



C A T E G O R Y | P R E P A R A T O R Y

The Kingdom Garden Kindergarten

ORTHODOX SYRIAN
SUNDAY SCHOOL
ASSOCIATION

Diocese of UK, Europe and Africa



ORTHODOX SYRIAN
SUNDAY SCHOOL ASSOCIATION
OF THE EAST



The Kingdom Garden

KG Story Book

Category
Preparatory

2025
OSSAE : DIOCESE OF UK, EUROPE & AFRICA

SUNDAY SCHOOL LESSON SERIES KG

Publication Information

OSSAE - Orthodox Syrian Sunday school Association of the East
The Malankara (Indian) Orthodox Church

Acknowledgements: This publication is based on the original work prepared by the Joint Curriculum Committee of the Diocese of South-West America and the North-East American Diocese of the Malankara (Indian) Orthodox Church.

Adaptations for the UK, Europe & Africa region were made by the Curriculum Review Co-ordinators, OSSAE-Diocese of U.K., Europe & Africa, with the permission of the Joint Curriculum Committee of the Diocese of South-West America and the North-East American Diocese, to tailor the content to local needs and preferences.

The Curriculum Review Co-ordinators team : Mr. Suresh Daniel, Mr. Simon Chacko, Mr. Vinod Philip, Mr. Robin Thomas and Dr. Febe Francis

Second Edition : January 2025

FOREWORD



**MALANKARA ORTHODOX
SYRIAN CHURCH**(INDIAN ORTHODOX CHURCH)

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No. E-015/AMS/2024

11 January 2024

FOREWORD

As we embrace the dawning of a new era in the Sunday School of our Diocese, it is with profound gratitude and joy that we introduce the newly launched Syllabus & text books. This milestone is not merely a culmination of efforts but a new beginning, charting a course for faith-filled learning.

Special recognition is due to the Director Fr. Jacob Mathew and the team of dedicated authors of the Diocese of Southwest America of our Church who have tirelessly woven this tapestry of knowledge and devotion. Their commitment to creating a curriculum that speaks to the heart of our tradition is truly commendable.

We extend our heartfelt thanks to His Grace Zachariah Mar Nicholovos and His Grace Thomas Mar Ivanios, our Metropolitans, whose blessings and guidance have been the bedrock of this endeavour. Their spiritual leadership has been a guiding light throughout this year-long journey of preparation and transition.

Our teachers, those steadfast beacons of knowledge, deserve a resounding acknowledgment for their adaptability and perseverance, ensuring a smooth transition to this new curriculum. Their dedication to the spiritual growth of our youth is a testament to their faith and love for the Church.

In line with the Apostle Paul's exhortation in Titus 1:9 (NRSV), "He must hold firm to the sure word as taught, so that he may be able to give instruction in sound doctrine and also to confute those who contradict it," we recognise the pivotal role of sound teaching in nurturing faith. This verse echoes the mission of our Sunday School - to steadfastly impart the truth of the Gospel, fostering a resilient and enlightened community of faith.

To the teachers and students embarking on this sacred educational journey, may you be filled with enthusiasm and wisdom. May your hearts and minds be fertile grounds for the seeds of divine knowledge to flourish.

The significance of the Sunday School in our community cannot be overstated. It is here that the foundations of faith are laid, where the stories and teachings of our church come to life, and where the future guardians of Orthodoxy begin their spiritual journey.

A special word of gratitude is extended to Fr. Anoop M. Abraham, Vice President of the Sunday School for the Diocese. His leadership, along with the Director Mr. Simon Chacko, Curriculum Coordinator Mr. Suresh Daniel, Trustee Dr. Baby Cherian, Secretary Mr. Vinod Philip & Joint Secretary Mr. Robin Thomas, Text books Layout & Designer Dr. Febe Francis, Liturgical Advisory Panel Fr. Rohith Skariah, Fr. Aswin Kalloopara, Icon & Image Advisor Fr. Jeeson Varghese, Media wing support Fr. Varghese Mathew, Fr. Stanly David James, Web & online updates: Mr. Byju John, All the reviewers from various parishes across the Diocese, trainers from the American & UEA Dioceses, and all team members, have been instrumental in bringing this vision to fruition.

As we conclude, let us move forward in the spirit of Orthodox tradition, with hope and prayer that these textbooks serve not only as vessels of knowledge but also as lanterns lighting the path towards spiritual maturity and devotion.

May the grace of our Lord Jesus Christ be with you all. Amen.

+ Metropolitan Abraham Stephanos

ACKNOWLEDGEMENTS

Glory to the Triune God!

I would like to express my deepest gratitude and sincere appreciation to all those who have contributed towards the development of this Orthodox Sunday school textbook for the new curriculum. It has been a long and challenging journey but with the help and support of many individuals and organizations, we have finally reached this milestone.

First and foremost, I would like to thank our Diocesan Metropolitan H G Abraham Mar Stephanos for His Grace's tireless effort to reform our Sunday School to meet the needs of our future generation by implementing the new curriculum and heartfelt gratitude to all the officials and key personalities of Northeast and Southwest American Diocesan Sunday Schools who are the backbone of this new curriculum and Talmido.

Great appreciation to all the curriculum development committee members of our diocese for their selfless efforts in editing a comprehensive and relevant textbook that caters to the spiritual needs of our Sunday School students. Your dedication, expertise, and commitment to the project were crucial in bringing this book to fruition. Special thanks to the clergy members of our diocese who generously shared their knowledge, wisdom, and experiences in shaping the lessons and activities in this book. Your input has helped to create a well-rounded curriculum that reflects the teachings and traditions of our Orthodox Faith.

I am also grateful to the head teachers and teachers who took the time to review and provide valuable feedback on the content and structure of the textbook. Your insights and suggestions have greatly enhanced the quality of the material and have made it more engaging and accessible to our young learners.

I would also like to acknowledge the role of Holy Episcopal Synod and OSSAE officials for their unwavering support and encouragement towards this new curriculum. It is with their guidance and vision that we were able to compile a textbook that aligns with the goals and objectives of our Holy Church and Diocesan Sunday School education.

Finally, I would like to express my heartfelt appreciation to the students who will be using this textbook. Your enthusiasm and eagerness to learn about our faith is what motivates us to continue improving and developing resources for your spiritual growth.

In conclusion, I would like to thank everyone who has been a part of this journey and has contributed in any way towards the creation of this Orthodox Sunday school textbook. May it serve as a valuable resource for many generations to come and may it inspire and nurture the faith of our young Orthodox students. Thank you all for your support and dedication.

Fr Anoop Abraham Malayil
Vice-President OSSAE – UK Europe and Africa

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Our Father

Our story for today

Jesus and the Little Children

“

But **Jesus** said, “Let the little **children** come to Me, and do not forbid them; for of such is the kingdom of **heaven**.”

St. Matthew 19:14

”

Sight
Words

Father



Jesus

children



While **Jesus** was preaching in Judea, parents brought their **children** to Jesus so that He might bless and pray over them.



When the disciples saw the families surrounding Jesus, they told the parents not to bother Him.

But Jesus called the little children to Him and said to His disciples, "Don't stop them, Let the children come to Me."



God loves little children and listens to their prayers. Just like parents and children talk to each other, as children of God, we can talk to Him.



When we pray we use our words and actions to love God. He listens to our prayers and helps us grow closer to Him because He loves us.

How should we pray? The disciples asked **Jesus** the same question. So, He taught them the Lord's prayer. He taught us that our **Father** in Heaven hears us and answers us.



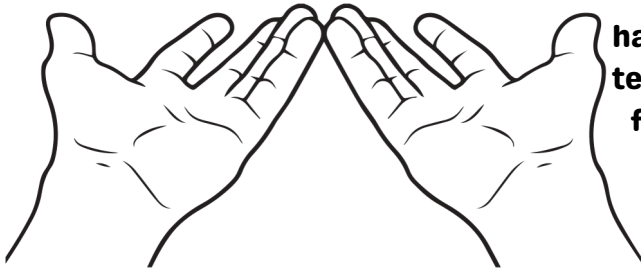
Moral: Jesus taught us the Lord's Prayer. When we pray we show God our love and ask for His help in everything we do.



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
in **Heaven** Give us **this day our daily**
bread and

We stretch our hands out to Heaven and pray:



Forgive us of our **debts** and **sins** as we also
have forgiven our debtors. Lead us not into
temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

Who art in Heaven

Our story for today

Made in His Image

“

*So God made man; in the **image** of God He made him; male and female He made them.*

Genesis 1: 27

”

Sight Words



Adam



Eve



Image



Who created everything in this world? GOD! God spoke and EVERYTHING became real. Everything we see and even the things we don't see.



God said, "Let Us make man in Our **image**, according to Our likeness". Then God formed man and breathed life in him. God then placed man in the Garden of Eden.

God created all the animals and gave **Adam** the responsibility to name them all! God knew **Adam** felt lonely and needed a friend to help him.



So, God made a woman and brought her to **Adam**. **Adam** was happy and named her **Eve**. **Adam** and **Eve** were both made in God's **Image**.



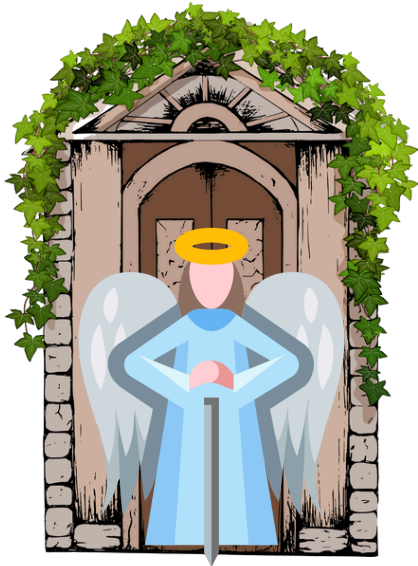
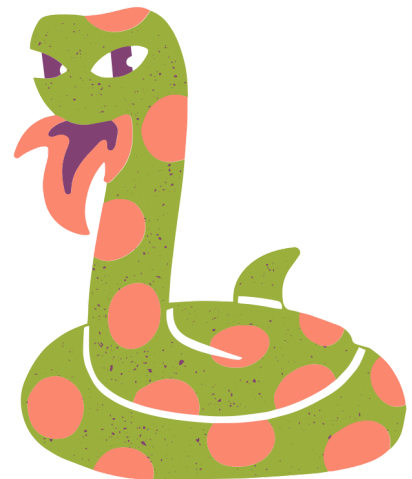
God blessed **Adam** and **Eve** and asked them to take care of all creation.



God said to **Adam** and **Eve** “You may eat food from any tree in the garden except from the Tree of the knowledge of good and evil”. God said that if they ate from the tree of Knowledge of Good and Evil, they would get sick and die.



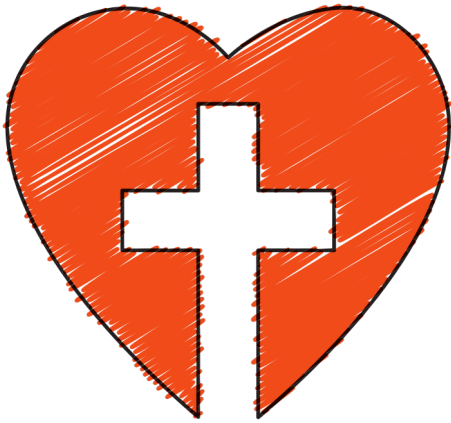
The serpent was the most crafty of all the animals. The serpent tricked Eve into eating the fruit from the Tree of Knowledge of Good and Evil. **Eve** ate the fruit and shared with **Adam**.



Adam and Eve did not listen to God. They became sick and were dying. Because God loved them, He made Adam and Eve leave the beautiful garden.

God loved Adam and Eve and was sad they chose to leave the Garden. As sign of His love He gave skins to protect Adam and Eve, blessed them with children, and heard their prayers. After leaving the Garden of Eden, Adam and Eve worked hard for many years and eventually their bodies died.





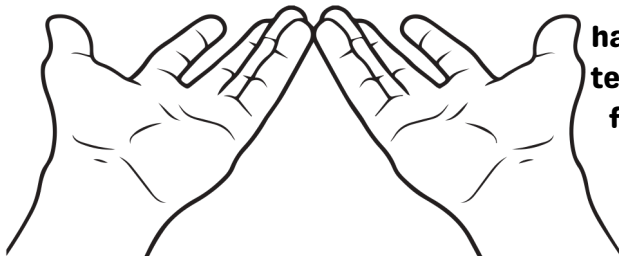
Did God stop loving Adam and Eve after they sinned? No! Nothing could make God stop loving **Adam** and **Eve**, even their disobedience. God loved Adam, Eve, and their children so much He had a plan to save all of us from death.



Moral: Because they chose to disobey God, Adam and Eve had to leave the Garden of Eden, but God loved them so much He made a plan to save us all from death.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
in **Heaven** Give us **this day** our **daily**
bread and

Forgive us of our **debts** and **sins** as we also
have forgiven our debtors. Lead us not into
temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

Our story for today
Life Renewed

“

for all of you who were baptized into Christ have clothed yourselves with Christ.

