

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



**WORKBOOK**

**CLASS : 12**

**YOUTHHOOD ROOTED IN 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  
Director  
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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

## YOUTHHOOD ROOTED IN CHRIST

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

1. What is the essence of Jesus' proclamation of the kingdom of God?
2. Where is God's love for men revealed in its fullest sense?
3. What is greater than all sacrifices?
4. Who is the gospel that God gave to the world?
5. In which one God's plan for man fulfilled ?

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

1. Who is the most suitable personality to the heart of the youth ?  
(St.Mary, Jesus Christ, Pope Francis)
2. What is the subject of Christology ?  
(Knowledge of the Church, Knowledge of Israel, Knowledge of Jesus)
3. In whom should young people who seek the meaning of life find it?  
(Parents, Gurus, Jesus)
4. Who is the Author of the Book "Incarnation".  
(St.Little Thrace, St.Augustinos, St.Aprem)
5. 'Jesus gave us divinity and we gave Jesus humanity'. Whose words are these?  
(St. Francis of Assisi, St.Alphonsamma, St.Aprem)

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

1. How did Jesus' sacrifice become an offering of love?
2. What is the basic philosophy of Christianity?
3. What is the meaning of when Jesus says "I am the way, the truth, and the life"

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

1. What is Jesus' message to the rich young man who approaches Jesus in the gospel?

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

Jesus is the perfect example for the youth of all times. Describe

### F. Write the Bible verse.

Matthew 16:15-16, Mark 8:36, Matthew 5:23-24

### G. Practical

Read the Gospel of St.Matthew chapters 5-7.

## Chapter 2

# THE STRUGGLES AND CHALLENGES OF ADOLESCENCE

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

1. What is the most important mission of youth initiation
2. What is the most important characteristic of youth?
3. Which Bible passage refers to the parable of the prodigal son?
4. What does the word adolescence mean?
5. What is an important concern for a young person?

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

1. The period in which the ego desires to establish dominion and authority over the external  
(Adolescence, Youth, Old age)
2. From which language did the word Adolescence originate?  
(Latin, Hebrew, Greek)
3. I am not worthy to be called your son. So who the prodigal son said to accept?  
(Become your servant, As one of your servants, Slave )

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

1. Three Things the Ego Mainly Seeks for Satisfaction ?
2. What are the Four levels of consciousness revealed in the Younger Generation by Psychological Research?
3. How does the father accept the return of the prodigal son?

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

1. Explain the physical changes that occur during adolescence ?

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

1. Describe the four levels of consciousness in youth?

**F. Write the Bible verse.**

Luke 15:18-19; Proverb 22:17-18; Sirach 28:1-2;

**G. Practical**

Read the gospel of St. Luke chapter 15.

## **Chapter 3**

# **SEXUALITY : A GIFT OF GOD**

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

1. Whose gift is sex?
2. What level is required to achieve mature sexuality?
3. Which factor determines the nature of sex?
4. What is meant by one's psychosexuality?
5. Which Bible passage reveals the social dimension of sex?

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

1. Who guides us in moral matters?  
(Church, Community organizers, Youth movements)
2. Virtue required to control sexual arousal?  
(Purity, Self-restraint, Sublimation)
3. Permissible place to respond to sexual stimulation  
(Monasticism, Married life, Priesthood)

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

1. What is sex?
2. Name any four of the different levels of sex.

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

1. How can sexual problems be cured?

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

1. Describe sexuality and spirituality

**F. Write the Bible verse.**

Leviticus 18:5; Isaiah 41:10

**G. Practical**

Read Letter to 1 Corinthians chapter 13

# Chapter 4

## MARRIAGE: A DIVINE CALL

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

1. Through what in universe does God the creator reveal himself to us?
2. Through whom is God's love fully revealed to us?
3. In what does the perfection of woman-man relationship consist?
4. How many times the marriage is announced in the church publicly?

