

## CHRISTIAN RELIGIOUS EDUCATION

### SENIOR ONE

#### MATERIALS YOU WILL NEED FOR CHRISTIAN RELIGIOUS EDUCATION LESSONS

- Pencil
- Pen
- A book for lesson work
- A Bible

#### INSTRUCTIONS FOR CHRISTIAN RELIGIOUS EDUCATION LESSONS

- Take the lesson activities seriously;
- Do all the activities assigned in this lesson today;
- Read and understand the brief explanations in this lesson;
- In case something is not clear, ask parents and other people around you.

#### Keywords

- **intermediary:** a person who acts as a link between people in order to try and bring about an agreement; a mediator;
- **possess or being possessed:** being under control of a human body by spirits, aliens, demons or gods. The concept of spirit possession exists in many religions, including Christianity, Buddhism, Hinduism, Islam and the African traditional religions;
- **commitment:** being dedicated or devoted to a cause or activity.
- **significance:** being of great importance;
- **circumcision:** the action or practice of circumcising a girl or young woman; for the men, it is the cutting off of the foreskin of a penis, for women, it is cutting off the clitoris;
- **covenant:** making a formal agreement, contract, or promise in writing.
- **commemorate:** recall and show respect for someone or something; for example, in Christianity, there are many things we commemorate, such as the birth of Jesus on Christmas and the death and resurrection of Jesus Christ on Easter;
- **ritual:** a religious or solemn ceremony consisting of a series of actions performed according to a prescribed order;
- **sacred:** something connected with God or a god or dedicated to a religious

purpose. and so deserving

- **ceremony:** a formal religious or public occasion, especially one celebrating a particular event, achievement or anniversary;
- **celebration:** a social gathering or enjoyable activity held to celebrate something; make a party for something such as a birthday;
- **anointing:** smear or rub with oil, typically as part of a religious ceremony;
- **grace:** (in Christian belief): the free and undeserved favour of God, as shown in the salvation of sinners and confer of blessings;
- **Holy Communion:** the service of Christian worship at which bread and wine are consecrated and shared as the body and blood of Jesus;
- **Confirmation:** (in the Christian Church) the rite at which a baptized person, especially one baptized as an infant, affirms Christian belief and is welcomed as a full member of the Church;
- **Sacrament:** (in the Christian Church) a religious ceremony or ritual regarded as imparting divine grace, such as baptism, the Eucharist and (in the Roman Catholic and many Orthodox Churches) penance and the anointing of the sick;
- **Holy Eucharist:** A Christian sacrament commemorating the Last Supper by consecrating bread and wine;
- **Ordination:** is the process by which individuals are consecrated; that is, set apart and elevated from the laity class to the clergy, who are then authorized to perform various religious rites and ceremonies;
- **consecration:** (in Christian belief) declare (bread and wine) to be or represent the body and blood of Christ;
- **sacrilege:** violation or misuse of what is regarded as sacred.

**TERM ONE****LESSON 1: THE MEANING OF WORSHIP****Learning outcomes**

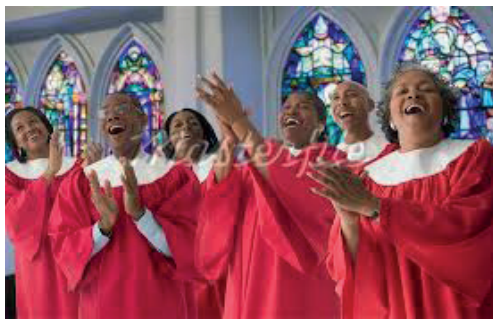
**By the end of this lesson, you should be able to:**

- i) Tell the meaning of the word worship;
- ii) Demonstrate knowledge of the importance of worship to a Christian;
- iii) Demonstrate knowledge that worshipping God creates a good relationship between a Christian and God; and
- iv) Learn to communicate with God.

**Introduction**

Did you know that worship is an old practice worldwide? For a long time, humans in all societies have believed that there is a supreme being. They believe that this Supreme Being is the creator of all that exists in the world and beyond. The Supreme Being is ageless, spiritual and invisible. This being is God. Humans love and respect God. They believe that God sees, knows, is everywhere and hears everything humans engage in. They also believe that God has always been there and lives forever. Humans, therefore, worship God. They worship God in different ways.