Galatians 3: 27

”

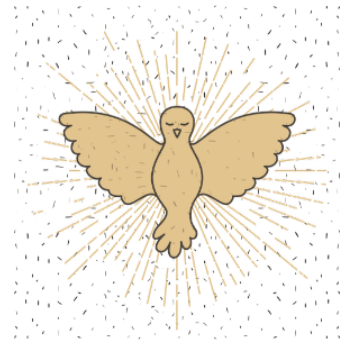
Sight Words



Father



Son



Holy Spirit

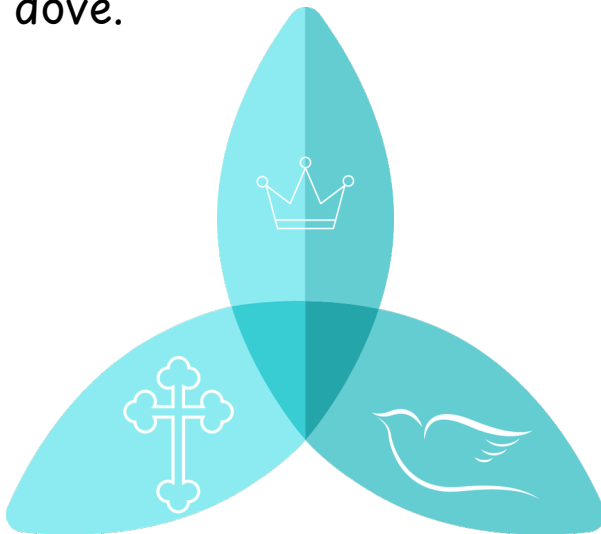
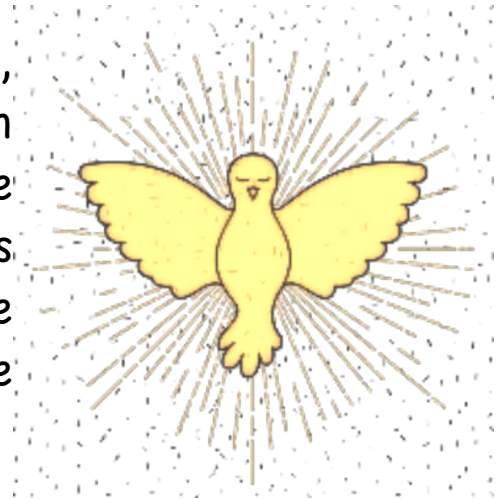


God loved His people. God came down from heaven to save the world because He did not want us to die. God wanted us to be with Him again like in the Garden of Eden!



Jesus was baptized by John the Baptist in the Jordan River. Once Jesus was baptized and came out of the river, a loud voice came from above.

This sound was God proclaiming, "This is my beloved Son with whom I am well pleased". The Father declares that Jesus is good, perfect. At that time the Holy Spirit came upon Jesus, like a dove.

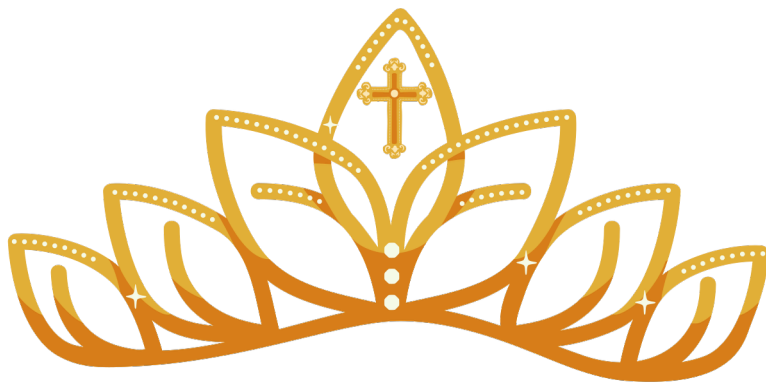


So, God: the Father, the Son, and the Holy Spirit were all active at Jesus' Baptism.

What happens at our Baptisms? Just like Jesus, we are also baptized. The Holy Chrism (oil) seals us with the Holy Spirit.



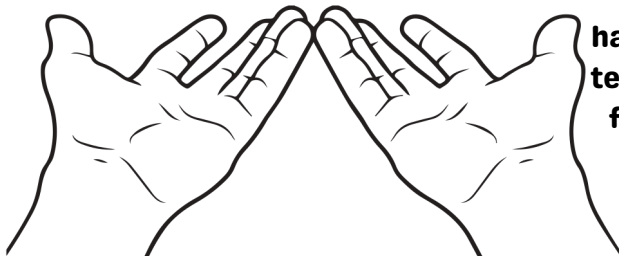
Receiving the Holy Spirit during Baptism by the Chrism, we become sons and daughters of God. We are each given a crown, showing that we are princes and princesses in God's Kingdom. We also get new white clothes that show we have a new life, forever with Christ.



Moral: We are baptized, just like Jesus, and in Baptism we are given a new life as princes and princesses of the Kingdom of Heaven.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
in **Heaven** Give us **this day** our daily
bread and

Forgive us of our **debts** and **sins** as we also
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for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

Hallowed be Thy Name

Our story for today

Moses and the Bush set Aflame

“

Then he said, "Do not come near; put off your shoes from your feet, for the place on which you are standing is holy ground."

Exodus 3:5 RSV

”

Sight Words



Prophet



Mount



Bush



Moses was a Prophet chosen by God to teach His people, the Israelites. He lived in Egypt where there was a bad king, the Pharaoh, who was cruel to the Israelites.

One day, as Moses was taking care of some sheep on Mount Horeb, the Angel of the Lord appeared to him as a flame in a bush.



Moses decided to take a closer look and was amazed to see that even though it was on fire, the bush was not burning! The leaves stayed green! Suddenly a voice called out from the bush.

God called out to Moses from the bush "Moses, Moses"! and he answered "Here I am". And before Moses came any closer God said, "Take off your sandals - this is holy ground."



God asked Moses to lead the Israelites out of Egypt to a promised land, where they would not suffer under Pharaoh anymore.

Moses was afraid and thought no Israelites would trust him. Yet, God promised to be with him and help him through every challenge he faced and provided him help.



So, Moses obeyed the Lord and became His prophet and went on to save Israel from the hands of the evil Pharaoh



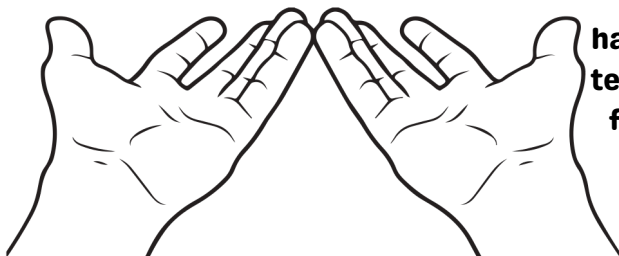
Moral: Just like Moses, we should answer when God calls us to serve, trust Him, and obey Him above all else. He will always be with us and support us as we serve Him. This is what we ask for when we pray, "Hallowed be Thy Name..." in the Lord's Prayer.



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
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We stretch our hands out to Heaven and pray:



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Our story for today

Simeon & Anna : the Prophet & Prophetess

“

... for mine eyes have seen thy salvation.

St. Luke 2:30 RSV

”

Sight Words



Baby



Pray



Temple



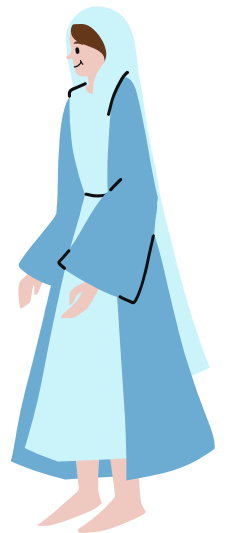
When Jesus was a little baby, His parents Mary and Joseph took him to the temple to present him to the priests.

At the temple was an old prophet called Simeon. Simeon was a devout man, who prayed to God all the time. God had revealed to him that he would not die until he got the special chance to see the Saviour of the world, Jesus.



Upon seeing baby Jesus baby Jesus, Simeon knew this was the Messiah and praised God saying, "Lord, now let Your servant depart in peace, according to Your word: for my eyes have seen Your salvation, which You have prepared before the face of all peoples; a light for the revelation to the Gentiles and the glory of Your people Israel." (St. Luke 2: 29-32)

There was also an old prophetess called Anna. She spent all her time in the temple, serving God by praying and fasting.

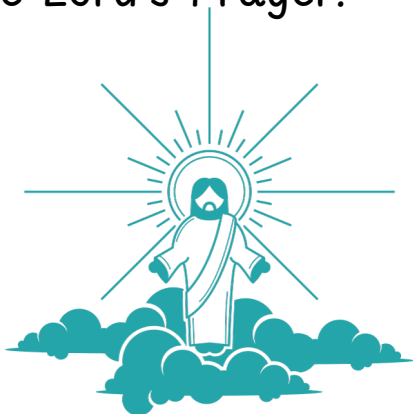


After seeing the baby Jesus at the temple, Anna instantly knew He was the Messiah. She thanked the Lord and spread His name to everyone around her.

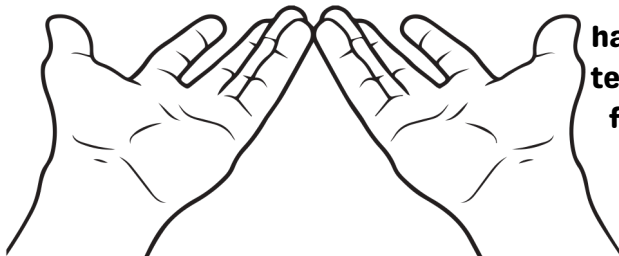
Simeon and Anna, because of their constant prayer and love for God, had the special chance to see Jesus Christ, and they both knew that this baby was the One who would save the world.



Moral: Just like Simeon and Anna, we should always honor, serve, and thank God and put Him above everything. This is why we say, "Hallowed be Thy Name..." in the Lord's Prayer.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
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Thy Kingdom Come

Our story for today

Noah's Ark

“

but Jesus said, “Let the children come to me, and do not hinder them; for to such belongs the kingdom of heaven.”

St Matthew 19:14

”

Sight Words

Family



Ark



Obey



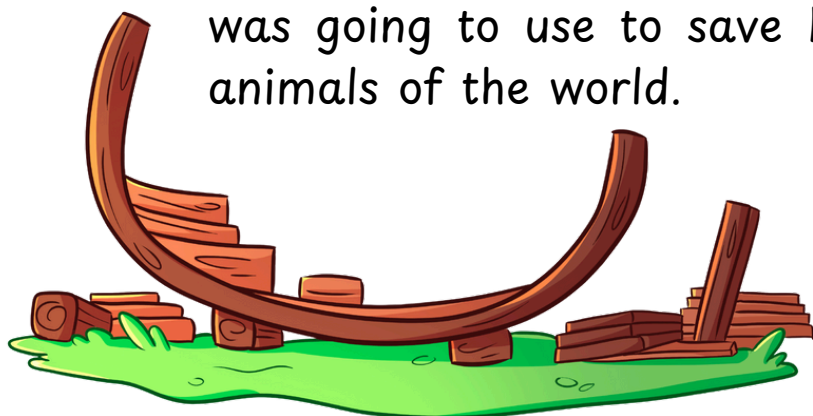
Long ago, there was a time when the people on earth had become wicked and did not love or obey God.





There was one good man named Noah who always obeyed God. Noah lived with his wife, his sons: Shem, Ham, and Japheth, and his 3 daughters-in-law

God spoke to Noah and gave instructions on how to make a huge wooden boat, called an ark, which He was going to use to save Noah, his family, and all animals of the world.

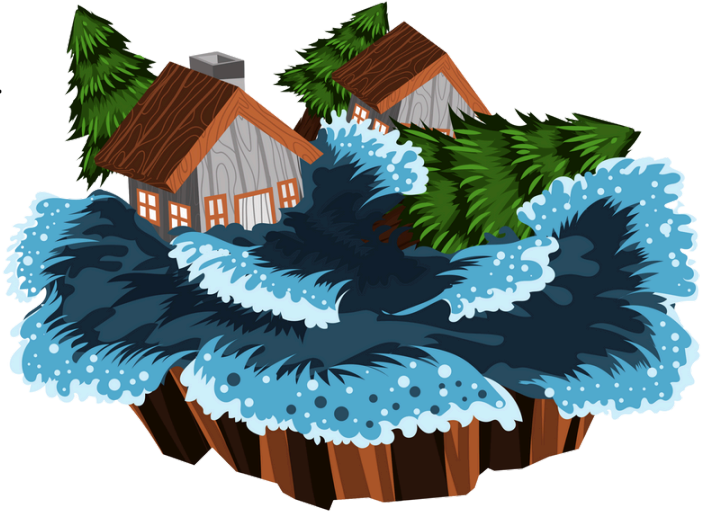


Noah and his family listened to God and made the ark exactly how God asked them to. All the other people made fun of them for building a boat where there is no water to sail it on! That did not stop them from doing the work God wanted them to do.

