

The Way, The Truth, and The Life

Educational Standards by Lesson

Provided by the Antiochian Department of Christian Education

Unit 1: Life and Salvation

L#	Title	Theology
1	The Orthodox Way	<ol style="list-style-type: none"> 1. What are five movements of the Holy Spirit in our lives? (Five movements of the Holy Spirit are: conversion, repentance, struggle, liturgy, and wisdom.) 2. What are the first words of the prayer to the Holy Spirit? (“O Heavenly King”)
2	The Orthodox Truth	<ol style="list-style-type: none"> 1. What is the “profession of our faith known as?” (The Nicene Creed is our profession of faith.) 2. Why did God make human beings? (God made human beings to live united with Him now and forever.) 3. What does it mean to be created “in God’s image”? (It means we share attributes with God, most importantly, the ability to love.) 4. Which words begin the passage of the Creed that speaks of Jesus as truly God? (The passage begins “. . . Light of Light.”)
3	For Our Salvation	<ol style="list-style-type: none"> 1. Who is Satan? (Satan is the leader of the fallen angels.) 2. Jesus is our Savior. What are we saved from? (We are saved from the consequence of sin: eternal death.) 3. Which words of the Creed begin the passage that tells us that Jesus is truly Man? (The passage, “. . . and was incarnate of the Holy Spirit and the Virgin Mary . . .”) 4. Identify the icon of the Annunciation. 5. What does Incarnation mean? (Incarnation means “to take on flesh.”) 6. Identify the icon of the Nativity of Our Lord. 7. Identify the icon of the Crucifixion.
4	He Rose Again	<ol style="list-style-type: none"> 1. Identify the icon of the Resurrection. 2. Identify the icon of the Ascension. 3. What will happen at the end of the world? (At the end of the world, all will be raised from the dead and placed in the presence of God. The presence of God will be paradise if we lived in union with God, or hell if we lived for our own selfish desires.) 4. What happens when we die? (When we die, we await the general resurrection, and receive a foretaste of heaven or hell, as our life has determined.)
5	The Giver of Life	<ol style="list-style-type: none"> 1. Identify the icon of Pentecost. 2. Jesus said, “As the branch cannot bear fruit of itself unless it remain on the vine, so neither can ___ unless ___ remain in ___.” (The blanks are: “you,” “you,” “Me.”) 3. Identify the icon of the Trinity. 4. We say of God: “God is the Trinity: three ___, one God.”(The blank is “Persons”)
6	One, Holy, Catholic, and Apostolic Church	<ol style="list-style-type: none"> 1. What does “theosis” mean? (Theosis means “union with God,” or “growing in godliness.”) 2. What do these words from the Creed mean? <ol style="list-style-type: none"> a. One (unbroken and undivided) b. Holy (set apart for God) c. Catholic (whole, complete, lacking nothing.) d. Apostolic (sent for a purpose, and, directly connected to and built upon the work of the apostles)
7	Exam	

The Way, The Truth, and The Life

Unit 2: Salvation and the Church

L#	Title	Content Summary: Scripture/History
8	Wisdom, Let Us Attend!	<ol style="list-style-type: none"> 1. What are the two main divisions of the Bible? (The Old Testament and the New Testament.) 2. Name the four evangelists who wrote the Gospels. (Matthew, Mark, Luke, and John) 3. What does “epistle” mean? (Epistle means “letter.”) 4. Why are the epistles important? (They teach us how to live as Christians.)
9	“With Faith and Love Draw Near”	<ol style="list-style-type: none"> 1. What is the Greatest Commandment? (You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbor as yourself.) 2. What does it mean to be “converted” to Christ? (We are willing to live according to His teachings; we are willing to die for Him.) 3. Which saying of Jesus reveals that we will not be to “go along with the crowd” and expect to enter the kingdom of God? (“Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction.”) 4. What is the point of the Parable of the Good Samaritan? (We should love our neighbors and treat them as if they were part of our very selves.)
10	“Father, Forgive Them”	<ol style="list-style-type: none"> 1. Jesus taught that God our Father will forgive us when we sin. Which parable did He use to teach this lesson? (He used the Parable of the Prodigal Son) 2. What is the lesson we are to learn from the story of the Unmerciful Servant? (We are to learn that God will not forgive us if we do not forgive those who have sinned against us.) 3. Jesus said, “_____ your enemies, . . . _____ for those who spitefully use you.” (The blanks are “Love” and “pray.”)
11	God With Us	<ol style="list-style-type: none"> 1. In which book of the Bible is recorded the spread of Christianity? 2. What is the literal meaning of the word “martyr?” (The word “martyr” means “witness.”) 3. Tell one fact about St. Stephen. (Among the possibilities: He was a deacon of the early Church. He was the first martyr for the faith.)
12	Trial Turns to Victory	<ol style="list-style-type: none"> 1. When and how did Christianity become legal? (Christianity became legal in 313 when Constantine became emperor.) 2. Tell one fact about St. Constantine. (Among these: He was a commander of the Roman army who saw a cross illumined in the night sky and the words, “In this sign you will conquer.” He was victorious in battle when his soldiers painted a cross on their shields. He became emperor and legalized Christianity.) 3. Which cities were considered patriarchates by the fourth century? (The five cities that were patriarchates were: Antioch, Alexandria, Rome, Constantinople, and Jerusalem.) 4. Tell one fact about St. Helen. (Among these: She found the true cross of Christ. She was the mother of St. Constantine.) 5. Identify the icon of the Exaltation of the Holy Cross.
13	Foundation of Faith	<ol style="list-style-type: none"> 1. What type of church structure is used in the Orthodox Church? (The conciliar structure is the type of church structure used in the Orthodox Church.) 2. Who are the three saints called the Three Holy Hierarchs? (The Three Holy Hierarchs are St. Basil, St. Gregory the Theologian, and St. John Chrysostom.)
14	Exam	