**Look at the pictures, 1-4. Identify the forms of worship presented**



**Fig 1**



**Fig 2**

**Fig 3****Fig 4**

### **What is the meaning of worship?**

The word worship means the feeling or expression of respect and adoration of a supreme being. Humans love and respect God. Worship is the way humankind communicates with God. In the Christian church, Christians pray to God through Jesus Christ his only son, and the Holy Spirit. In Christianity, there are various forms of worship that include prayer, fasting, offertory, meditation, singing and dancing, fellowship, scripture reading, wearing religious objects and pilgrimage. All these forms of worship can be done at both individual and congressional level.

In Christian homes, family members are supposed to converge and worship in the morning, evening and every other time before starting a journey, eating food and even after food. In some Christian churches, especially in the Roman Catholic Church, Christians wear religious objects such as rosaries, crosses and medals around their necks. Making a sign of the cross is also a form of worship. Chanting or even mere mentioning a religious word is considered as worshipping.

### **Importance of worshipping God**

Worship is an essential part of a Christian's faith. Christians worship God to thank him for his love, ask for forgiveness for their sins and try to understand his «will» for them. Public worship with other Christians usually takes place in churches, chapels or cathedrals.

There are many forms of worship but we shall take a case study of prayer as worship.

#### **Prayer:**

Christians pray for different reasons. Many times people feel a deep push within them to pray.

Jane a Primary 7 candidate, who used to stay away from prayers at school. She also used to play during evening prayers. During third term towards the Primary Leaving Examinations, Jane became a very good Christian; she started attending all early morning lessons. During break and lunch time, she would hide herself in one corner of the class and pray. Jane had a small piece of paper; even after evening prayers, she would open the piece of paper and read it with utmost calmness.

I discovered that the paper had the following words:

*Dear Lord, please clear my mind and help me to remember all I need to know for exams. Forgive me for all I have done wrong and please be with me to guide me, assist me, and to keep me calm while taking the exam. Please help me that everything just comes to me just how I studied it. Please walk with me and be with me today in Jesus' name...Amen*

### Activity

- (i) Why do you think Jane stayed away from prayers?
- (ii) Why then did she eventually change?
- (iii) What was Jane's prayer about?

There are different types of prayers, including:

**(i) Petition prayer:** A petition prayer is a request to God that asks him to fulfil a specific need. The prayer of petition is at its heart an Act of Faith in that the one praying must believe first, in the existence of God; and second, that God is both willing and able to grant the petition.

**(ii) Praise prayer:** Praise is the form of prayer which recognizes most immediately that God is God. It glorifies God for his own sake and gives him glory, quite beyond what He does, but simply because He is.

**(iii) Intercession:** Intercession is prayer that pleads with God for your needs and the needs of others. But it is also much more than that. Intercession involves taking hold of God's will.

**(iv) Thanksgiving:** A prayer that thanks God for all the good things He has done in one's life.

**(v) Confession:** In its simplest terms, confession prayer is the acknowledgement of our sin, or the affirmation of God's truth, or both. It is a prayer of being remorseful and a promise never to sin again. In Christianity, it is believed that God is all forgiving.

**Activity:** Open your Bible and carefully read Psalm 23. In your notebook, point out the main issues of '*Psalm 23*'.

### Summary: In this lesson, you should have learnt

- that worship is the feeling or expression of respect and adoration of God; a way Christians communicate with God
- that after worship, Christians feel good and get relief. Worship gives satisfaction to Christians;

- the different reasons for worshipping and prayer including petition, praise, intercession, thanksgiving and confession;

## **LESSON 2: Other Forms of Worship**

### **Learning outcomes**

**By the end of the lesson you should be able to:**

- demonstrate that you know that communicating to God is important in our lives;
- prove that you understand the different ways of communicating to God;

### **Opening Activity**

Recall the different things that Christians engage in when you go to your church either on Sunday or Sabbath day.