Noah filled the ark with food and supplies for his family and the animals. Once the ark was ready, God sent two of each kind of animal, one male, and one female, to put on the ark. After all the animals were loaded, God told Noah and his family to get on the ark and shut the door.



It started to rain. It kept raining and raining for forty days and forty nights! It rained so much that the water started to flood the earth, covering all the bad people and the rest of the plants and animals left on the ground.



As the water rose, Noah's ark started to float and it stayed afloat for a long time. The rain stopped after many days and the waters started to go down until the ark came to rest on some mountains.



Noah sent out a dove to check if there was any dry land. The bird flew away and later came back with some leaves from an olive tree in its beak. This meant that trees were growing again - there was dry land!

God told Noah and his family to leave the ark and to let the animals out. Noah was so happy that God had saved them from the flood that he built an altar and worshipped God.

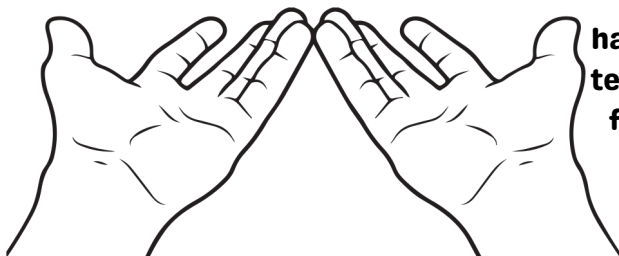


God instructed them to be good and to take care of the world and everything in it. He also made a promise to Noah, that He would never again send a flood to destroy the living things on earth. He told them that the rainbow that you see after a rain is the sign of His promise.

Moral: Noah was a good servant of God, who listened to God no matter what, even when other people made fun of him and even though he did not completely understand God's plan. We must also be His good servants and trust His guidance.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
in **Heaven** Give us **this day** our daily
bread and

Forgive us of our **debts** and **sins** as we also
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temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

Our story for today

Angel Gabriel brings God's message to Mary

“

And Mary said, “Behold, I am the handmaid of the Lord; let it be to me according to your word.” And the angel departed from her.

St. Luke 1:38 RSV

”

Sight Words



Angel



Son



Listen

In a little town called Nazareth, in Galilee, there lived a young girl named Mary. She was an ordinary girl, but full of goodness, who obeyed her elders and always prayed to God.





One day, Angel Gabriel came to Mary with a special message from God. He spoke to her saying, "Greetings, favoured one! The Lord is with you."

Mary was not sure what this greeting meant. The angel told her to not be afraid and that God had chosen her for a very important purpose. God wanted Mary to be the Mother of God, His Son Jesus Christ.



Mary did not understand how she could have a baby because she was not married yet. The angel explained to her that the Holy Spirit would make this happen.

After all, anything is possible with God! Then Mary said that she was God's servant and ready to face all that the angel said would happen.



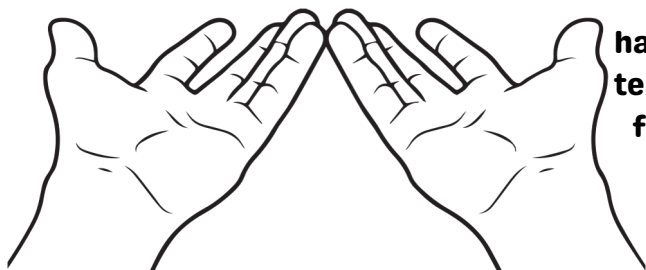
An angel also visited Joseph, the man who was engaged to Mary, and told him that Mary would have a baby, who is the Son of God, and to name him Jesus.



Moral: St. Mary and St. Joseph teach us that we should always listen to God, no matter what



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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Thy Will Be Done

Our story for today

Hannah' Prayer

“

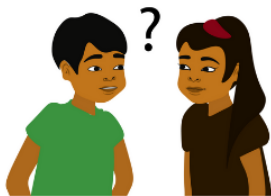
So Samuel grew, and the Lord was with him and let none of his words fall to the ground.

1 Samuel 3:19

”

Sight Words

Ask



Heard



Temple

Long ago there lived a woman named Hannah who was upset because though she was married, she did not have any children.





Every year, she would go to the temple at Shiloh to pray and offer sacrifices to God. Being so sad, Hannah prayed with tears begging God to give her a child. She promised that if she had a baby boy, she would have him serve God.

As she prayed, Hannah moved her lips without saying anything out loud. Eli the priest noticed her odd behavior and started to get mad at her.



Hannah explained to Eli that she was just very sad. Eli was sorry for getting mad at Hannah and told her, 'May God give you what you are asking for.' This made Hannah feel better as she left the temple.

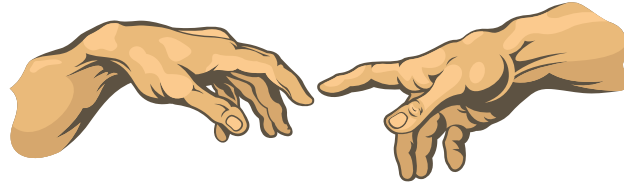
After that, Hannah was blessed with a baby boy and she called him Samuel, which means 'heard by God'.



Hannah took Samuel to the temple after he had grown a little bit. She told Eli that God had answered her prayer and that she was keeping her promise to give her son back to God to serve Him all his life.



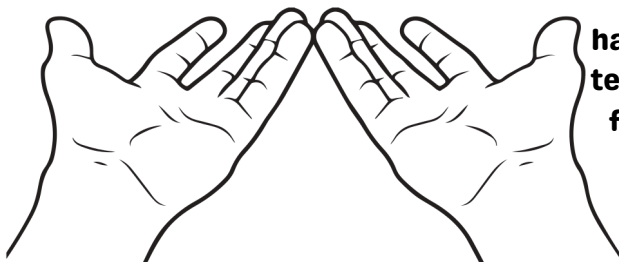
Eli praised God after seeing Hannah's faithfulness. Eli raised Samuel to be a priest, serving God. Samuel played a special part in God's plan for His people.



God listens to all of our prayers- even when the words do not come out - God knows what is in our hearts. We should continue to pray and thank God with all of our heart and mind and he will continue to grant us his blessings as we pray- "Thy will be done."



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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Forgive us of our **debts** and **sins** as we also
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temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

Our story for today

Jesus prays in the garden of Gethsemane

“

And going a little farther he fell on his face and prayed, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as Thou will.”

St. Matthew 26:39

”

Sight Words

Will



Sad

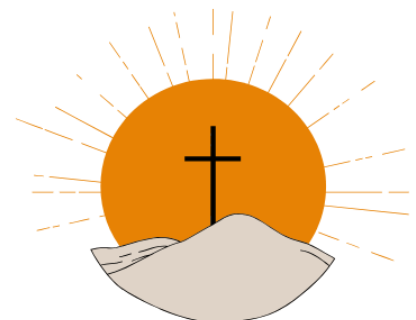


Garden



Just like Hannah prayed when she was sad, Jesus also prayed when he was sad and needed help.

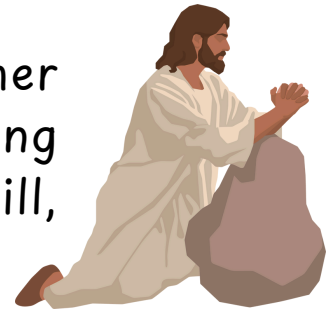
He went to pray in the Garden of Gethsemane right before He was to be arrested, knowing His disciples were going to abandon Him, and He would die on the cross



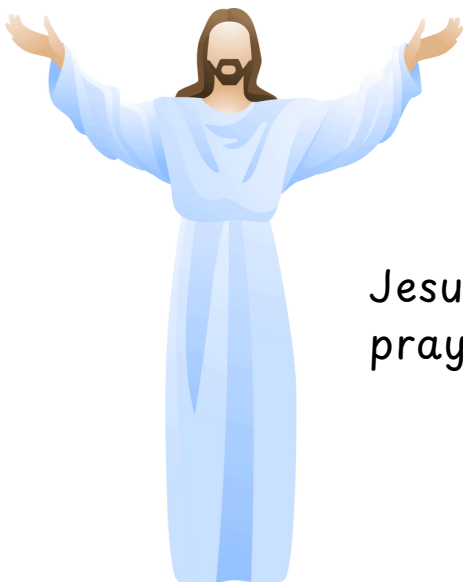


He asked his disciples to stay awake, but they kept falling asleep while He prayed.

Jesus prayed alone. He asked His Father to take away the suffering He was going to face, but then He said, 'not My will, but Yours, be done.'



Through prayer, Jesus was able to get the strength He needed to face the difficult path to the Cross, to fulfill God's plan or will- "Thy will be done".



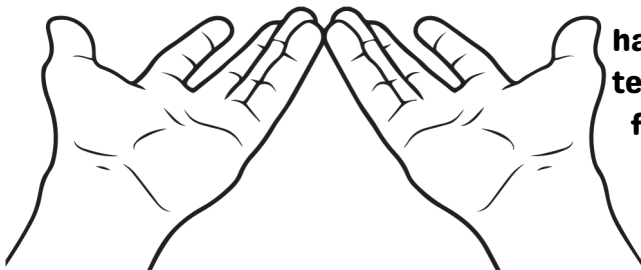
Jesus taught us how to pray and He prayed to His Father all the time.



Christ taught us how to pray and set an example by praying often. So, we too must always turn to God in prayer and He will answer us.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
in **Heaven** Give us **this day our daily**
bread and

Forgive us of our **debts** and **sins** as we also
have forgiven our debtors. Lead us not into
temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amin

On Earth

Our story for today

Moses in Egypt

“

When the Lord saw that he turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here am I.”

Exodus 3:4

”

Sight Words

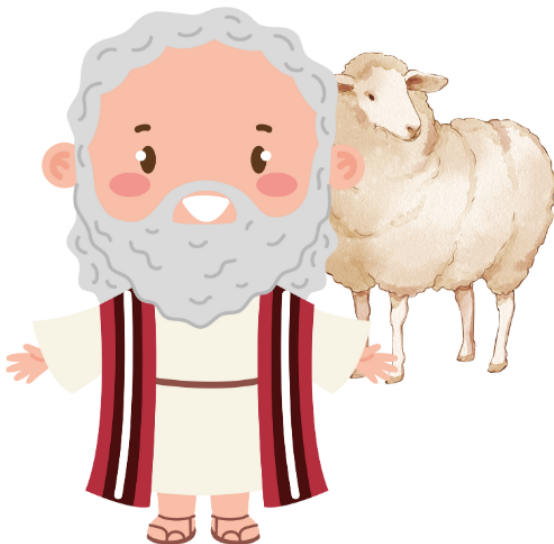
Pharaoh



Speaker



Help



Moses was a man of God
and His chosen prophet.



God asked Moses to free His people, the Israelites who were slaves in Egypt.

However Moses was uncomfortable as He spoke slowly and could not find the best words. He was not a good speaker so He made excuses to God in order to avoid meeting Pharaoh, the king of Egypt.



Therefore God asked him to take his brother Aaron with him to speak to Pharaoh for him.



God helped Moses to perform ten different signs and finally Pharaoh allowed God's people to leave Egypt.



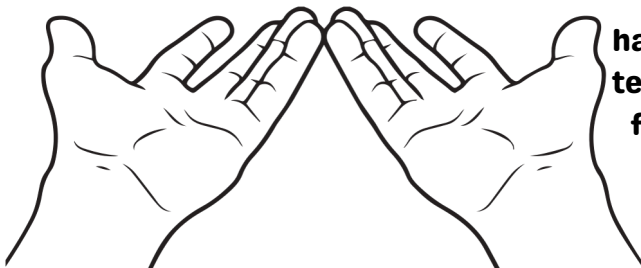
Moral: God promised Moses that He will help him, Moses trusted and God helped. Our God finds a way to use us to do His will on Earth in spite of our weaknesses.



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
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bread and

We stretch our hands out to Heaven and pray:



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for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amin

Our story for today

The Healing of the Bent Woman

“

And he laid his hands upon her, and immediately she was made straight, and she praised God.

St. Luke 13:13

”

Sight Words

Bent



Stand



Healing



Jesus was teaching in one of the synagogues on Sabbath day. There in the synagogue was a woman who was crippled.



Her back was bent for 18 long years !



She was in a lot of pain because she could not stand up straight.



Upon seeing her Jesus called her to Him, placed His hands on her, and made her well.



The woman was very happy she could stand again. She began to praise God with a thankful heart.



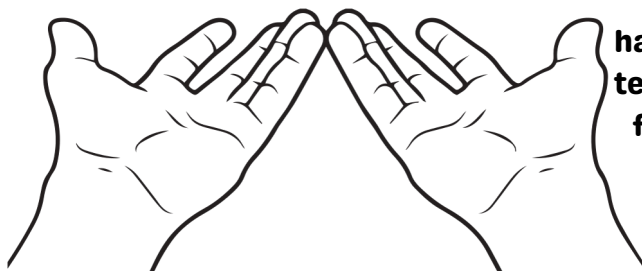
Jesus helped the crippled woman by healing her; likewise God can help us.



