii) _____

7. Different way in which we can purify our lives as Christians

8. What is God's message for his people today?

i) _____

9. Who are God's messengers?

10. Give any **two** examples to God's messengers today

i) _____