### **Introduction**

Christians worship God in different ways – congregationally, individually; some shout loudly, others worship quietly. Generally, the forms of worship are in the following ways:

- Prayer:** This is direct communication with God, usually with a formal order of prayers. When a Christian is praying, it is sensible to be humble and focused.
- Fasting:** Fasting is a practice among Christians and is done either collectively during certain seasons or individually, as a believer feels led by the Holy Spirit. Many Christians also fast when they are asking God for favour to be successful in their endeavours. In the Bible, Jesus fasted for 40 days and nights to reflect on what His Father had called Him to do (Matthew 4:1-17; Mark 1:12-13; Luke 4:1-14). Fasting is an outstanding form of worship and Christians are invited to fast for several reasons:
  - Reflect on what God wants them to do;
  - To seek God's wisdom. Paul and Barnabas prayed and fasted for the elders of the churches before committing them to the Lord for His service (Acts 14:23);
  - To seek deliverance or protection. Ezra declared a corporate fast and prayed for a safe journey for the Israelites as they made the 900-mile trek to Jerusalem from Babylon (Ezra 8:21-23);
  - To repent. After Jonah pronounced judgment against the city of Nineveh, the king covered himself with sackcloth and sat in the dust. He then ordered the people to fast and pray. Jonah 3:10 says, "When God saw what they did and how they turned from their evil ways, He relented and did not bring on them the destruction He had threatened."

- To gain victory. After losing 40,000 men in battle in two days, the Israelites cried out to God for help. Judges 20:26 says all the people went up to Bethel and “sat weeping before the Lord.” They also “fasted that day until evening.” The next day the Lord gave them victory over the Benjamites.
- (iii) **Offertory:** In Christian churches, offering to God is an act of worship. Usually offertory is collected during the service or mass.
  - (iv) **Tithing:** In Christian churches, tithing is the spiritual practice of giving back to God the first 10% of all that we earn. Tithing is obligatory to all Christians. Through tithing, Christians give back to God, who provides to us abundantly.
  - (v) **Meditation:** Christian meditation is a form of worship and prayer. A Christian reflects upon spiritual issues, seeking to be in the presence of God and to be inspired spiritually. Some Christians meditate after reading biblical texts; seeking to understand what God wants them to do in their lives.
  - (vi) **Singing and dancing:** Christians sing songs of praise and worship and dance to celebrate the Gospel of Jesus Christ. All Christians sing in church and anywhere worship takes place. However, the issue of dancing is only done by some Christian sects but others do not accept it.
  - (vii) **Pilgrimage:** Pilgrimage is very important in some religious traditions. Christians believe pilgrimage can help them develop spiritually and bring them closer to God.
  - (viii) **Fellowships:** Coming together for Christian fellowship expresses the idea of being together for mutual benefit, and express love to one another. It also encourages good works (Hebrews 10:24-25 and John 13:35).
  - (ix) **Scripture reading:** To Christians, reading is like bringing solid food to the mouth; meditation is the chewing of it, while prayer is the trusting of it; and, in contemplation, we take delight in the sweetness we have found.
  - (x) **Charity:** To be a Christian is to be obligated to be charitable. This is because charity is “not just a good deed but a declaration of belief about the world and the God who created it. Charity must be at the heart of what it means to be a Christian, because charity is the very heart of God.

**Activity: Find a Bible, identify the given verses and complete the table by giving the Christian teaching on worship.**

Biblical verse	Christian teaching
Ezekiel 43:27	
Genesis. 4:21	
II Chronicles 5:12-13	



I Samuel 16:17	
Psalms 47:1-9; 33:1-22	
2 Samuel 1:12	
Daniel 10:3; 9:3-5	
Isaiah 58:3-7	
Psalms 69:10; 35:12-14	
Exodus 34:28	
Esther 1:6	
Hebrews 13:15-16; Philippians 4:18	
Romans 12:1-2	
Philippians 4:18	
Acts 13:2	
Luke 2:37	
Matthew 6:16-18	

**Lesson summary:** In this lesson, you should have learnt

- that communicating to God is important in our lives;
- the different ways of communicating to God;

## **LESSON 3: Worship in African Traditional Religion**

### **Learning outcomes**

By the end of this lesson, you should be able to:

- Demonstrate understanding that before the coming of Christian missionaries to Africa, Africans had their own ways of worshipping;
- Show that you know some of the ways of worship in African traditional societies;
- Demonstrate appreciation of the fact that before the coming of Christianity, Africans had developed systems of beliefs and practices;
- Know what looks similar between worshipping in African Traditional Religion



and worshiping in Christianity and

- v) Know the differences between worship in African Traditional Religion and worship in Christianity.

**Activity: 1** List down five names that show that Africans had an idea of God before the coming of Christianity.

### Introduction

Before the coming of Christian missionaries to Africa, the natives had religious beliefs and practices. Africans were already religious. They worshipped and prayed to the almighty God through deities. In many African communities, there were no calendars to fix days and dates for congregational worship. Congregational worship was done when there was a specific need to petition God. Later on, after harvesting or any blessing in the community, the elders consulted the intermediary on how to thank God. People again came together and performed thanksgiving rituals.