Moral: We need to trust God to do His Will on earth like it is in Heaven.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in Heaven
Hallowed be Thy Name Thy Kingdom
come, Thy will be done on earth as it is
in Heaven Give us this day our daily
bread and

Forgive us of our debts and sins as we also
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temptation but deliver us from the evil one
for Thine is the Kingdom, and the Power,
and the Glory forever and ever Amen

As it is in Heaven

Our story for today

Holy Qurbana - The Madbaha and the Altar

“

And when the hour came, he sat at table, and the apostles with him.

St. Luke 22:14

”

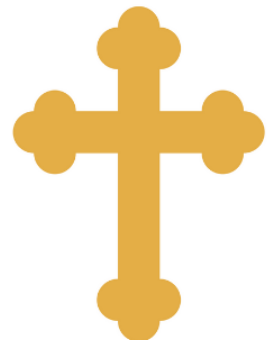
Sight Words

Altar



Miracle

Cross



Do you know how sometimes one thing can mean many other things?

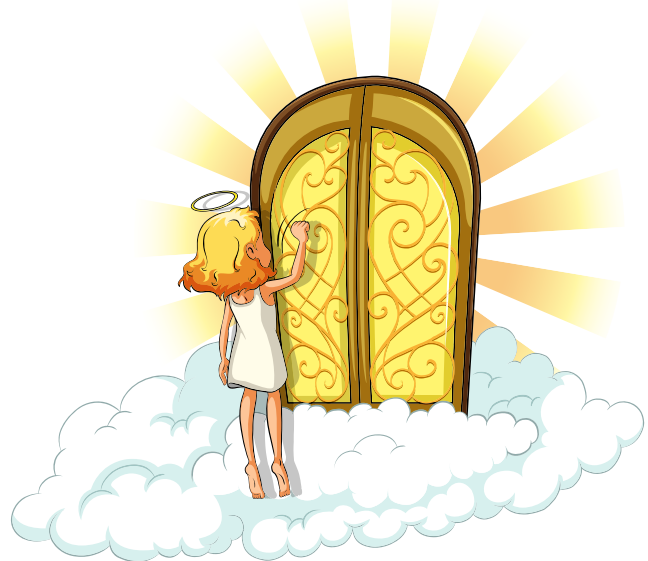


It is sort of like how a table in your house may be a dining table, but it may also be the table that you do homework on, or where you all play a game together.



It is also sort of like how your mother is your mother, but she is also someone's daughter, wife, sister, aunt, or friend. In the same way, things that we see at church also mean more than you might think.

When you go up to receive holy Qurbana, Achen puts bread and wine in your mouth. Do you know that what you are receiving is actually the Body and Blood of Jesus? When we receive Jesus into us, we are getting a great gift, because it means He is part of us and we of Him. During Holy Qurbana we receive Jesus Body and Blood in the bread and wine.



The place where Achen and the altar servers make this miracle happen is called the Madhbaha. Now, if Jesus is there in the Madhbaha, and we know that Jesus is in heaven, that means that the Madhaha must also be heaven! When the altar servers ring bells and shake the marvasa, they represent the angels in heaven, the sounds reminding us of the fluttering of their wings and the praises they sing constantly to God

The altar is the table in the Madhbaha on which Achen places the bread and wine, Jesus Body and Blood. The altar is also called the Thronos, which means 'throne'. Who sits on a throne? A king does, so the altar is the throne for the King of kings, God.



That's not all the altar means though. Let's talk about some of the other meanings. Remember how we talked about the baby Jesus being laid in a manger after He was born? Well, the altar also represents that manger in Bethlehem!

Jesus grew up and carried out His ministry, teaching the people of the Kingdom of God, healing those who were sick, raising some who were dead, and preaching that we should all love each other.



Some people who didn't like what Jesus was teaching, caused Jesus to be captured and nailed to a Cross. Jesus knew this would happen, and he died on the Cross to save all of us.



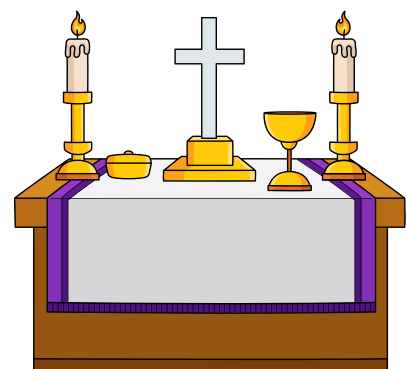
The altar also stands for the place where the Cross stood, Mount Calvary in Jerusalem. The big, usually wooden, Cross that stands on the altar represents the Cross Jesus was on.

After Jesus died on the Cross, His body was taken down and wrapped in cloth and placed in a tomb. The altar is also that tomb where His body lay, and from where He rose from death on the third day.

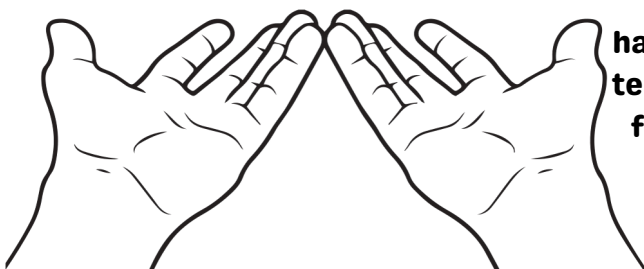


Jesus spent some time with His followers after He had risen from the dead, and one day He took them to a place called Mount Olive. While they were all watching, Jesus went up to heaven! The altar is also Mount Olive.

Moral: Just like the many meanings that the altar has, everything you see during service has a lot of meanings, so we should ask and learn about what everything stands for.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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Our story for today

Angels on High

“

“I am Raphael, one of the seven holy angels who present the prayers of the saints and enter into the presence of the glory of the Holy One.”

Tobit 12:15

”

Sight Words

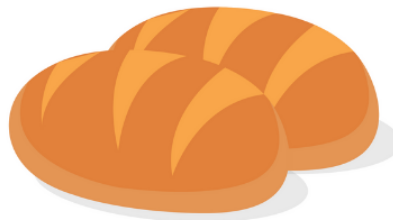
Jehovah



Fish



Bread



Jesus and his disciples were in a town called Bethsaida. People learned the whereabouts of Jesus and came to him.



In songs and prayers we call angels many names - like seraphim, cherubim, thrones, dominions - showing that there are different kinds of angels.



The word angel means messenger, so one of their main jobs is to bring messages from God to people.



The other big job angels have is to serve and praise God. There are thousands and thousands of angels praising God all the time.



Sometimes people get to see angels! When Jesus was born, angels filled the skies, praising God and telling the shepherds to go find Him and worship Him.



There are a few special angels whose names we know. Do you remember the angel who came to tell St Mary that she was going to be Jesus' mother? That angel's name is Gabriel, and St Mary was able to see and talk to Angel Gabriel.



Angels are like you and me because they are made by God and are free to think and make decisions, and free to choose to do good things instead of bad things.

Angels are different from us in some ways - for example, they don't have bodies like we do, so they don't need to eat and drink, can be invisible to us, and don't need houses or clothes to protect them. They can appear to people when they need to.



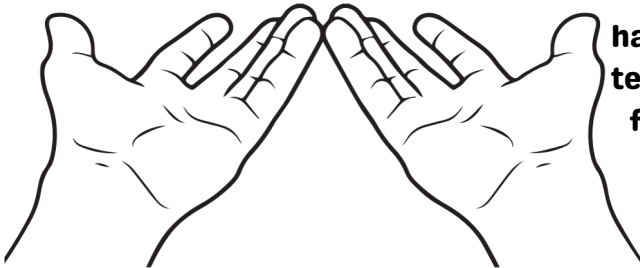
We also know that each child has a guardian angel in heaven, so remember that your angel is there to watch over you, protect you, and pray for you to God.



Moral: God's angels worship Him in Heaven and carry out His will. Sometimes they carry special messages to people. Even when we don't see them, we each have guardian angels watching over and protecting us.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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Give Us This Day

Our story for today

Provisions in the Desert : God's Gift of Manna and Quail

“

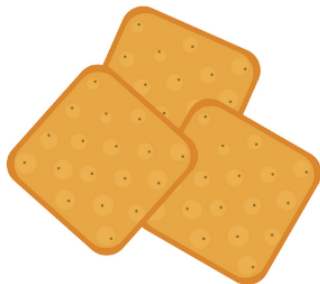
Jesus said to them, “I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst.”

St John 6:35 RSV

”

Sight Words

Manna



Quail

Food



God's people were in slavery to the King of Egypt for lots of years till God sent Moses to free them from the Pharaoh, the King of Egypt.

During the day the LORD went in front of them in a pillar of cloud to show them the way, and during the night he went in front of them in a pillar of fire to give them light, so that they could travel night and day.



When traveling to the promised land God's people ran out of food and they grumbled and complained to Moses.

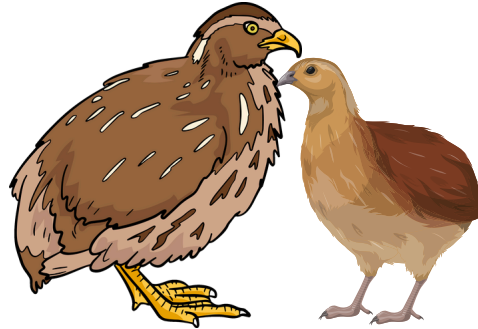
Moses prayed to God and God told Moses that he has heard the complaints of the people and will provide them with food in the morning.



Next morning God sent food from heaven, He rained Manna from heaven, which was like crackers with honey.



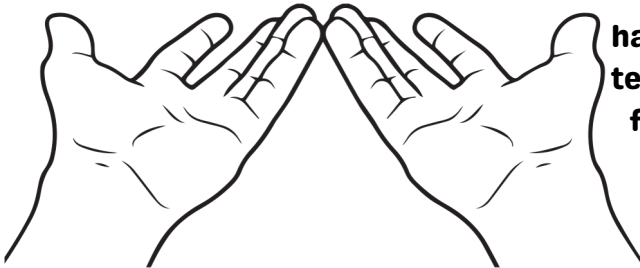
Then the people complained again, they wanted meat and then God provided them with Quail, which is like chicken.



Moral: God sent down Manna and Quail as food for the Israelites. God knows we need food and He provides for our needs



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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in **Heaven** Give us **this day our daily**
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Our story for today

Christ Provides for His People : Feeding the Multitudes

“

"I am the bread of life."

St John 6:48 RSV

”

Sight Words

Jehovah



Fish



Bread



Jesus and his disciples were in a town called Bethsaida. People learned the whereabouts of Jesus and came to him.

They stayed with Jesus for a long time, listening to His teachings and learning from Him.



Late in the afternoon, the disciples came to Jesus and requested that He send the people away so they could go to the nearby town to buy food to eat. But Jesus said to the disciples: "You give them something to eat."

The disciples had just five loaves and two fishes and they took that to Jesus.



Jesus took the five loaves of bread and two fishes. He looked up to heaven and thanked God for the food. Then it was given to the multitude.



Everyone ate and had enough. Then the disciples took up twelve baskets full of what was left over.



On a different occasion there was again a large crowd with Jesus

The crowd was with Jesus for 3 days and Jesus did not want to send them away hungry as the people had a long way to travel before they could get back home.

The Disciples brought Jesus seven loaves of bread and a few small fish. Jesus took the food, gave thanks to God, broke them into pieces and gave them to the disciples to serve to the crowd.



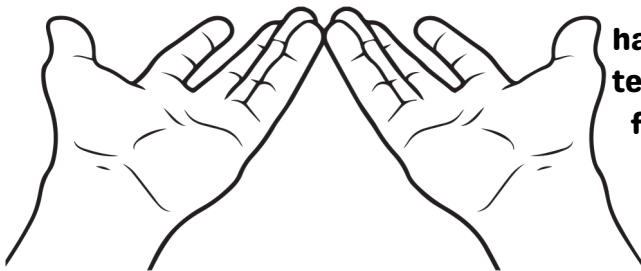
All the people ate and were satisfied. There were about 4,000 men who ate.



Moral: God provides for our needs as we see both in the old testament and new testament times. He is Jehovah Jireh!! The Lord will provide.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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Our Daily Bread

Our story for today

Qurbana - What does it mean?

“

And he took bread, and when he had given thanks he broke it and gave it to them, saying, “This is my body which is given for you. Do this in remembrance of me.”