The Way, The Truth, and The Life

Unit 3: Walking the Path of Salvation

L#	Title	Content Summary: Spirituality/Morality
15	Following in the Footsteps of the Saints	<ol style="list-style-type: none"> 1. What is the difference between reverence and worship? (To “revere” is to offer great respect and honor; to “worship” is to bow down before One essentially greater than we are.) 2. Why do we revere the saints? (We revere the saints because they have achieved theosis in their lives.) 3. What is an icon? (An icon is an image of a sacred person or event.) 4. What does “Theotokos” mean? (Theotokos is commonly taken to mean “God-bearer.”) 5. Identify the icon of the Presentation of the Theotokos in the Temple.
16	Over-coming Evil	<ol style="list-style-type: none"> 1. Why did God give us free will? (God gave us free will so we could choose what is good and freely cooperate with Him.) 2. Write the Ten Commandments. (The Ten Commandments: <ol style="list-style-type: none"> 1. Thou shall not worship any deities but God. 2. Thou shall not worship idols or graven images. 3. Thou shall not take the Lord’s name in vain. 4. Thou shall keep the Sabbath. 5. Thou shall honor thy father and mother. 6. Thou shall not kill. 7. Thou shall not commit adultery. 8. Thou shall not steal. 9. Thou shall not lie. 10. Thou shall not covet the property or wife of one's neighbor.) 3. What is repentance? (Repentance is changing our ways and returning to the path of salvation.) 4. What is humility? (Humility is recognizing our unworthiness before God.)
17	To Bear the Fruit of the Holy Spirit	<ol style="list-style-type: none"> 1. Name three of the fruits of the Holy Spirit. (Among these: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.) 2. What is our “armor” for the struggle? (Our armor is prayer, fasting, and giving.) 3. What are the words of the Jesus Prayer? (“Lord Jesus Christ, Son of God, have mercy on me, a sinner.”) 4. Identify the icon of the Transfiguration. 5. Tell one fact about St. Nectarios. (Among these: He was Bishop of Cairo. He was exiled but forgave his enemies. He built a monastery for women.) 6. What are the first five or six words of each of the Trisagion Prayers? (See prayer pamphlets.)
18	And the Two Shall Be As One	<ol style="list-style-type: none"> 1. When does God bless sexual thoughts and actions? (God blesses sexual thoughts and actions in the marriage of a man and woman.) 2. Why is abortion wrong? (Abortion is wrong because it is killing the child in the womb.)
19	Benefactor of Our Souls and Bodies	<ol style="list-style-type: none"> 1. Why is materialism wrong? (Materialism is wrong because it holds that material things are more important, i.e, take more of our money and attention, as our faith and salvation; when what we have is more important, or defines who we are.) 2. What are four questions that can help when faced with a moral decision? (1. Would I do this if Christ were standing next to me? 2. Does this action misuse or deprive of spiritual integrity, that which God has created? 3. Does this action break or twist the teachings and laws given to us by God? 4. Does this action tarnish God's image in us or in others?)
20	Our Life is Not Our Own	<ol style="list-style-type: none"> 1. Why are suicide and euthanasia wrong? (Suicide and euthanasia are wrong because they take a human life given by God; our lives belong to Him.) 2. What does the phrase “living icon” describe? (A living icon is a person who reflects Christ, and who has joy at the center of his or her life.) 3. Tell one fact about St. Nino. (Among these: She received the call to teach about Christ to people in Iberia, now Georgia. She was so holy that the King and Queen asked to be baptized as well as many of the land.)
21	Exam	