### Activity 2

#### Read the story below

When we finished supper, grandfather called us outside to the fireplace as the tradition had been. This time it was about African Traditional Religion. He said, “Unlike today where we have Christianity and Islam with holy books, the African traditional religion does not have such records”. I got interested and asked him how and where to find more about it.

“My grandchildren, it was found in all fields of life. The names we give to children have religious meanings. Take an example of your father Byakatonda; his name means “all belongs to God”. Different tribes have names such as Karuhanga in western Uganda, Eramo among the Bagishu, Ayeta in the east Binta, Olutosin, in west Africa, Bayete in South Africa to mention but a few. All have meanings relating to God.”

The story was so interesting that all of us paid attention. He went on to tell us that, “African traditional religion was found in music dance and drama, where songs reflected religious feelings. African rituals and ceremonies were also custodians of religion. The daily activities such as hunting, fishing and agriculture had divine beings attached to them. Religion was also found in the sacred or holy places of the Africans such as caves, shrines, hills and big trees, among others.

African traditional religion was also kept in the minds, memories, visions and dreams of the elderly. Lakes, rivers and other physical features also served as sources of African Traditional Religion. The poems, riddles, sayings, legends and stories of the Africans were also a great source of African Traditional religion.” He encouraged us to tell these facts to the children we shall have in future, in order for the next generation to learn about the same. Before we knew it, it was midnight and everyone had to go to sleep.

#### Attempt the following:

1. From the story, identify the sources of African Traditional Religion.
2. Suggest any other sources of African Traditional Religion that are not mentioned

in the story.

3. Write down any other African names that suggest religious meaning.
4. In order to keep African Traditional Religion alive, grandfather suggested. Write it down.

**Note:** You need to know that the Christian missionaries condemned many of the traditional forms of worship as satanic, primitive, barbaric and devilish. To date, many Christians do not agree with the traditional ways of worship and they deny the existence of traditional gods.

### Activity 3:

Carry out research, asking your parents and if possible grandparents and other elders around your home to tell you stories of the ways of worship in traditional societies. In your notebook, write a short essay of your findings, explaining why African traditional ways of worship are different from Christian worship.

### Lesson summary

In this lesson, you should have learnt

- that before the coming of Christian missionaries to Africa, Africans had their own ways of worshipping;
- the ways of worship in African traditional societies and
- that before the coming of Christianity, Africans had developed systems of beliefs and practices.

## TERM 2

### LESSON 1: The meaning of rituals and celebrations

#### Learning outcomes

By the end of this lesson, you should be able to:

- i) Tell the meaning of the terms rituals and celebrations;
- ii) State examples of rituals in the Christian church;
- iii) Identify and list rituals and celebrations in African traditional religion.

#### Introduction

**What is a celebration?** A celebration is a special enjoyable event that people organize because something pleasant has happened or because it is someone's birthday or anniversary.

**Activity:** Now that you know the meaning of celebration, write down three (3) celebrations you have ever attended. In two paragraphs, explain what events were being celebrated.

#### Religious celebrations

All religions have beliefs, for example belief in God, belief in Jesus Christ as the Son of God and belief in heaven after death. Rituals are celebrations and practices Christians engage in as an outward sign; things they do to show commitment to God and to show that their belief in Jesus Christ, God's son. These practices are called rituals and celebrations. Examples of such rituals are baptism and Holy Communion. Celebrations include Christmas day and Easter. Even in African traditional religion, there are rituals and ceremonies that people practice; for example, introduction ceremonies, last funeral rites and circumcision among some tribes such as Bagishu and Sabiny.

**What is a ritual?** A ritual is defined as a religious service or action which involves a series of actions performed in a fixed order. In the Christian faith, church rituals are performed with utmost care, using specified religious objects and presided over by a knowledgeable religious leader such as a priest, or pastor. The most prominent Christian rituals are Baptism and the Eucharist. In the Roman Catholic Church, the rituals are called sacraments and in the protestant Church, these rituals are called ordinances. These are sacred rituals and Christians believe that they convey God's sacred power and grace.

**Activity: In your book do the following:**

- (i) List the rituals that you have ever participated in, in your church;
- (ii) List down ceremonies where you were involved;
- (iii) List down rituals and ceremonies in African Traditional Religion that you have ever attended.