St Luke 22:19 RSV

”

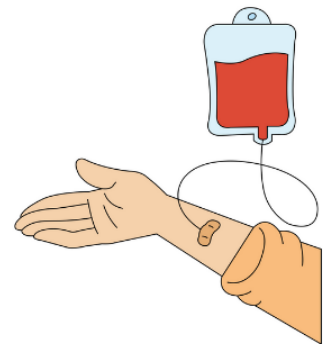
Sight Words

Qurbana



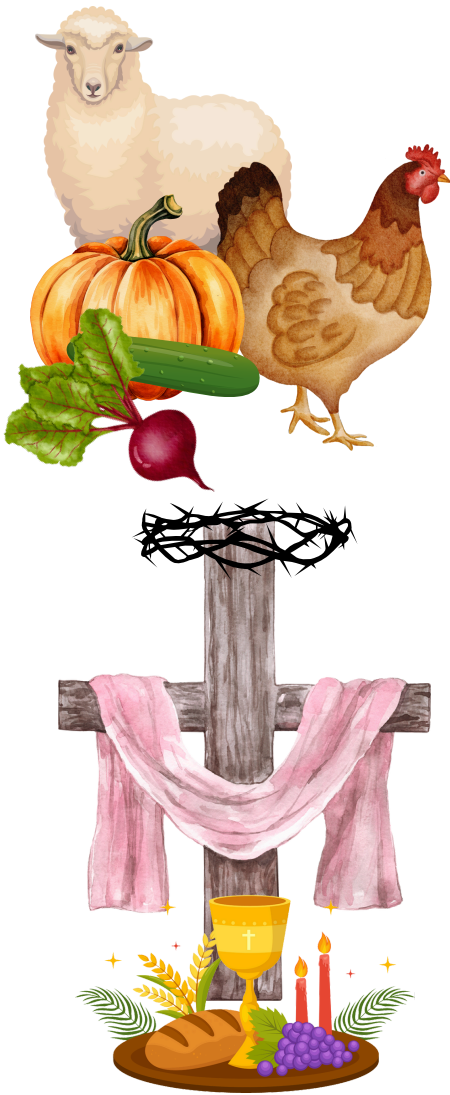
Body

Blood



How do we all worship God? We pray, we sing songs, we tell God we are sorry for the bad things we've done, we forgive others, we thank God for the good things he has given us, and we do good things to be like Him. The most important way we worship God, however, is through the Holy Qurbana.





Holy Qurbana means Holy Offering, or Holy Sacrifice. In the old days, before Jesus died on the cross for us, people would go to the temple and offer their best animals, fruits and grains to God. You are supposed to give the best to God, right? These sacrifices were used to ask God to forgive the people of their sins.

Jesus sacrificing Himself on the cross is the most important sacrifice, gift, because it granted us forgiveness of our sins. He offered His Body and His Blood. Holy Qurbana celebrates what Jesus did for us and share in His Body and Blood (the Bread & Wine).



Who told us that the bread and wine are Jesus' Body and Blood? Jesus did! Right before Jesus was going to be crucified, He had a Last Supper with his apostles. During that meal, Jesus took bread, broke it, gave it to his disciples, and said, "Eat, this is My Body."

He then took the cup of wine to share with them all, and said, "Drink, this is My Blood." He also told them to do this to remember Him, which is why we continue to share His Body and Blood to this day.

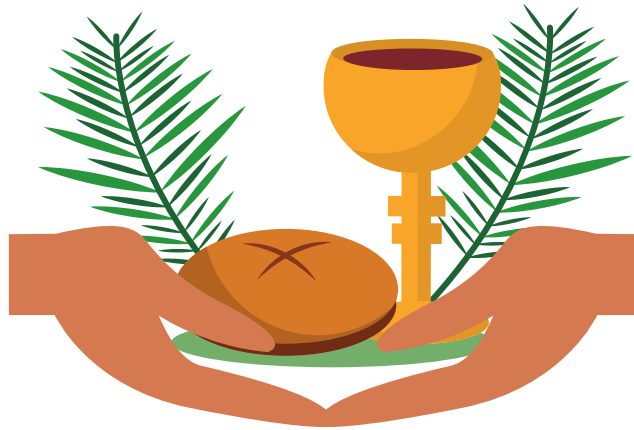


How do the bread and wine become Jesus' Body and Blood? During Qurbana something special happens, the bread and wine are mysteriously transformed to Jesus' Body and Blood.

When God changes something we can see (the bread and wine) in a way that we cannot see or understand, so that we can become closer to Him, this is called a sacrament.



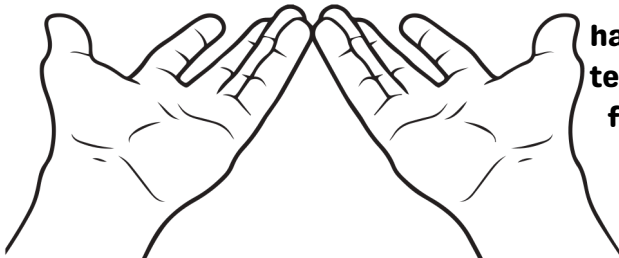
There are many sacraments in our lives, like when the Holy Spirit changes us during baptism, for example. Holy Qurbana is the most important sacrament of all.



Moral: Jesus gave Himself up as a pure and perfect offering so that we could be forgiven of our sin. Holy Qurbana is the most important sacrament of all.



We stretch our hands out to Heaven and pray:



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for Thine is the **Kingdom**, and the **Power**,
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Our story for today

How do we prepare for & behave at church?

“

And likewise the cup after supper, saying, “This cup which is poured out for you is the new covenant in my blood”

St Luke 22:20 RSV

”

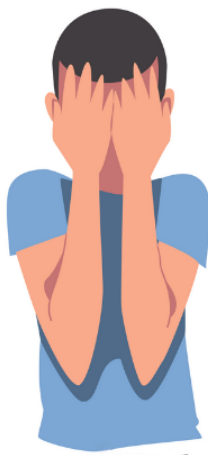
Sight Words

Sorry

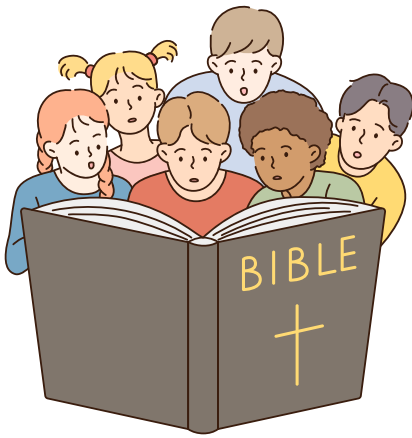


Coal

Read



We have to be pure in our hearts, having told God that we are sorry for any bad things we have done or thought, and forgiven others for anything bad they did to us.



We also have to prepare ourselves throughout the whole week, with prayers and songs, and by learning about God from the Bible and from our parents and teachers.

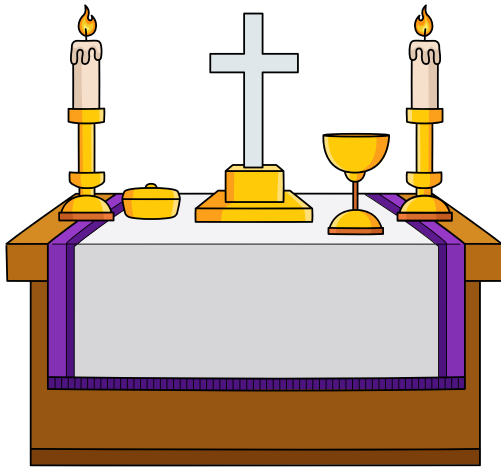
We should try not to eat or drink anything before going to church. When we are on our way to church, we should not be silly, fussy, or naughty, but be quiet and good. There are prayers that you can say when going to church.



When we reach church, we should say a prayer and do the sign of the cross as we step into the church sanctuary. We take off our shoes to enter the sanctuary because it is a holy place.

As you learn to read, you will get to read along in the Qurbana service book. Sometimes the words may be hard, but you should keep trying. The more we try, the easier it will get! Before you know it, you will know all the prayers and songs!





We should not fidget, play, turn around a lot, talk to others, or keep going out of the sanctuary to go to the bathroom or anywhere. We should try our best to stay and pay attention to all that is going on in the madhbaha, and stand facing its direction.

Remember to do the sign of the cross at all the times you are supposed to, and whenever the censer is waved towards you. Your prayers go up to God along with the smoke from the censer.



During the service, we bow our heads at different times, so make sure you do that, like at the times when we hear, 'Let us bow our heads....'

When it is time to go up to receive the Body and Blood of Jesus, you should behave, not slouch, or fuss, or put your hands in your pockets. Keep your hands crossed, or folded together.



When it is your turn to take Qurbana, first do the sign of the cross before Achen gives it to you, and again do the sign of the cross after receiving it. We take a sip of water after getting Jesus' Body and Blood so that we are sure that every little bit of what we get is washed into us, because He is so precious.



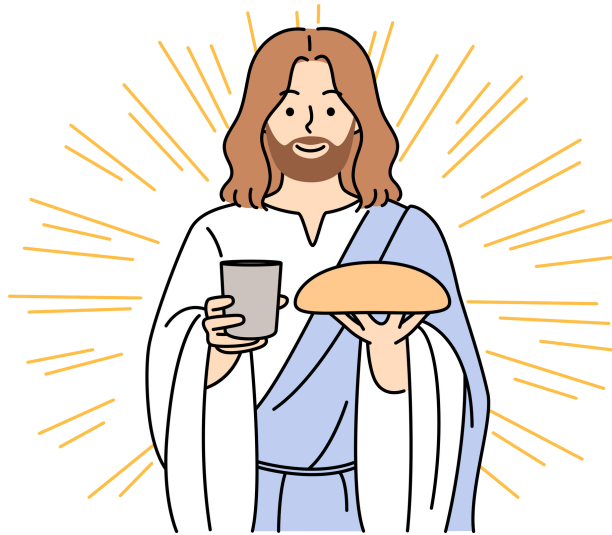
If we take Qurbana without being prepared, then it is like taking a burning coal that can burn us up inside. Never take this for granted, and always remember what it represents.



Even after the service has ended, you should not play around, run, or make noise while you are in the sanctuary. There is also a prayer you can say as you leave the church.

If you have questions about different things you see or hear during Qurbana, ask your parents, Sunday School teachers, and Achen. They will get you answers. Remember how we learned about the altar representing different things? The same is true about a lot of what you see during the service, so there is a lot you can learn!

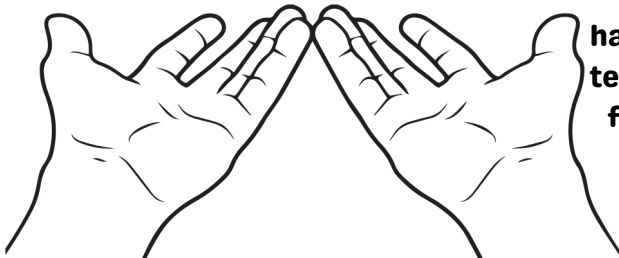




Moral: Holy Qurbana is Jesus' Body and Blood, our greatest gift. So, we have to prepare our bodies and minds to receive Qurbana.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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Forgive Us Our Debts & Sins

Our story for today

The story of Miriam

“

Then Miriam, the prophetess, the sister of Aaron, took a timbrel in her hand; and all the women went out after her with timbrels and dancing.

Exodus 15:20 RSV

”

Sight Words

Prophetess



Question

jealous



Miriam was the sister of Moses and Aaron. She was also known as "the Prophetess".

God always spoke to Moses because he was the chosen and trusted one. This made Miriam jealous of Moses.



One day, Miriam asked "why is the Lord only speaking to Moses?" Why can't the Lord speak to us as well?

God was not happy that Miriam was not trusting His decisions. The Lord asked Miriam and Aaron to come towards the tent and he said "if there is a prophet- I will speak and show them in a dream".



"But not with Moses- He is always my trusted one and I will speak to him clearly. Why are you not afraid to speak against Moses?"



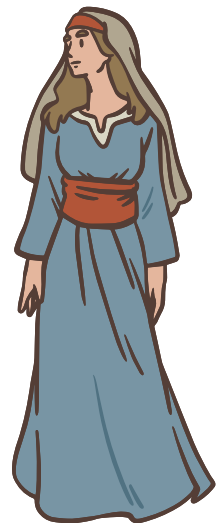
Since Miriam questioned God's decision for Moses and Aaron, she became sick.

Moses begged the Lord for Miriam's forgiveness and asked God to heal her. The Lord told him to put her in a room for 7 days after which time she could come out

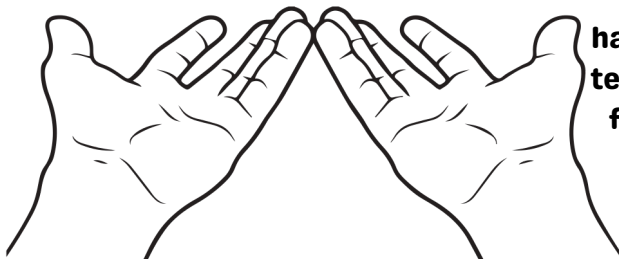


Miriam only came out of the room after 7 days and learned a valuable lesson: never question God's words.

Moral: Miriam's story teaches us that the Lord forgives our sins just like he forgave Miriam for her sins for questioning God.



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temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

Our story for today

The story of Zacchaeus

“

And when Jesus came to the place, he looked up and said to him, “Zacchaeus, make haste and come down; for I must stay at your house today.”

