

**MALANKARA CATHOLIC CATECHISM**

**GLORY TO THE TRIUNE GOD**

**STANDARD - 2**

**M.C.B.C. Commission for Catechesis  
Santhinilayam, Tiruvalla – 689 101**

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**Metropolitan Archbishop of Trivandrum**

English  
**Malankara Catholic Catechism -2**

## **GLORY TO THE TRIUNE GOD**

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## FOREWORD

We praise the Lord for granting us His Grace to bring out a catechism text of our own for our Malankara Catholic Church. Indeed it is a unique moment in which a long cherished dream of the Church finds accomplishment. Let us be truly thankful to the Lord for these great blessings.

We have received in Jesus Christ the fullness of God's self-communication revealed invisibly in the Old Testament and visibly in the New Testament right from the creation of the universe especially that of Man. The story of revelation is the story of salvation. The core of catechism is this story of revelation and salvation. Through the Holy Spirit this story of salvation continues today in and through the Church. For us this salvation becomes a living experimental reality through the life and mission of the Malankara Catholic Church. Therefore the story of salvation and the patrimony or the venerable tradition of the Malankara Catholic Church become the fundamental sources for the Malankara Catechism. Thus our Catechism is founded on the Salvation History and the venerable patrimony of the Malankara Church.

I pray that this Catechism becomes a new force in the growth of the Malankara Catholic Church and I earnestly advise the faithful to receive this catechism and promote the progress of the Church.

My thoughts particularly are turned towards our faithful outside the canonical ecclesiastical territory, which we call for convenience Extra-Territorial Region (ETR). I appreciate the endeavour of Rev. Dr. John Berchmans OIC, the Co-ordinator of the ETR in India for the English catechism books he has prepared. Through the present texts we intend to bring all our texts into a unified series. Our children will learn our Catholic faith through our venerable tradition and they will become true sons and daughters of our Church. It is my hope that our new generation take legitimate pride in their patrimony and place in our Church and find their legitimate role in the universal Church. We know that the strength of our faithful is the strength of our local and universal Church.

Once again I express our sincere appreciation for this unique achievement. Our sincere thanks is due to Most Rev. Thomas Mar Koorilos, the Chairman of our Catechetical Commission and Rev. Dr. Antony Kakkanatt, the Secretary of the Commission. God bless them and all those who have collaborated with them in this noble mission.

*+ Mar Baselios*

Cyril Mar Baselios  
Metropolitan Archbishop of Trivandrum

# INTRODUCTION

The Command of Jesus Christ to “Go into all the world and proclaim the Good News to the whole creation” (Mark 16:15) is the foundation for Catechesis or faith formation. This faith formation has been continuing in the Church from the days of the early Church in different ways. Catechesis is based on the theological positions of each epoch. A serious awareness on the liturgical, spiritual, theological, disciplinary patrimony of the Malankara Catholic Church led to the promulgation of a unique catechism for the Malankara Catholic Church. The entire Church rejoices at the fulfilment of this desire.

Catechism should never become an intellectual pursuit. True Catechesis should lead the pupil to a life of worship and witness. Catechesis should attempt to lead, nurture and confirm the pupil in the life of faith of the Church to which he or she belongs. Thus the catechumen will be able to know and experience Christ in and through the Church and participate in the mystery of salvation and be in communion with the Holy Trinity. Jesus Christ continues his Salvific Mission in and through the Church. Therefore we have concentrated on an ecclesial centred catechesis. This catechesis is founded on the spiritual heritage of the Malankara Catholic Church.

The textbook for class two is a continuation of class one. It begins with the sign of the Cross, giving Glory to the Triune God. The Father, the Son and the Holy Spirit of the Holy Trinity presented in the first class are being continued in these lessons also. From lessons two up to nine the hidden God of the Old Testament and those who have co-operated with the salvific plan of God are covered. From lessons ten to eighteen Jesus Christ – the Revealed God and events relating to his salvific mission are presented. The Holy Spirit and the Church led by the Holy Spirit are covered in the remaining lessons. Being the continuation of class one the intention behind this textbook is to enable the child to praise the Triune God with more conviction and experience. The salvific events from creation are presented here in the book. A selection of prayers from the Evening prayers, and Liturgy of the Malankara Catholic Church are included in this text.

Based on the principle that "the rule of prayer is the rule of faith", this textbook will help our children understand better the prayers and songs that we recite in our services and thus allow them to truly experience our Liturgy. The prayers, hymns and practical suggestions given at the end of each lesson give more meaning and spiritual nourishment to the child.