**Lesson summary:** In this lesson, you should have learnt

- the meaning of rituals and celebrations;
- types of rituals in the Christian church;
- rituals and celebrations in African traditional religion.

## **Lesson 2: Key celebrations in Christianity**

**Learning outcomes:**

By the end of this lesson, you should be able to:

- i) List the different celebrations in the Christian church;
- ii) Demonstrate understanding of the meaning and importance attached to key celebrations in Christianity;
- iii) Relate your own life to Christian celebrations.

**Introduction**

Different Christian sects have specific dates when they celebrate key events in Christianity. There are many celebrations in the churches. Before you discover more about them, work through activity 1.

**Activity 1**

Study pictures 1-4 and answer the questions that follow:



Fig 1



Fig2



Fig 3



Fig4

- i. Identify the Christian celebrations in figures 1-4
- ii. Write down why you think the celebrations are important in the Christian Church.
- iii. In your opinion, how best do you think those days should be celebrated?

Apart from the days in the pictures, there are other Christian celebrations which include:

### **Christmas day**

Most Christians celebrate Christmas; the birth of Jesus Christ is the end of the Old Testament and the beginning of the New Testament. Through His Son Jesus Christ, God renews his love and covenant to his people. Therefore, Christmas is a key celebration among Christians.

### **Easter Sunday**

All Christians believe in the death and resurrection of Jesus Christ. Therefore, on Easter Sunday, they celebrate the resurrection of Jesus Christ. Jesus Christ is the foundation of the Christian church.

### **Ascension Day**

The day when Jesus Christ ascended into heaven is celebrated 40 days after Easter Sunday. Ascension Day is significant as it marks the end of the earthly appearances of

the risen Christ before the disciples received Christ's Spirit at Pentecost.

### **Pentecost Sunday**

Pentecost is the festival celebrating the gift of the Holy Spirit, God's presence and inspiration in the lives of people today. It celebrates the anniversary of the coming of the Holy Spirit to Jesus' disciples. It is celebrated on the Sunday 50 days after Easter, as show in Acts 2:1-4 Acts 11:15.

### **All Saints Day**

A Saint is a great man or woman of the past who was formally recognized by the church as having lived a virtuous life of faith and who can be an inspiration to people today. All Saints' Day is celebrated on the 1<sup>st</sup> of November annually. Early followers of Jesus were called saints or 'holy ones'. In the Catholic Church, the whole month of November is dedicated to all saints and people in purgatory.

### **Epiphany**

The Epiphany feast is celebrated on the 6<sup>th</sup> of January. It is the feast of the holy family, in commemoration of the day the Magi (wise men) visited the holy family and brought three gifts: gold, frankincense and myrrh; and so it is assumed that there were three Magi.

### **Good Friday**

Christians commemorate the day when Jesus was crucified. It was named good because it was good for Jesus Christ to suffer and die for us. On Good Friday, Christians reflect on Jesus' suffering and death.

### **Ash Wednesday**

Lent is a time when Christians prepare for Easter by focusing more on prayer and spiritual studies, and fasting. Lent lasts 40 days, a significant number in Jewish-Christian scriptures and is the period which the Gospels record that Jesus spent fasting at the start of his ministry.

### **Psalm Sunday**

This is when Christians celebrate the triumphant entry of Jesus into Jerusalem.

### **Uganda Martyrs Day**

This is a day that Christians celebrate on 3<sup>rd</sup> of June each year. They commemorate the martyrdom of Ugandans who were killed by King Mwanga.

**Lesson summary:** In this lesson, you should have learnt

- the different celebrations in the Christian church;
- the meaning and importance attached to key celebrations in Christianity;
- to relate your own life to Christian celebrations.



## Lesson 3: Key Rituals in the Christian church

### Learning outcomes:

By the end of this lesson, you should be able to:

- i) Show that you understand the most important rituals performed across all Christian religious sects;
- ii) Demonstrate that you understand the meaning and importance attached to key rituals in Christianity;
- iii) Relate your own lives to Christian rituals.

Different Christian rituals observe. Before you discover more about them, work through activity 1.

### Activity

Study pictures 1-3 and answer the questions that follow:



Fig 1



Fig 2

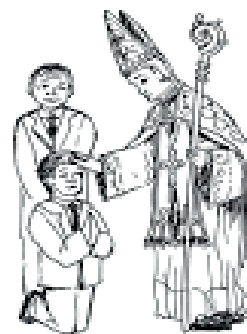


Fig3

### Introduction

In most Christian churches, Baptism and the Eucharist are more prominent because they commemorate the baptism of Jesus and for Eucharist; the body and blood of Jesus.