St. Luke 19:5

”

Sight Words

Tax

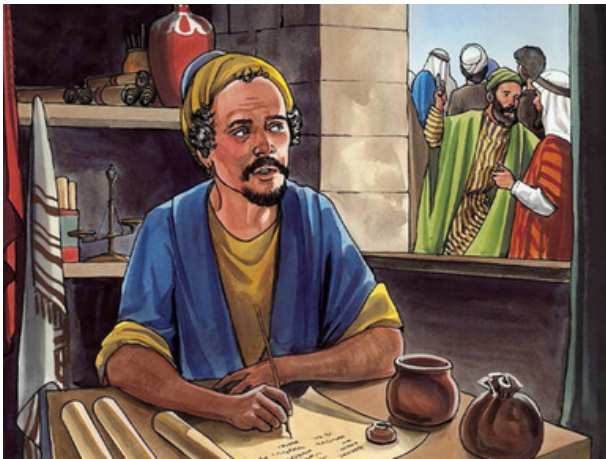


Sycamore

See



One day, Jesus was passing through a town called Jericho and a large crowd had gathered around Jesus.



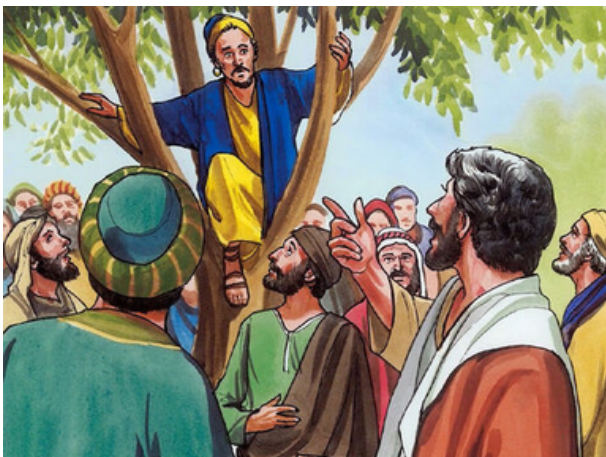
In that town- there was a short man who was the chief tax collector who made his money by taking money from others, especially the poor.



Zacchaeus' really wanted to see Jesus, but the crowd was so large- he could not even catch a glimpse of Jesus.



Zacchaeus decided to run and climb on to a Sycamore Tree because he knew Jesus would pass that way.



To his surprise, Jesus stopped right under the Sycamore Tree and looked up and saw Zacchaeus looking down at him.



Jesus said, "Zacchaeus, hurry up and come down, for today I must stay at your house". (Luke 9:5). Zacchaeus hurried down the Sycamore Tree and joyfully received him.



The crowd was not happy when Jesus said he wanted to stay with Zacchaeus who took most of the money from the poor.



Zacchaeus stood up and said to Jesus- "I will give half of my goods to the poor and if I have taken anything from anyone unfairly- I will give them back more than what I took."



Jesus rejoiced and said "Zacchaeus was once lost but now saved." He became generous towards the poor and was united with them.

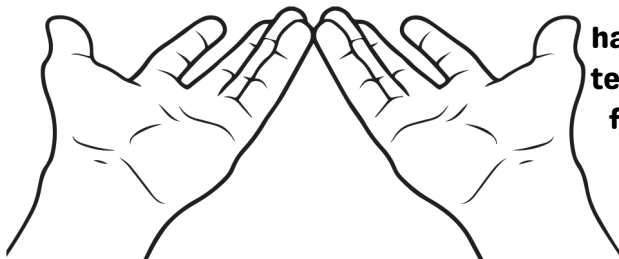
It was the love and forgiveness of Jesus that changed Zacchaeus into a completely different man. Jesus forgave Zacchaeus debts and sins and brought him towards the light.



Moral: Jesus forgives us of our sins and wants us to be in communion with Him. He wants to change our lives, just like He did for Zacchaeus.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
in **Heaven** Give us **this day our daily**
bread and

Forgive us of our **debts** and **sins** as we also
have forgiven our debtors. Lead us not into
temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

As We Also Have Forgiven

Our story for today

Joseph's Story

“

So it was not you who sent me here, but God; and he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt.

Genesis 45:8 RSV

”

Sight Words

well



famine

dream



Joseph had 11 brothers. He was his dad's favorite. His brothers were jealous of him.



One day all of Joseph's brothers decided to get rid of Joseph by throwing him in a dried up well and leaving him. Some merchants were walking by and they decided to sell him instead.



Joseph's brothers lied to their Dad saying "Joseph was eaten by some animals".



The merchants sold Joseph to Potiphar, who was a wealthy man. Potiphar liked Joseph and the way he worked hard.



Joseph was accused of something he did not do and was put in jail. In jail everyone liked Joseph because he could understand the meaning of dreams (this was Joseph's talent given by God).



God blessed Joseph with a talent to understand the meaning of dreams. Joseph used his talent to help the King.



Because the King trusted Joseph he was put in charge of the food. The King made Joseph his most trusted advisor.



There was a famine in the country, but Joseph helped the hungry by passing out food.



Joseph's brothers came to collect food. They did not recognize him, their own brother.



Joseph recognized them but didn't say anything. Instead he decided to test them to see if they would do good.



When he realized his brothers were being honest he revealed himself to them. Joseph told them he forgave them because this was God's plan to have Joseph help others and his family.

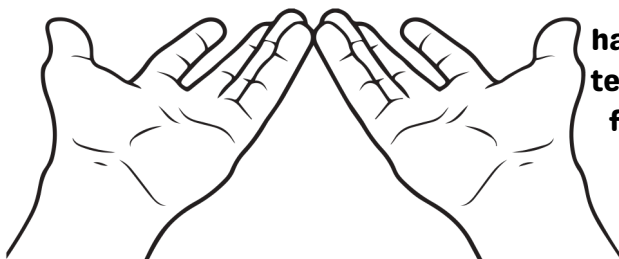
Moral: Sometimes people can hurt us, but if we stay focused on God and forgive others, Jesus will bring us peace and happiness.



The Lord's Prayer

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Forgiveness at the Cross

“

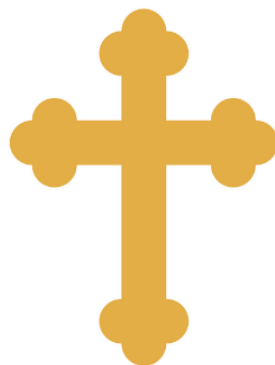
And he said, “Jesus, remember me when you come into your kingdom.”

St. Luke 23:42

”

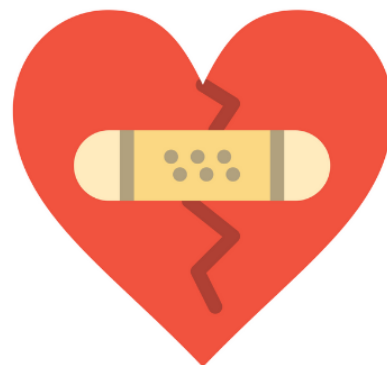
Sight Words

Thief



Cross

Forgiveness



Jesus came down from Heaven to earth to forgive us from our sins.

Jesus was crucified on the cross along with two thieves. This was the punishment for being liked by the people, which made the religious leaders jealous.

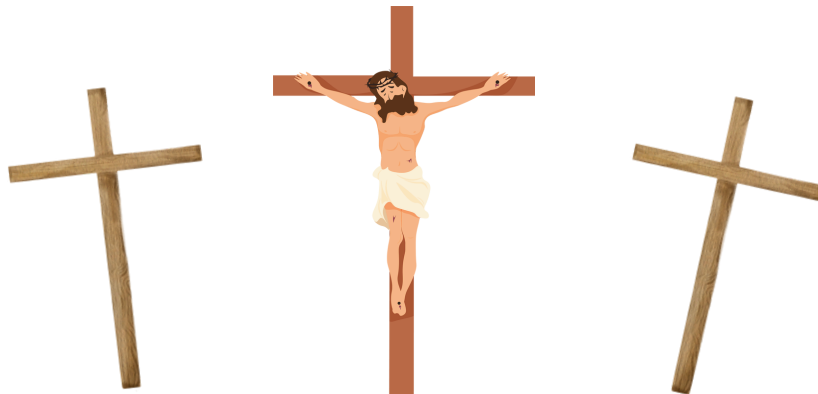


As Jesus was on the cross, he asked God to forgive the people who punished Him. He prayed "Father forgive them for they do not know what they do".

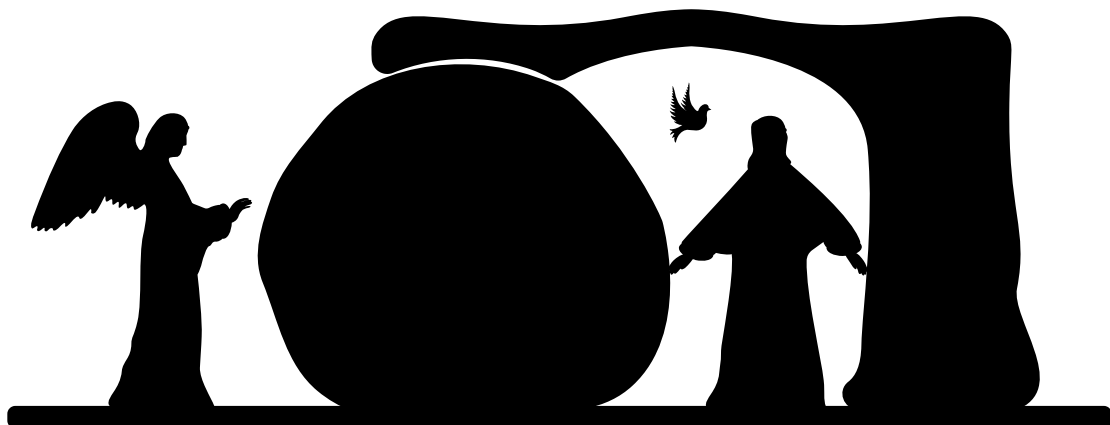


The thief on the right side of Jesus asked for forgiveness and Jesus replied "today you will be with me in heaven". Which meant all of the thief's sins were forgiven.

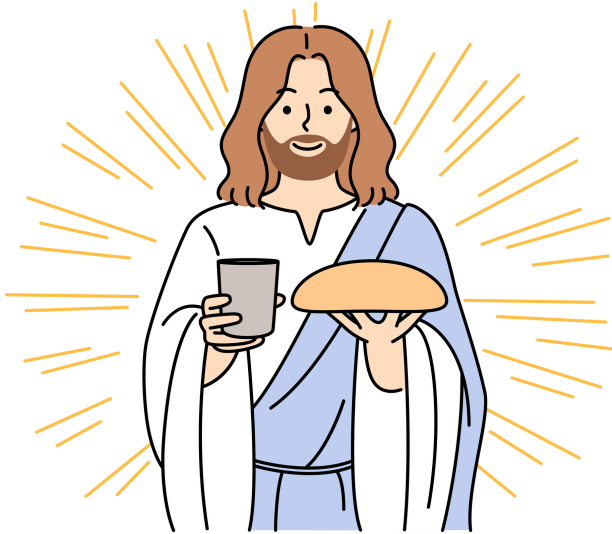
We remember Jesus dying on the cross on Good Friday.



Three days after Jesus died, he came back to life, and we remember this on Easter Sunday.



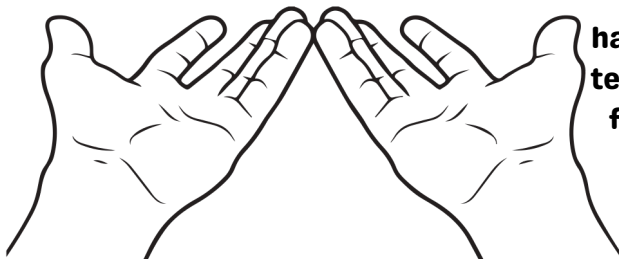
We make the sign of the cross to remember this great act of forgiveness.



Moral: Just like Jesus forgives us we should also forgive others.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

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Lead Us Not Into Temptation

Our story for today

The Garden of Eden

“

The Lord God took the man and put him in the garden of Eden to till it and keep it.

Genesis 2:15 RSV

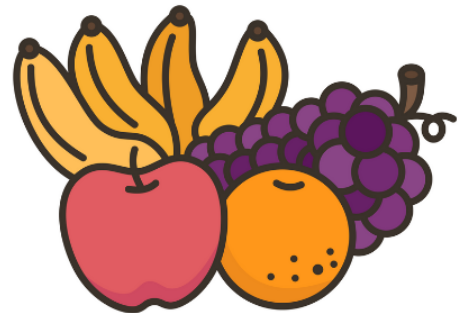
”

Sight Words

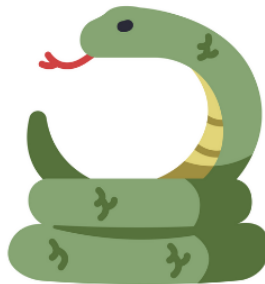
Garden



Fruit

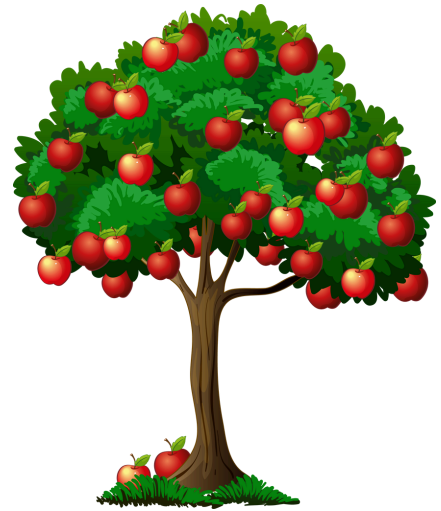


Snake



In Lesson 2 we learned that God created everyone in His image. He doesn't just want us to look like Him; He wants us to act like him too.

