

**THE MALANKARA SYRIAN CATHOLIC CHURCH  
DEPARTMENT OF CATECHISM  
MAJOR ARCHDIOCESE OF TRIVANDRUM**



**WORKBOOK**

**CLASS : 11**

**TOWARDS THE IMAGE OF CHRIST**

Name : .....

Parish : .....



## INTRODUCTION

“Teach me Lord, the way of your decrees, that I may follow it to the end. Give me understanding, so that I may keep your law and obey it with all my heart” (Psalms 119:33-34).

It is the need of the time to learn and understand the true belief. The aim of this work book is to learn and understand all the lessons in the textbooks of catechism and there by preparing the children ready for examination .The answers of workbooks from Std 3 to 12 should be written in the diaries and must be submitted to the teachers for verification. A special mark will be awarded for completed workbook during the time of examination. I express my whole hearted gratitude to Rev. Sr. Anjana D.M., Sr. Jovitta D.M. ( Sister Animator) Mrs. Divya Anie Thomas, Mrs. Renuka Devi V. R. (Teachers, St. Mary’s H S S Pattom) for extending their sincere cooperation in the making of this workbook. Let God Almighty bless us all.

With prayers

Fr. Johnson Puthuparampil  
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# SUNDAYSCHOOL LESSONS

**1<sup>ST</sup> SEMESTER - LESSONS**  
Chapters 1 - 5  
Workbook  
General Knowledge

**2<sup>ND</sup> SEMESTER - LESSONS**  
Chapters 6 - 10  
Workbook  
General Knowledge



# Chapter 1

## MAN AND GOD

### A. Write the answer in one word.

1. Who builds culture of the world ?
2. What the gift that God the Father give to humans through the Son?
3. .... is the disassociation with God?
4. Name the Movement that founded on atheism?
5. What is the basic vision that Holy Bible gives about man?

### B. Chose the correct answer from the brackets.

1. “You are the temple of the Holy Spirit..... Does not live,(1 cor 3:16) Who said this?  
(Jesus, St.John, St.Paul)
2. Which book of the Bible teaches the knowledge that man's humanity is God's nature?  
(Genesis, Exodus, Leviticus)
3. A sinner loses what ?  
(To the Holy Spirit, the Life, the Glory)
4. For a society to grow in culture .....is essential.  
(Divinity, Spirituality, Humanity)
5. God the Father established with man by giving the Holy Spirit. What is the human response to the relationship?  
(Hope, Love, Faith)

### C. Write the answer in one or two sentences.

1. When can man live as a real person?
2. Bible passage of St. John about the birth of man?
3. Write a paragraph on the term culture to understand the relationship between worship and culture?

### D Write answer not exceeding one page

1. How does sin deprive the Holy Spirit?

### E. Write the Bible verse.

- 1 Corintans 3:16, Johna 2:2

### F. Write the meaning of the word

1. Parackaleetha
2. Koloh

### G. Practical

Read the Gospel of St. Luke Chapters 1 and 2

## Chapter 2

# JESUS CHRIST, THE PERFECTION OF HUMANITY

### A. Write the answer in one word.

1. By whom the human race was sanctified and saved ?
2. By which name the followers of Jesus was known sfter his resurrection ?
3. 'I am again in the pain of Childbirth until Christ is formed in you' .Who said this ?
4. What is God's image or divine presence in man?
5. What is the basis of divine virtue?

### B. Chose the correct answer from the brackets.

1. Which king asked St. Paulus that "Are you so quickly persuading me to become a Christian"?  
(Nero, Agrippa, Constantine)
2. Carnel desires are against what according to St. Paul ?  
(For God, Spirit, Virtue)
3. "Show us the Father and that is enough for us" who said to whom?  
(Pharisees to disciples, Pharisees to Jesus, disciples to Jesus)

### C. Write the answer in one or two sentences.

1. What are the fruits of the Spirit?
2. What is the basic element of Christian Existence ?

### D. Write the answer in a paragraph

1. How did St. Paul present the true Christian?

### E. Write answer not exceeding one page

1. Describe the divine virtues of faith, hope, and love

### F. Write the Bible verse.

Roma 8:2

Phili 4:19

### G. Practical

Read the letter to Romans chapter 8

## Chapter 3

# POSSESSING GOD, THE FOUNDATION OF CHRISTIAN SPIRITUALITY

### A. Write the answer in one word.

1. What is the essence of Christian religiosity?
2. What is the basic mission of the church?
3. What is the basic source for understanding the Word of God and knowing the history of revelation?
4. Which is the best way to establish a deep relationship with God?
5. How does each person possess the Holy Spirit?

### B. Chose the correct answer from the brackets.

1. What is the unwritten word of God?  
(Holy Scripture, Tradition, History)
2. The Synod teaches that "believers must eat from the table of the word and from the table of bread."  
(Vatican II, Nicaea, Vatican I)
3. Which is the visible signs that the risen Christ lives in the church today?  
(Holy Eucharist and Holy Scripyures, Sacraments, Tradition)
4. "If we talk to God when we pray, When we read Holy Scripture God will speak to us".Who said this?  
(St.Jerome, St. Cyprian, St. Poul)
5. The acquisition of God is better than the service of God” whose words?  
(St. Gregory, St. Jerome, Archbishop Mar Ivanios)

### C. Write the answer in one or two sentences.

1. What is true spirituality?
2. Which are the three functions of the Church?
3. Which words does the Church use to refer to the “Word”?