### Baptism

Baptism is a Christian ritual of initiation into the Christian Church. Across all the different sects of Christianity, the most important item is water; baptism is a ritual cleaning with water. Catholics and Protestants use water as a sign. It is poured on the forehead of the child or adult being baptized. Among the Seventh Day Adventists and some Pentecostal



churches, the ritual of baptism involves immersion of the child or adult into a pool of water. In most cases, the person baptized is given a name that identifies the baptised person with the Christian family.

The baptism ritual originates from Jewish tradition; purifying one by immersing into water. Baptism had already existed before the coming of Jesus. Jesus Christ himself was baptized by John the Baptist in river Jordan and later, Jesus instructed baptism of his followers, as shown in Mark 16:15 and Matthew 3:13 - 17.

### Activity:

The following table is a list of the items required to perform the ritual of baptism. Draw this table in your notebook and state the significance of each item or action.

N	Activity	Significance
1	Presence of a priest or pastor	
2	Presence of godparents	
3	Immersion into water or pouring of water on the person being baptised	
4	Presence of a burning candle	
5	Presence of a white garment	
7	Presence of the cross	
8	Using the anointing oil of chrism	

### The ritual of Holy Communion

Holy Communion is another ritual Christians observe. It is celebrated by the sharing of bread and wine by Christians to remember the death and resurrection of Jesus Christ. Christians believe that Jesus instituted the practice during the last supper, also referred to as the Passover in the Jewish tradition. This is where Jesus shared a final meal with his followers just before his arrest and eventual death. In memory of his death and resurrection, early Christians met weekly to share meals of bread and wine, accompanied by prayer.

Different Christian denominations have different beliefs about the Eucharist. Some churches, especially the Roman Catholic and Orthodox churches, believe that upon blessing the bread and wine in the ritual of the Eucharist, these food items become the body and blood of Jesus. Other denominations interpret the rite symbolically, believing that eating the bread and drinking the wine commemorates the sacrificial action of Christ. In both cases, sharing the bread and wine is held to remember Christ's first coming and anticipate his second coming. The frequency of the Eucharistic observance

varies from church to church. The liturgical churches include the Lord's Supper in all of their weekly services and on holy days throughout the year. Some liturgical churches share the Lord's Supper daily, with the exception of Holy Saturday. Non-liturgical churches prefer to highlight preaching and Bible study at their Sunday services, and usually share the Lord's Supper monthly. Most protestant and Pentecostal churches use bread and wine or juice.

### Activity:

- (i) Open your Bible and read Mk 14:3-26, and then draw a picture of the last supper.
- (ii) Read Mk 14:3-26 carefully and state the similarities and differences between the Passover and the last supper.

### Lesson summary:

In this lesson, you should have learnt

- the most important rituals performed across all Christian religious sects;
- the meaning and importance attached to key rituals in Christianity;
- to relate your own lives to Christian rituals.

## Lesson 4: Other Relevant rituals in the life of a Christian

### Learning outcomes

By the end of this lesson, you should be able to:

- i) Demonstrate understanding of the mandatory rituals in the life of a Christian;
- ii) Prove knowledge of the meaning and significance of such rituals;
- iii) Prove knowledge of the meaning of objects in Christian rituals.

### Opening Activity:

In a clear order, state the rituals a Christian in your church goes through from birth to death.

### Introduction

You have already studied about some of the key rituals such as baptism and Holy Communion; and celebrations such as Christmas and Easter. Now we need to learn about the rites of passage in the life of every active and participating Christian. As we

said, all religions have rituals and celebrations in commemoration of an event in one's life. For instance, at every stage of a Christian's life, there is a ritual performed or a ceremony. In some Christian churches, like in the Catholic Church, new born babies are baptized. As we have already seen, the baptism ritual initiates a child into the Catholic Christian family. After Baptism, there are many other rituals performed to enhance spiritual growth and development of a Christian.

### **Confirmation ritual**

The sacrament of confirmation is the second ritual in the life of a Christian. The Confirmation ritual confirms the baptized child or adult into the Christian Church. It is believed to bring graces of the Holy Spirit that came upon the Apostles on the Pentecost Sunday.