The Way, The Truth, and The Life

Unit 4: For the Salvation of the World

L#	Title	Content Summary: Liturgy/Feasts/Mysteries
22	Our Mysterious Life in the Church	<ol style="list-style-type: none"> 1. What is a mystery or sacrament of the Church? (A sacrament or mystery is an act of the Church that brings together matter and spirit to transform us.) 2. Name two mysteries of the Church: baptism, chrismation, eucharist, ordination, unction, repentance, and marriage.) 3. Identify the icon of the Theophany. 4. Tell one thing about St. Raphael and St. Herman (Among them for St. Herman: He was a Russian monk. He worked in Alaska. He was a healer. He split his time between monastic isolation and helping those who came to him. Among them for St. Raphael: He was an Arab Orthodox priest educated in Russia. He established many parishes. He was the first Orthodox bishop to be consecrated on American soil.) 6. Why do we make the sign of the cross? (We make the sign of the cross to “lift up” ourselves to be transformed by God. We bless objects with the sign of the cross so that objects and our whole life is a holy mystery.)
23	Only By Prayer and Fasting	<ol style="list-style-type: none"> 1. Why do we fast? (We fast so that our appetites and desires serve us, so that we don’t serve them. We fast to strengthen our whole being.) 2. What are the four major fasts? The four major fasts are the Nativity Fast, Great Fast, Saints Peter and Paul Fast, and Dormition Fast.) 3. Identify the icon of the Dormition of the Theotokos. 4. What does a prostration express? (A prostration expresses sorrow for our sins as well as adoration and submission to God.) 5. Explain two phrases of the Prayer of St. Ephraim. (“O Lord and Master of my life!:" Is Jesus Christ the master of my life, or am I a slave to another? “Take from me the spirit of sloth:" Am I lazy? “. . . faint-heartedness:" Have I seen only the bad in life and become weak? “. . . lust of power," Have I been self-centered? “. . . and idle talk:" Have I misused God’s gift of speech to betray or deride myself and others? “But give rather the spirit of chastity," Let me seek after integrity. “. . . humility:" Let me stand before You, as Your compassion allows. “. . . patience, and love to Thy servant:" Let me wait on the working out of Your will for my life; grant me the self-less love of Christ. “Yea, O Lord and King! Grant me to see my own errors and not to judge my brother; For Thou art blessed unto ages of ages. Amen.” (Let me be aware of my faults and avoid falling into pride. Let me not “cast a stone” at my brother.)
24	Holy Week and Pascha	<ol style="list-style-type: none"> 1. Give one detail for the service of each of these days of Holy Week: Wednesday, Thursday, Friday, Saturday. (Among these for Wednesday: the priest anoints the people with holy oil for physical and spiritual healing. For Thursday: In the Gospel of the Divine Liturgy we hear about the Last Supper, the washing of the feet of the disciples and the betrayal by Judas. For Holy Friday: We remember the burial of Christ during vespers. At Lamentations, we imitate the myrrh-bearing women who waited in sorrow at Christ’s tomb after His burial. For Holy Saturday: At the morning liturgy, we remember that Christ’s body was in the grave, but also in hell conquering death, in Paradise, and o the throne of God. We see the black and purple vestments changed to white and we hear the news: “He is risen, as He said!” 3. How does the Paschal Homily of St. John Chrysostom begin? (“If any man is a devout lover of God, let him enjoy this fair and radiant triumphal feast.”) 4. Name two features distinctive of the Paschal Divine Liturgy (hymns may be included). (Among these: The doors to the sanctuary are opened. Gospel of St. John is read in several languages, we sing the hymn, “Christ is Risen” repeatedly.)

25	Heaven and Earth	<ol style="list-style-type: none"> 1. Why do we bow and make the sign of the cross when we step over the threshold of the church? (We bow and make the sign of the cross when stepping over the threshold of the church because each is a holy place and a sacred image of existence.) 2. Why is Vespers on Saturday? (Vespers is on Saturday because sunset begins the day, in this case the Lord's day.) 3. What are we expressing when we bow before the icons, the sanctuary, and the priest? (When we bow before the icons, the sanctuary, and the priest, we are expressing humility, reverence, and gratitude.) 5. Which hymn of the Divine Liturgy expresses our reverence for the Theotokos? ("It is truly right")
26	Come, Let Us Worship!	<ol style="list-style-type: none"> 1. What does liturgy mean? (Liturgy means "offering.") 2. Define or describe a troparion. (A troparion is a hymn which honors a saint or event commemorated that day.) What is the first phrase of the troparion of our church's patron saint or feast? 3. What is carried aloft in the procession known as the Little Entrance? (The Gospel book is carried aloft in the procession known as the Little Entrance.) 4. What is carried aloft in the procession known as the Great Entrance? (The gifts of bread and wine are carried aloft during the procession known as the Great Entrance.)
27	Procession to Eucharist	<ol style="list-style-type: none"> 1. What does Eucharist mean? (Eucharist means "thanksgiving.") 2. In the anaphora, what do we express thanks for? (In the anaphora, we express thanks for the salvation Jesus has won for us.) 3. What is "antidoron"? ("Antidoron" is blessed bread.) 4. What are we expressing when we cross our arms over our chest as we approach the chalice? (We cross our arms over our chest when we approach the chalice to express humility.)
28	Exam	