### D. Write the answer in a paragraph

1. How can liturgical spirituality work in children's lives?

### E. Write answer not exceeding one page

1. Explain the seven ways the church understands Scripture.

### F. Write the Bible verse.

Luke 22:26, Psalm 119:103

### G. Practical

Read the introduction to the New Testament in the Bible and its contents

## Chapter 4

### HOW DOES MAN LOSE GOD ?

**A. Write the answer in one word.**

1. What leads to life and peace?
2. What opposes God's will?
3. What quickens the flesh in man and ends the fruits of the spirit?
4. Whom one glorifies who acknowledges the goodness of another?
5. 'Let not your anger go down until the sun goes down' Whose advise is this?

**B. Chose the correct answer from the brackets.**

1. Who describing pride as the root and source of other sins.?  
(St. Gregory, John Cassian, St. John Chrysostom)
2. What name does Eastern theology call the inclination to evil within man?  
(Humanism, Sacularaization, Concuepiscence)
3. Who said that pride is the devil's most important weapon?  
(Origen, St Augustine, St. Basil)
4. Which is the virtue against Concupiscence?  
(Self control, Diligence, Patience)
5. In which sin consists the unwillingness and indifference to do good?  
(Pride, Laziness, Jealousy)

**C. Write the answer in one or two sentences.**

1. Why is Avarice shown as original sin?
2. What is the ultimate goal of each person?

**D. Write the answer in a paragraph**

Pride is the basis and source of all other sins. Descibe ?

**E. Write answer not exceeding one page**

1. How to combat original sins with virtues against them? Write the answer in your own words.

**F. Write the Bible verse.**

Galatians 5:17; Ezekiel 36:25

**G. Practical**

Byheart 6 Sins Against the Holy Spirit.

## Chapter 5

### ATHEISM AND EXPERIENCE OF GOD

**A. Write the answer in one word.**

1. Who discovered that there are two causes of atheism?
2. Why can light be shed on man's true glory?
3. What are the basic aspects of human life?
4. Who Said that material ideas entered the human mind by divine illumination?
5. Who taught that there are no gods and afterlife?

**B. Chose the correct answer from the brackets.**

1. Who proposed five ways to prove the existence of God?  
(St. Thomas Aquinas, Hamilton, Van Buren)
2. A feature that has become the hallmark of social life anywhere in the world?  
(Pluralism, Bigotry, Terrorism)
3. Who among these is the French philosopher?  
(Feuer Bach, Hegel, August Comte)
4. Who suggested that man's freedom is complete and supreme and that man's essence must be created by himself?  
(Sark, Nietzsche, A. Ayer)
5. Which thinker called for courageous struggle for moral values?  
(Hamilton, Van Kapuren, Albert Camu)

**C. Write the answer in one or two sentences.**

1. Through which stage does the human mind develop into stability?
2. What are the basic aspects of human life?

**D Write the answer in a paragraph.**

1. Explain what is practical atheism?

**E. Write answer not exceeding one page .**

1. Explain the five ways suggested by St. Thomas Aquinas to prove the existence of God.

**F. Write the Bible verse.**

Isaiah 45:12 ; Ephesians 2:16

**G. Practical**

Read the Gospel of St. Luke chapter 15

# Chapter 6

## COMMUNISM

### A. Write the answer in one word.

1. What does the term communism mean?
2. What does Communism teach as the root cause of all social evils?
3. Which ideology denies the presence of God in man and thinks that man is just matter and loses the presence of God?
4. What is more important in communist philosophy, what it is compared to an individual?
5. Where should the real revolution take place according to the Christian vision?

### B. Chose the correct answer from the brackets.

1. Through whom did atheism take root in Marx?  
(Rousseau, Epicurus, Engels)
2. Why did the Renaissance ideas that flourished in Europe after the 16th century begin?  
(Industrial Revolution, French Revolution, Communism)
3. Instead of owning power, submit to the power of others, It prepares the mind is.....?  
(Obedience, Poverty, Celibacy)
4. To control the greed of the exploiting capitalist about the mistake should be born.....?  
(Repentance, Knowledge, Spiritual Vision)

### C. Write the answer in one or two sentences.

1. According to Marx, human history passes through which stages?
2. What are the hallmarks of communist ideology?
3. What are the basic values of social life?

### D. Write the answer in a paragraph

Why Communism is called Contradictory Materialism ?