### **Holy Communion ritual**

The Sacrament of Holy Communion is the last initiation ritual in the Roman Catholic Church. Holy Communion is when the Christian receives of Christ's Body and Blood, referred to as the Holy Eucharist. Unlike baptism and confirmation which are performed once, Holy Communion is performed throughout the Christian's life.

### **Penance or confession ritual**

Penance and confession is a sacrament performed as a reconciliation ritual. The Christian, through a priest, petitions God's forgiveness. In this ritual, the Christian mentions all his/her sins and promises never to commit them again. Through the priest, God forgives the confessor or petitioner, who is reconciled to God. The unique issue of the confession ritual is that the Christian physically meets the priest and states the sins he/she remembers and the forgotten ones. A Christian who has not met a priest for confession is discouraged from receiving the holy Eucharist. A person who has not been baptized and confirmed cannot meet a priest for confession. A Christian who receives Holy Communion without physically pronouncing his/her sins commits sacrilege.

### **The ritual of Marriage**

Holy matrimony or marriage is another ritual in the life of a Christian. In this ritual, a priest unites or weds a man and woman into a lifelong union for the purpose of procreation and mutual support. Marriage as a sacrament reflects the union of Jesus Christ and His Church.

### **The ritual of Holy Orders**

The Sacrament of Holy Orders is the continuation of Christ's priesthood, which He bestowed upon His Apostles.

### **The ritual of Anointing of the Sick**

Also called the Sacrament of anointing the sick or Extreme Unction or Last Rites, the Sacrament of the Anointing of the Sick is administered both to the dying and to those who are gravely ill or are about to undergo a serious operation, for the recovery of their health and for spiritual strength.

## Rituals and celebrations in the protestant church

Unlike the Roman Catholic Christians who respect all the sacraments discussed above, most Protestant churches only practise two or three of these sacraments: baptism, confirmation and the Eucharist (called the Lord's Supper). The sacraments are perceived as symbolic rituals through which God delivers the Gospel. They are accepted through faith.

### Funeral rites

At death, some Christians pray for the dead, petitioning God to forgive them and be received in heaven. In the Catholic Church, the priest says the last prayer; 'Loving and merciful God, we entrust our brother/sister to your mercy. You loved him/her greatly in this life; now that he/she is freed from all its cares, give him/her happiness and peace forever. ... Welcome him/her now into paradise, where there will be no more sorrow, no more weeping or pain, but only peace and joy with Jesus, your son'.

### Activity:

Make research, asking your parents, older siblings or even neighbours why Christians pray before burying the dead.

### Lesson summary:

In this lesson, you should have learnt

- the mandatory rituals in the life of a Christian;
- the meaning and significance of such rituals;
- the meaning of objects in Christian rituals.
- 

## Lesson 5: Significance of rituals and celebrations

### Learning outcomes

By the end of this lesson, you should be able to:

- i) Demonstrate understanding of the importance of celebrations and rituals in the Christian church;
- ii) Demonstrate understanding of the distinctive rituals in the different Christian sects.

### Opening Activity:

In your notebook, write down the rituals you have so far gone through as a Christian. Explain how each of them was performed, indicating what each of the following people did: your parents, the priest/ pastor, your relatives and the Christians in the Church.

## Christian rituals

Rituals are very important in one's life. In all communities and cultures, there are rituals that mark the different stages of life that begin with birth, youth, growth to adulthood, marriage and death. During the performance of each ritual, Christians always come together to support and be witnesses to each other, especially to help young ones to grow spiritually.

In Christianity, rituals are categorized into three; (i) initiation rituals (baptism, Holy Communion; (ii) life rituals and (iii) last rites.

## The significance of rituals in the Christian church

- Christian rituals and celebrations are ways of expressing commitment and love to God and fellow human beings;
- Religious rituals contribute greatly to the deepening spiritual insight of Christians;
- Ritual also expresses and emphasizes the things that bind a faith community together, and through ritual both individuals and communities make visible their most basic religious needs, values and aspirations.
- Rituals are ways in which Christians share witness with each other;
- Rituals are ways of feeling and strengthening the bond between God and human beings;
- Rituals strengthen brotherhood and togetherness among Christians;
- Christians meet and learn from each other;
- Christians meet to support and encourage each other in the faith;
- Christian rituals and celebrations are a means of expanding and propagation of the Gospel and evangelism;
- Celebrations and rituals are key for spiritual growth, development and nourishment;
- Because rituals are repeated several times, they instil religious values and attitudes.