God loved Adam and Eve. While they were in the Garden of Eden, they were allowed to eat from anywhere - except from the Tree of Knowledge of Good and Evil. Should they eat from that tree, they would get sick and die.



Adam and Eve listened, 'til a sneaky snake came to them.



The snake told Eve, "Eat the fruit, and you will know everything just like God!"

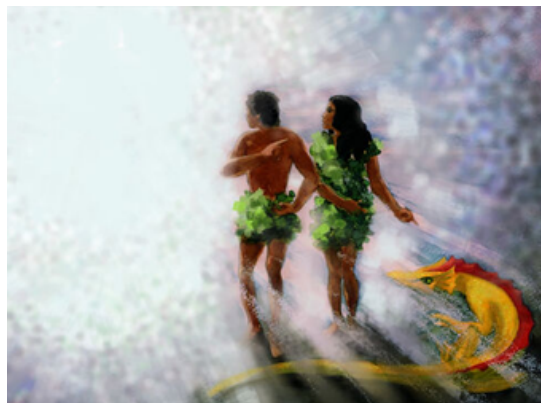


Eve believed the snake and ate the fruit; Adam ate it too. But God had told Adam and Eve specifically not to eat the fruit

The snake was actually the devil in a disguise as a snake.



The devil tempted Eve and she listened to him, disobeying God's commandment.



Because of this, they had to leave the Garden of Eden, but God still loved them very much and had a plan to be with them with them again.



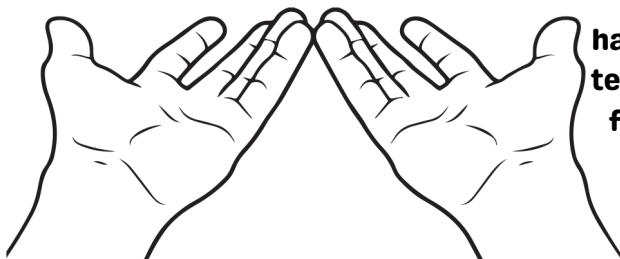
We often get tempted in our daily lives. Most of this temptation is done by the devil. For example, our parents may tell us to only eat one cookie, but the devil will tell us to disobey them and eat another one.



Moral: It is important that we don't give into the devil's temptations.



We stretch our hands out to Heaven and pray:



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Our story for today

Christ Tempted by the Devil

“

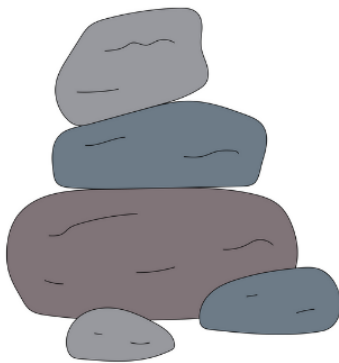
Then the devil left him, and behold, angels came and ministered to him.

St Matthew 4:11 RSV

”

Sight Words

Stone



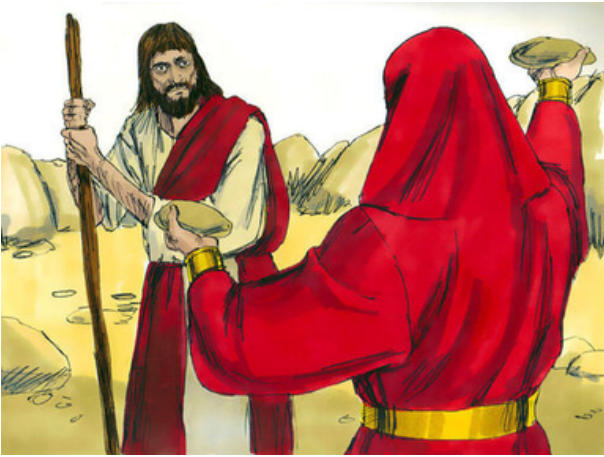
Bow



Jump



Just like Adam and Eve were tempted, Christ was tempted by the devil as well.



After Jesus was baptized by John the Baptist in River Jordan, He went to the desert to fast for 40 days. Jesus became hungry, and when he was hungry, the devil appeared and tempted him and told him, if you are the Son of God, tell these stones to become bread."



Jesus did not listen. He continued to pray and not eat.



The devil was not done trying to tempt Jesus though. Next, he brought Jesus to Jerusalem and told Jesus to jump of the top of a temple. Because if he was truly the son of God, He would not be hurt.



Jesus, once again, did not give in to Satan's temptations. So, Satan tried a third time.



This time, Satan took Jesus to a very high mountain. Here, Satan told Jesus that all the land below the mountain could be His, if he bowed down to Satan and worshiped him.

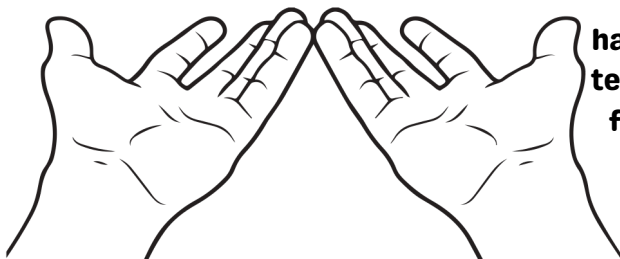


Once again, Jesus faced temptation but did not sin. So, Satan ran away and angels came and cared for Jesus.

Moral: It is important that we be like Jesus and not give in to the temptation that arises.



We stretch our hands out to Heaven and pray:



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Deliver us from Evil

Our story for today

Three Young faithful: Shadrach, Meshach and Abednego

“

Do not put us to shame, But deal with us according to Your kindness And according to the abundance of Your mercy.

Daniel 3:42 OSB

”

Sight Words

king



Angel of the Lord

furnace



There was a King named Nebuchadnezzar in Jerusalem who did not believe in Our Father in heaven.



One day King Nebuchadnezzar made a big golden idol. The King told everyone in the kingdom to only worship this idol.



There were three young men named Shadrach, Meshach and Abednego who only believed in Our Father in heaven.



Shadrach, Meshach and Abednego did not worship the idol. This made the King angry and he asked that the three young men be thrown in a hot furnace.



The furnace was so hot that the men who took the three young men to the furnace were burnt as soon as they got close.



Even inside the furnace, the three young men were not burnt!



King Nebuchadnezzar was shocked that the three young men were calm and continued praising God. In the furnace, he saw a fourth person. It was the Angel of the Lord.



The King commanded Shadrach, Meshach and Abednego to be released.

Moral: God stayed with Shadrach, Meshach, and Abednego even inside the fiery furnace. Their faith and love for Our Father in heaven, saved them from the hot furnace.

Our story for today

Joy to the World: Jesus is Born!

“

Blessed is the kingdom of our father David that is coming! Hosanna in the highest!”

St. Mark 11:10 RSV

”

Sight Words



Kingdom



Savior



Cave

Near the time when Jesus was to be born, Mary and Joseph had to travel to a little town called Bethlehem.



As Prophet Isaiah foretold, the Savior was born in a lowly place: a cave where cows and other animals were kept.



When Jesus was born, His mother Mary wrapped him in cloth and laid him in a manger because they had no crib. The manger is where you put hay for the animals to eat.



Nearby, there were shepherds taking care of their sheep in the fields. An angel appeared to them and told them, "Do not be afraid. I bring you good news of great joy for all the people. Today is born to you a Saviour, who is the Messiah. You will find the child wrapped in strips of cloth, lying in a manger." All of a sudden, there were lots and lots of angels there, singing, "Glory to God in the highest, and on earth peace among men."



The shepherds ran to find the baby Jesus and worshipped Him.

Later, three wise men came from the East, following a bright star that led them to find baby Jesus. They worshipped Him, and gave Him gifts of gold, frankincense and myrrh.

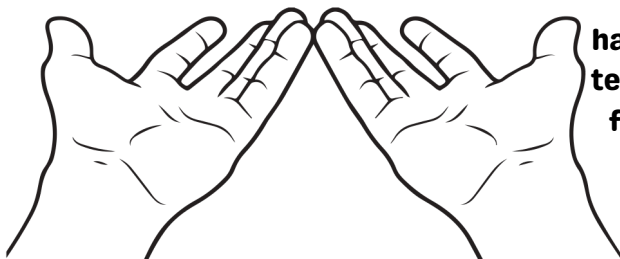


The people had been waiting for a long time for the arrival of the Messiah, who would be their Saviour.

Moral: Jesus is our Saviour who came to save us from our sins, and by believing in Him, we become part of His Kingdom.



We stretch our hands out to Heaven and pray:



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For Thine is the Kingdom

Our story for today

St. Paul the Apostle to the Gentiles

“

And likewise the cup after supper, saying, “This cup which is poured out for you is the new covenant in my blood”

St Luke 22:20 RSV

”

Sight Words

Sorry



Coal

Read



We have to be pure in our hearts, having told God that we are sorry for any bad things we have done or thought, and forgiven others for anything bad they did to us.

All things were created in heaven and earth by God the father, His one and only son Jesus Christ and the life giving Holy Spirit.



Jesus Christ the one and the only son of God was sent by the Father to save us all. He will come again as the King and we are all the workers for His kingdom.

Saul was a very devout man from Jerusalem. He went around punishing people who preached that Jesus was the son of God.



One day when Saul was traveling to Damascus to stop the followers of Jesus, a bright light shined upon him and he fell on the ground.



Then a loud voice spoke to him and asked him: "why are you persecuting me?"



Afraid Saul asked: Who is speaking to me? The voice said that He was Jesus, whom Saul was persecuting.



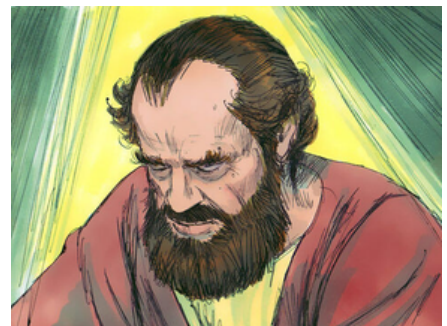
Saul realized that He had lost his eyesight and had become blind. He had to be led to the city of Damascus by the people accompanying him.



Saul was very sad, God asked one of His followers named Ananias to go and restore the eyesight for Saul.



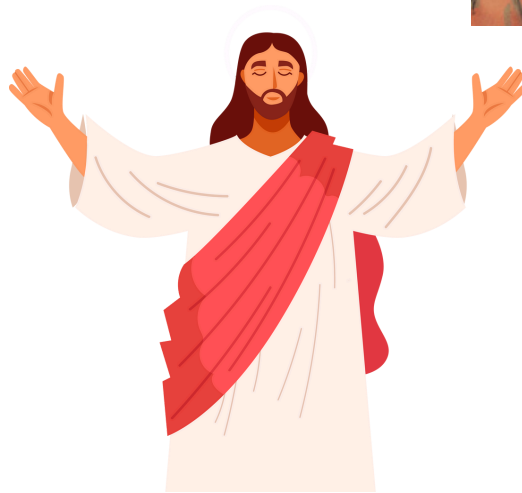
Ananias was afraid but went anyway as God told him that Saul had been chosen by God to spread the Gospel.



Ananias laid his hands on Saul's eyes and Saul could see again. Saul became a changed man from that day onwards. and worked to spread the good news about Jesus to everyone.



Saul became a changed man from that day onwards and worked to spread the good news about Jesus to everyone.



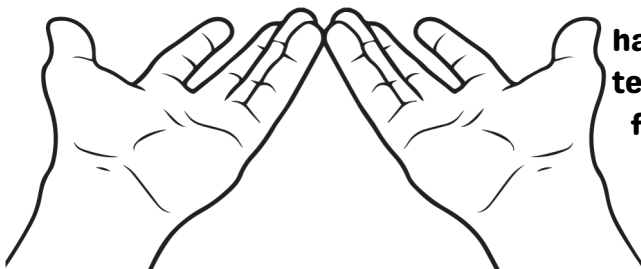
Moral: After meeting Jesus and experiencing His love, Saul changed completely and became a faithful follower of Jesus, spreading His word all over the world. God wants to save us from our sins and have a closer relationship with us.



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Our story for today

St. Mary Magdalene: Apostle to the Apostles

“

She went out and told those who had been with him, as they mourned and wept.

St. Mark 16:10

”

Sight Words

Town



Heal

Announce



Mary belonged to the town of Magdala and hence the name Mary Magdalene.