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

1. Which Old Testament passage helps us to understand the foundation and sanctity of the marriage relationship in Jewish traditions?  
(Genesis 1 and 2, Genesis 8 and 9, Exodus 1 and 2)
2. What is the first name a man calls a woman?  
(Bone of my bone and flesh of my flesh, who has become part of me, Bone of my bone)
3. Marriage is secured not by the desires of life, but then by which contrary?  
(In relation, In sacrament, In love)
4. Which council declared marriage a sacrament?  
(Nicaea Synod, Ephesians Synod, Second Lateral Council)
5. Through which sacrifices Jesus' love for church is revealed ?  
(Own mother, Own life, Own disciples)

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

1. What is marriage instituted for?
2. What does it mean that marriage is a covenant?
3. What three things make the sacrament of marriage perfect?

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

1. What is St Paul's view on marriage?
2. Write a note about marriage being a sacrament?

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

1. Marriage is a sacramentg which is more than a mutual agreement between a man and a woman. Describe.

**F. Write the Bible verse.**

Ephesians 5:2; Proverbs 17:6

**G. Practical**

Read the letter to 1 Corinthians chapter 7.

# Chapter 5

## LIFE: A GIFT OF GOD

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

1. Which commandments prohibit the direct and premeditated murder ?
2. Name the Pope who issued the encyclical “Gospel of Life”
3. What is a Christian's ultimate good?
4. What does the term euthanasia mean?
5. What is the characteristic that distinguishes humans from other species?

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

1. Since when should human life be respected?  
(From birth, adolescence, from the first moment of conception)
2. Who owns life?  
(Parents, God, Himself)
3. The encyclical Gospel of Life was written by?  
(1902, 1995, 2007)
4. Which sin cries out to heaven for vengeance?  
(Abortion, Murder, Euthanasia)
5. Which is the most important of rights ?.  
(Right to earn property, Right to live, Right to believe)

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

1. What does feticide mean ?
2. Man has no power to manipulate life as he likes. Why ?
3. What is indirect abortion?

### D. Write the answer in a paragraph

1. How substance abuse harms life?

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

1. Life is a gift from God. How can we protect it?

### F. Write the Bible verse.

Genesis 2:7; Proverbs 4:23

### G. Practical

Read 2 Maccabees chapters 6-7.

## Chapter 6

### THOSE WHO HAVE OFFERED THEIR YOUTH TO GOD

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

1. What does the word priest mean?
2. What was the chosen group for the temple service in the Old Testament?
3. Emperor who converted to Christianity in A.D. 312?
4. The saint who said, "My Lord", take away all my freedom?
5. Name the India's first saint?

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

1. The firstborn in the Christian priesthood today?  
(Pope, Bishops, Apostles)
2. What is the priest's earnings?  
(God, Sacrifice, Stake)
3. Jesus alone must be the rule of life and law-keeping power for the monk. Whose words are these?  
(St. Ignatius Leola, St. Francis of Assisi, Archbishop Mar Ivanios )
4. On whose body did the five marks of Christ fall?  
(St. Alphonsamma, St. Francis of Assisi, St. Ignatius Leola)
5. By whom the sacrifice and the sacrificer are one)  
(Abraham, Christ, Aaron)

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

1. What are the three vows of the monastic life?
2. What is white martyrdom?

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

1. Write a note about St. Francis of Assisi. ?

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

1. Describe the priesthood in the New Testament?

**F. Write the Bible verse.**

John 17: 19 ; John 17:24

**G. Practical**

Read Letter to Hebrews chapters 7-9

# Chapter 7

## TOWARDS THE GREEN MEADOW

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

1. Don't place love for animals above love for people. Whose words are these?
2. What is the name of the encyclical which states that the essential quality of nature conservation is its integrity?
3. What as a signpost for the first parents out of Paradise?
4. What is the prime duty of man, created in the image and likeness of God?
5. Where God's Wisdom and Power are manifested?
6. By whom does the church judge environmental damage?

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

1. When is environmental protection possible?  
(To the interaction between creator and creation, Through public responses, Through scientific interventions)
2. Which Bible verse defines our fundamental relationship with nature?  
(Exodus 19:5, Leviticus 25:47, Genesis 1:28)
3. Original sin is more than a mere transgression of God's commandment. It is a fall in the relationship between whom?  
(Creator and Creature, Man and Nature, Man and Man)

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

1. What is the most basic concept of nature in the Bible?
2. When was the relationship between humans and the universe disrupted?