**Activity**

The following table is a list of the rituals and celebrations in the Christian Church. Draw this table in your notebook and state the significance of each ritual or celebration.

No.	Ritual	Significance
1	Baptism	
2	Holy communion	
3	Penance	
4	Solemn Communion	
5	Confirmation	
6	Marriage	
7	Ordination	
8	Anointing the sick	

**Activity**

In your notebook, draw the following:

- i) A picture of Christmas Day in your family, including prayers at church;
- ii) A picture of Easter Day in your family, including prayers at church;
- iii) List each item in these pictures and state why they are there;
- iv) Write a story of one Christmas or Easter that you enjoyed most.

**Lesson summary:**

In this lesson, you should have learnt

- v) the importance of celebrations and rituals in the Christian church;
- vi) distinctive rituals in the different Christian sects.

## Lesson 8: Priests' and Pastors' role in Christian rituals and celebrations

### Learning outcomes

By the end of this lesson, you should be able to:

- i) Demonstrate understanding of the different titles of Christian religious leaders;
- ii) Demonstrate knowledge of the importance of priests and pastors;
- iii) Demonstrate knowledge of the difference between priests and pastors

### Activity:

Carefully recall pastor in your church, and in your notebook, list down the things she/he does repeatedly in a mass or service.

### Introduction

In Christianity, Priests/Pastor are trained for a long time and coached on how to be God's representatives among His people. Therefore, priests and pastors preside over all the rituals in the Christian church as ministers. They lead prayers, offering of sacrifices and bless the occasions such as birth, marriage and festivals. In the Christian church, performance of any ritual or celebration requires the presence of a priest/ pastor. Each ritual has details that have been laid out clearly.

### Activity:

The following table is a list of the rituals and celebrations in the Christian Church. Draw this table in your notebook and state the role of the Priest/ pastor for each of the ritual or celebration.

Ritual	Christian sect	Role of the Priest/Reverend/Pastor
Baptism	Pentecostalism	The pastor stands in the pool of water, invites the subject into the water and, standing next to the subject, the pastor gets hold of him/her and immerses her/him in the waters, uttering the following words: ' <i><b>I baptize you in the name of the Father, Son and the Holy Spirit</b></i> '.
Holy Communion		
Penance		



<b>Solemn Communion</b>		
<b>Confirmation</b>		
<b>Marriage</b>		
<b>Ordination</b>		
<b>Anointing the sick</b>		

**Activity:**

In your notebook, write a 150-word essay to explain why the baptizer mentions these words '*I baptize you in the name of the Father, Son and the Holy Spirit*'.

**Lesson summary: In this lesson, you should have learnt**

- about the different titles of Christian religious leaders;
- the importance of priests and pastors;
- the difference between priests and pastors

## **Lesson 9: Rituals and celebrations of the African Traditional Religion**

**Learning outcomes**

**By the end of this lesson, you should be able to:**

- Demonstrate understanding of some of the celebrations and rituals in African Traditional Religion;
- Show knowledge of the meanings attached to celebrations and rituals in African Traditional Religion;
- Demonstrate understanding of the celebrations and rituals in your own societies.

**Activity:**

Have you ever seen people in your area or elsewhere running and dancing 'Kadodi'; the Imbalu dance? In your notebook, draw a picture of what you saw.

**Introduction**

We learnt that before the coming of foreign missionaries, African natives had their

different systems of beliefs and practices. In African Traditional Religion (ATR), people believe in the existence of an almighty God and the deities that represent God in the different activities. In African Traditional Religion, there are different idols that are believed to be God's messengers to people. Therefore, Africans worshipped God in different ways and performed rituals. For example, when a mother conceived, there were rituals performed to petition the god of health to protect the mother and the unborn baby. At birth, rituals were performed to thank God, to initiate the new-born and petition God to keep the baby and mother healthy. Other traditional rituals included teething rituals, adolescent rituals, marriage rituals and funeral rituals at death.

**Activity:**

Carry out research from your parents and other elders the following (write down all the answers in your notebook):

- (i) What is "ekyogero"?
- (ii) What are the contents of *ekyogero*?
- (iii) Why are many babies bathed in *ekyogero*?
- (iv) What is the importance of *ekyogero*?

**Lesson summary: In this lesson, you should have learnt**

- celebrations and rituals in African Traditional Religion;
- the meanings attached to celebrations and rituals in African Traditional Religion;
- celebrations and rituals in your own societies.