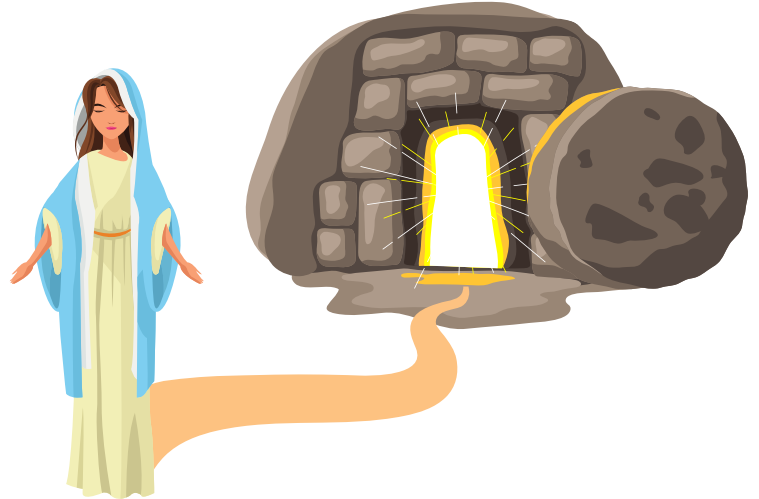
She was healed by Jesus, after which she accompanied Jesus and the other disciples during Jesus's time on earth.





Mary was one of the Lord's most faithful and devout followers.

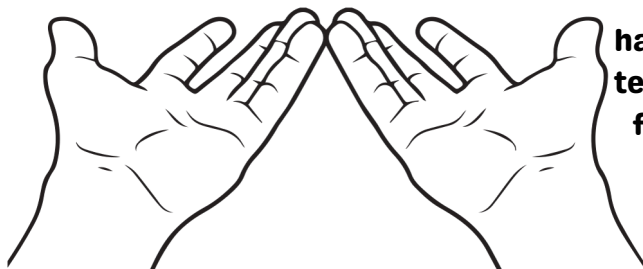
On Easter Sunday, the first one to see the Risen Lord Jesus was Mary Magdalene. She announced the Resurrection to the disciples



Moral: Everything in this world belongs to God. We are given all of it to enjoy and to take care of it. We are all workers for the kingdom of God, like St. Paul the Apostle and Like St. Mary Magdalene



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And the Power and the Glory

Our story for today

St. Gregorios of Parumala: Talents Dedicated for God's Glory.

“

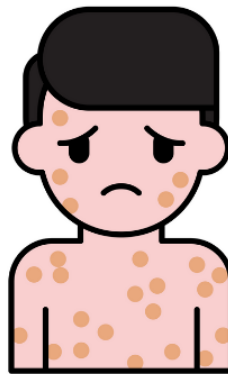
hen Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.

St. Matthew 15:28

”

Sight Words

Bishop



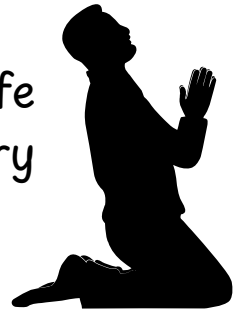
Smallpox

Town



This is a story of a young God-fearing man who at the age of 28 became a Bishop in Kerala, India. His name was Saint Gregorios also known as Parumala Thirumeni.

St. Gregorios led a quiet, and peaceful life where he practiced fasting and praying every day.



He showed others how to be kind, generous, and care for the poor just like Jesus taught us.

There was a time where people in a nearby town got sick by a disease called Smallpox.



St. Gregorios went to that town to see what he can do to help and pray to the Lord to heal the sick.

St. Gregorios went to visit each family and prayed over them when others were afraid and stayed away.



Through St. Gregorios's constant prayers to our Lord—the entire town was healed.

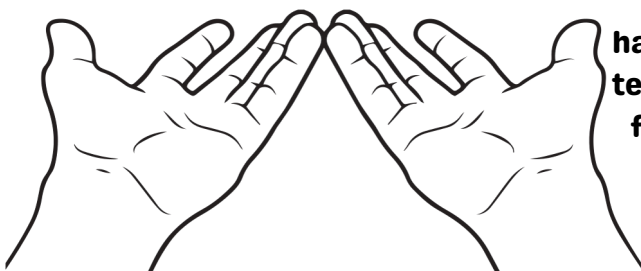
We continue to receive healing and hear of the wonderful miracles performed through Thirumeni's intercession prayers.



Moral: St. Gregorios dedicated his life and talents to serving God, even when facing dangers of disease. His prayers saved the villagers from Smallpox and his intercession is a blessing for us all.



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Our story for today

St. Thecla's story: A Life Dedicated to Sharing the Truth of God's Kingdom.

“

“For thy power depends not upon numbers, nor thy might upon men of strength; for thou art God of the lowly, helper of the oppressed, upholder of the weak, protector of the forlorn, savior of those without hope.”

Judith 9:11 RSV

”

Sight Words

Preach



Prison

Miracles



There was a wealthy family who had a beautiful daughter named Thecla.



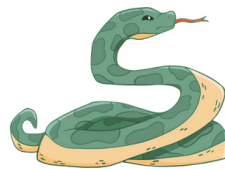
After listening to St. Paul at the age of 18, she decided to not get married and dedicate her life to God.

This made her fiancé and parents very upset and asked the governor to put St. Paul in prison and then later be stoned and thrown out of the city.



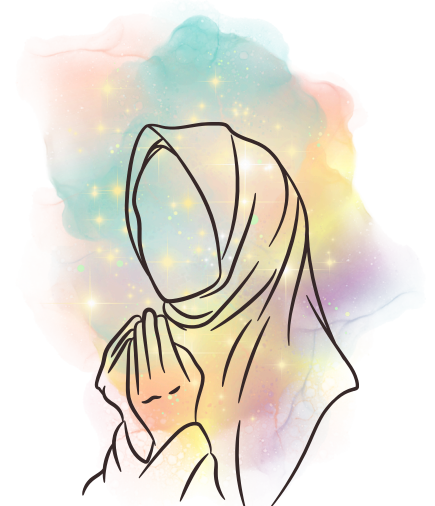
Thecla was determined and promised to stay true to Jesus and her faith and this made her family very angry with her as they did not believe in Jesus.

Thecla was tortured and punished but Jesus kept saving her and did not let any harm come near her.



She continued to preach about Jesus, convert many people to Christianity and known as "equal to all the Apostles".

She became a healer, performed many miracles in the name of Jesus but still suffered for Christianity and is known as "Protomartyr"



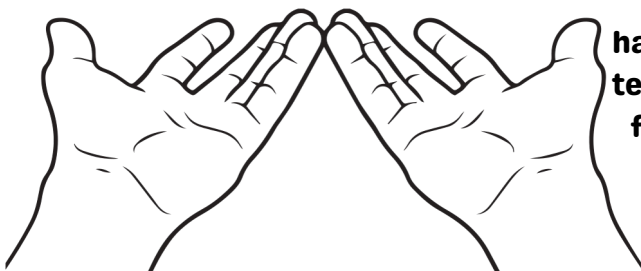
Today, people from all over the world ask for her blessing, fulfill promises and hope for miracles.



Moral: Through the saints like St. Thecla and St. Gregorios of Parumala, we continue to see the power and glory of God and his love for each of us on Earth.



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Forever and Ever, Amin

“

“and you shall be to me a kingdom of priests and a holy nation. These are the words which you shall speak to the children of Israel.”

Exodus 19:6 RSV

”

Sight Words

Mountain



40

Forty

Message

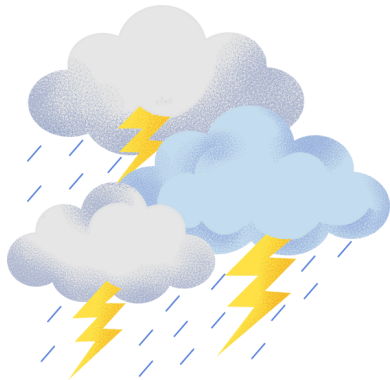


After Moses and the Israelites left Egypt, they went to Mount Sinai where they camped.



God called Moses to climb Mount Sinai and so, Moses obeyed and went up the mountain. At the top of the mountain, he saw God.

God told Moses to tell the rest of the Israelites to wash themselves and their clothes, hinting that an important message from God was coming.



Three days later, there was thunder and lightning coming from above and thick clouds had covered the skies, startling the Israelites.

Moses went up the mountain once again to speak to God, but this time, he stayed 40 days and 40 nights.



During this time, God gave Moses a list of rules to follow. These were called the commandments, and there were 10 of them.

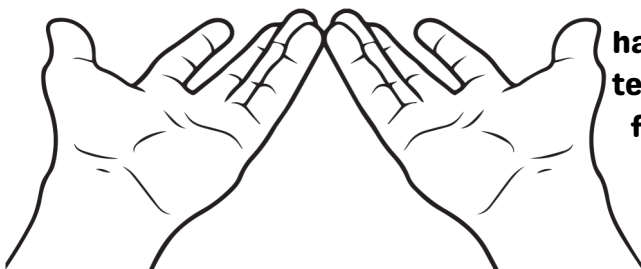
It was important that we followed them because God had given us these commandments to keep us safe.



Moral: God guided Moses and gave him commands to help people live the best life possible. Obeying these commandments keeps us safe.



We stretch our hands out to Heaven and pray:



The Lord's Prayer

Our Father, Who art in **Heaven**
Hallowed be Thy Name **Thy Kingdom**
come, **Thy will** be done on **earth** as it is
in **Heaven** Give us **this day our daily**
bread and

Forgive us of our **debts** and **sins** as we also
have forgiven our debtors. Lead us not into
temptation but **deliver us from the evil one**
for Thine is the **Kingdom**, and the **Power**,
and the **Glory** forever and ever Amen

Our story for today

The 10 Commandments

“

“I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage.”

Exodus 20:2 RSV

”

Sight Words

Parents

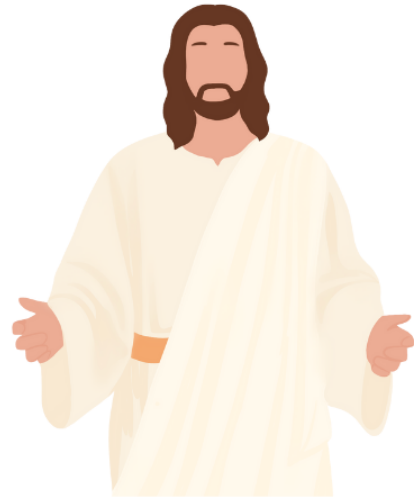


Church

Steal



The first commandment is to put God first: Nothing should be more important than God.



The second command is to worship only God: He doesn't want us to bow down and worship a statue, God is the only one that we should pray to.



Use God's name with respect: To use His name in these other ways is very disrespectful and hurts God.

Remember the Sabbath: God wants us to take one day of the week and rest. When God made the world in six days, He rested on the seventh day. That day is Sunday for us, that is why we go to Church.



Obey our parents: Sometimes, we get upset with our parents because we don't agree with something they said or did, but they know what is best, so it is important that we listen because they are trying to keep us safe.



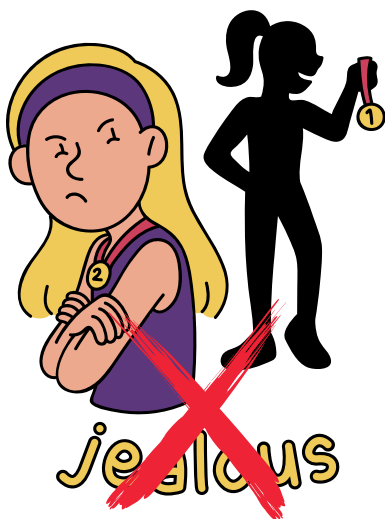
Do not harm others: Since we are all God's creation, harming someone else is like harming one of God's children, so we should not do it.

Be faithful in marriage: When we get older, and if we get married, it is important to treat your husband/wife with respect and care for them.



Do not steal: This means that we shouldn't take something that doesn't belong to us.

Do not lie: Always tell the truth. Even though others may not know you are lying, God is watching and He will know.

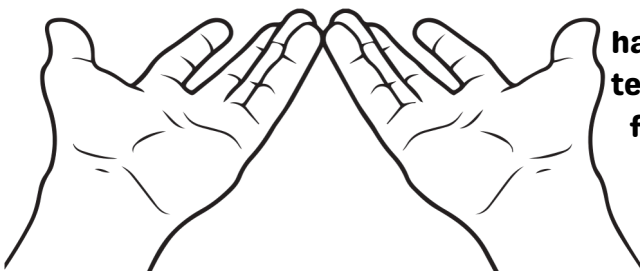


Do not be envious of others: we shouldn't wish to have things that someone else has, nor should we be upset that someone else has something you would like. This distracts us from what is really important, and that is God.

Moral: God gave us words of wisdom, guiding us how to live lives that honour Him



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ST. THOMAS, THE APOSTLE OF INDIA
PRAY FOR US



O S S A E
Diocese of UK, Europe and Africa

SECOND EDITION
2025