### E. Write answer not exceeding one page.

1. What is the church's approach to communism?

### F. Write the Bible verse.

Luke 11:28; John 15:13

### G. Practical

Read the Gospel of St. Luke chapter 14

## Chapter 7

### THE INTOXICATION THAT DESTORYS

#### A. Write the answer in one word.

1. What are the momentary pleasures of the flesh ?
2. “The tax for liquor is the wages foe sin”. whose are these words?
3. “Drinking of liquor is conscious suicide”. Whose words are these
4. “Each time the consuming of liqure is same as committing temporary suicide”. Whose words are these?
5. “Liquorwill make one happy. But that will never make one acceptable to others” Whose words are these?

#### B. Chose the correct answer from the brackets.

1. “But now it is not I who work so, but he who dwells in me It is a sin”. Whose words are these?  
(St.Paul, St. Peter, St. John)
2. What is the great calamity that plunges man to the brink of destruction?  
(diseases, accidents, drugs)
3. Which book says that drinking alcohol is a sin equal to brahmahatya?  
(The Bible, The Qur'an, The Mahabharata)
4. Which makes humans animal-like?  
(Greed, Alcohol, Bad friendship)

#### C. Write the answer in one or two sentences.

1. How does the World Health Organization define alcoholism?
2. What is addiction?

#### D. Write the answer in a paragraph.

1. What are the reasons that lead a person to become addicted to drugs?
2. What are the 5 basic things that alcoholics should remember?

#### E. Write answer not exceeding one page .

1. Source of substance addiction, describe?

#### F. Write the Bible verse.

Tobit 4:5 ; Proverbs 22:4

#### G. Practical

Read letter to Galatians chapter 5.

# Chapter 8

## TOWARDS HOPE

**A. Write the answer in one word.**

1. Which is the virtue that keeps man moving forward?
2. Through whom is hope given depth and breadth in the New Testament?
3. What is the first way to grow in hope?
4. What is the basic need to grow in hope?
5. Which is the Sacrament of Penance?

**B. Chose the correct answer from the brackets.**

1. “The faith I love most is hope Whose words is this?  
(St. Augustine, Charles Pegut, Pope Benedict XVI)
2. “I am a man of hope neither due to any human reason nor faith that everything will end in prosperity but because my Lord is always engaged in my life , my church and in my world”. Whose words are these?  
(Cardinal Joseph Sunens, Charles Pegut, St. Poul)
3. Which of the sacraments of initiation is not included?  
(Baptism, Confession, Eucharist)

**C. Write the answer in one or two sentences.**

1. What is hope?
2. Who are the most frustrated people in our society?

**D. Write the answer in a paragraph.**

1. Explain that hope is a gift of the Holy Spirit?

**E. Write answer not exceeding one page.**

1. How to acquire the virtue of hope? Explain?

**F. Write the Bible verse.**

Luke 20:38, Isaiah 41:10

**G. Practical**

Read the entire letter to the Philippians.

## Chapter 9

### ST. PAUL, THE EXAMPLE TO CHRISTIANS

**A. Write the answer in one word.**

1. Who is the disciple of Christ who healed Paul?
2. Who had a vision of Jesus when he was going?
3. Where did the evangelization of St. Paulus begin?
4. What is the basis of the missionary activity?
5. Where is the body of St Paul buried?

**B. Chose the correct answer from the brackets.**

1. “My life is my message”- whose words?  
(Karel Marx, Gandhi, Buddha)
2. Place of birth of St Paul)  
(Tarsos, Antioch, Egypt)
3. Who is the person that raised to the rank of “Son of the Law”  
(St.Peter, St.Paul, St.Augustine)
4. How many years St. Paul submitted for re-preparation after failure of early ministry  
(17, 14, 3)
5. The year celebrated by the universal church as the jubilee year of St . Paul?  
(2009, 2008, 2007)

**C. Write the answer in one or two sentences.**

1. What gave strength to St. Paul to go forward fearlessly through all sufferings?
2. When does God's Word come into action?

**D. Write the answer in a paragraph.**

1. Explain the incident in Damascus that led to the conversion of St. Paul.

**E. Write answer not exceeding one page**

1. Briefly describe the exemplary characteristic of apostolic leadership of St. Paul.

**F. Write the Bible verse.**

Romans 8:35

Philippians 2:2

**G. Practical**

Read the Acts of Apostles chapter 9

# Chapter 10

## WHY AM I A CATHOLIC ?

**A. Write the answer in one word.**

1. The founder of the Catholic Church?
2. Where is the love of God the Father most evident?
3. Who retired as British Prime Minister and converted to Catholicism?

**B. Chose the correct answer from the brackets.**

1. The 12 pillars of the Church?  
(The visionaries, The apostles, The priests)
2. “The church was born from the broken heart of the crucified Christ, just as Eve was formed from the side of the sleeping Adam.” Whose words are these ?  
(St Ambros, St. John Paul II, St. Augustine)

**C. Write the answer in one or two sentences.**

1. How did St. Clement describe the church?
2. What are the meanings of the word Catholic?

**D. Write the answer in a paragraph.**

1. Explain the idea that the Catholic Church sees man as man?

**E. Write answer not exceeding one page .**

1. What are the 4 characteristics of the Catholic Church? Explain.

**F. Write the Bible verse.**

Luke 10:20; Luke 9:62

**G. Practical**

Read the Gospel of St. John chapter 21.