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

1. Explain the need to make environmental protection a lifestyle?

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

1. What should be our attitudes towards the environment?

### F. Write the Bible verse.

Genesis 128 ; Revelation 21:1

### G. Practical

Read the Gospel of St. Luke chapter 8.

## Chapter 8

### MALANKARA CHURCH: HISTORY AND ENTRUSTMENT

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

1. Where did St Thomas die?
2. Which day celebrated as the death anniversary of St. Thoms?
3. Who is known as reforming party?
4. What is the name given to those who fully accept the patriarchy?
5. When did Mar Ivanios become the Bishop of Bethany?
6. Before whom were Mar Ivanios and his companions reunited?

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

1. The year of St.Francis Xavier death ?  
(1542, 1552, 1558)
2. Which Synod took place to perpetuate Portuguese supremacy and westernization?  
(Third Goan Synod, Mulanthurutthi Synod, Udayamperur Synod)
3. The year of Slanting Cross take Place ?  
(January 3, 1653; July 3,1653; June 11, 1653)
4. In which year Malankara Catholic Hierarchy was founded ?  
(1935, 1930, 1932)
5. What is the meaning of the word Malankara?  
(Land of the Hills, Malyankara, Land of Malabar)

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

1. What was the purpose of the establishment of the Malankara Catholic Hierarchy?
2. What were the two conditions in the petition submitted to His Holiness Mar Ivanios to Rome obtaining permission for reunion?

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

1. What was the mission work done by St. Thomas in Kerala?

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

1. Describe Mar Ivanios and the Reunion Movement.

**F. Write the Bible verse.**

John 5:24 ; 1 Corinthians 1:17

**G. Practical**

Read the Gospel of St. John chapter 5.

## Chapter 9

# SERVANT OF GOD MAR IVANIOS AND THE SYRO MALANKARA CATHOLIC CHURCH

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

1. Birthday of Mar Ivanios ?
2. Who described the Malankara Catholic Church as the fastest growing church?
3. The year of demise of Benedict Mar Gregorios ?
4. In what year did Mar Ivanios elevate his to the position of the Servant of God?
5. Who issued the circular “That all to be one?”

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

1. Which Diocese formed by bifurcation of Thiruvalla Diocese in 2003?  
(Batheri, Marthandam, Muvattupuzha)
2. When did Malankara Catholic Church raise as the Major Archiepiscopal Church?  
(1932, 2005, 2010)
3. Where did the Protestant Reformation take place?  
(20th century, 16th century, 18th century)

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

1. What was the purpose of the Edinburgh Conference?
2. What was the purpose of establishing Bathani Ashram by Mar Ivanios?

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

1. Describe the Serampore life of Mar Ivanios?

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

1. Describe vision of Mar Ivanios on church unity.

### F. Write the Bible verse.

Matthew 17:20 ; Matthew 18:18

### G. Practical

Read the book Girideepam by Mar Ivanios

## Chapter 10

### WOE TO ME IF I DO NOT PROCLAIM THE GOSPEL

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

1. What does the Malankara Syrian Catholic Church want to be for others with the witness of each person's life?
2. What is St. Paul the Apostle experiencing until Christ is formed in his children?
3. For what purpose does the Lord Christ announce that he has been sent?
4. What is the most important mission of the Christian church?
5. What is the nature of the church established by Christ?

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

1. 'Time is complete. The kingdom of God is at hand, repent and believe in the gospel'  
Whose words are these?  
(John the Baptist, Jesus Christ, St. Paul)
2. What should he do if he wants to share God to live a life of witness?  
(To hear, To experience, To proclaim)
3. What is the grace, calling and responsibility of the Church?  
(to be sent, evangelistic ministry, to fulfill the Father's will)
4. What is the meaning of the word mission?  
(Evangelize, Be sent by God, Experience God)

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

1. What is the mission of a Christian?
2. What is ecumenism?

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

1. What are the methods Sunday school children can adopt for church activities?

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

1. How related to worship life, evangelism and church life?

**F. Write the Bible verse.**

2 Corinthians 2:14 ; John 13:20

**G. Practical**

Read The letter to 1 Corinthians chapter 9.