We are profoundly grateful to His Grace Most Rev. Cyril Mar Baselios, Metropolitan Archbishop of Trivandrum and the other bishops of the Malankara Catholic Church for their constant prayers, support and suggestions. My special thanks are due to our beloved Aboon Isaac Mar Cleemis, Metropolitan of Tiruvalla and the Apostolic Visitor to America and Europe for his continued support and guidance.

To the many priests, religious and lay faithful who have sincerely collaborated in this endeavour we offer our gratitude. I would like to thank Rev. Dr. Anniyil Tharakan for his effort to translate the Malayalam Text into English. We would like to thank the Professors of St. Mary's Malankara Major Seminary, Trivandrum, and especially Rev. Dr. Philip Chempakasserry, Rev. Dr. Kurian Valuparampil. I would like to extend our sincere thanks to the diocesan directors of catechism Rev. Fr. Johnson Charivukalayil, Rev. Fr. Robinson Kunnackad, Rev. Fr. James Mulackavilayil and Rev. Fr. Johny Cherikkayath. Our thanks are also due to the Text book committee – Rev. Dr. Joseph Konnath, Prof. Mary Mathew, Mrs Sara Varghese and Mr. M. V. Thomas. So also to Mr. Mathews Orathel for designing the text book and pictures. I would like to extend our sincere thanks to Rev. Fr. Joseph Kalariparampil for his assistance. Our indebtedness to Rev. Dr. Antony Kakkanatt who is the master brain behind this work is also sincerely acknowledged.

I pray that through this catechism text each child may be brought to and nourished in and confirmed in the faith of the Malankara Catholic Church and thus be able to know and experience Christ's love more profoundly.

**† Thomas Mar Koorilos**

Chairman, M.C.B.C. Commission for Catechesis

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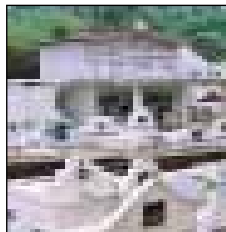
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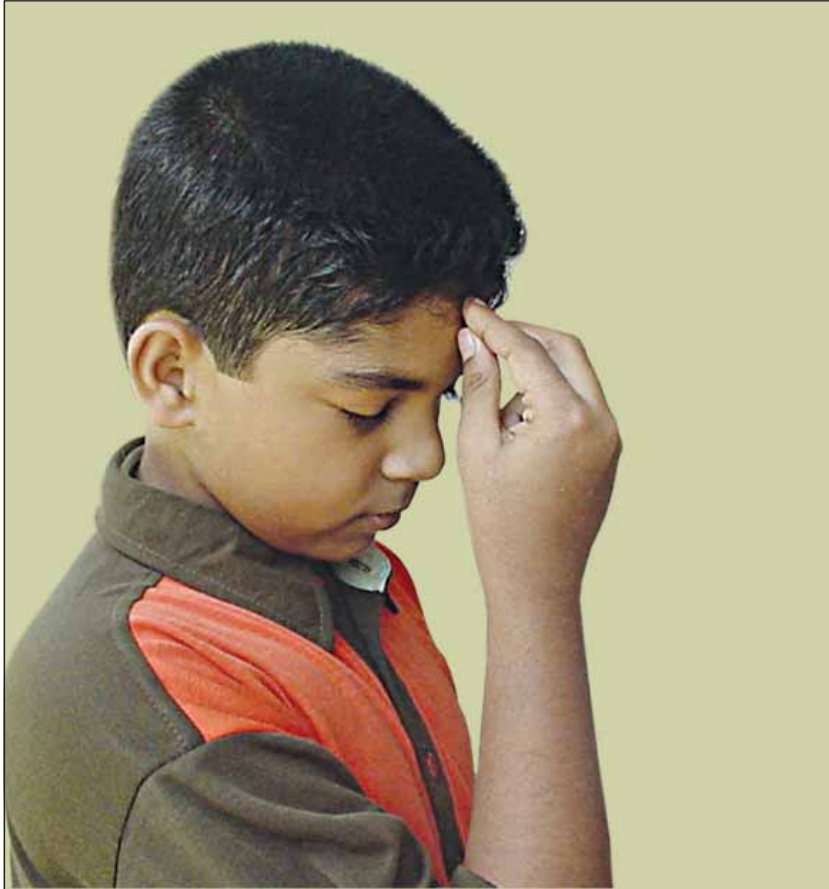


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## Lesson 1

# GLORY TO THE TRIUNE GOD



We make the sign of the Cross by joining together the first three fingers. This is to show that there are three persons in the Godhead and yet there is only one God.

The thumb points to the Father and the index finger to the Son and the middle finger to the Holy Spirit.



The Second Person of the Trinity is God the Son. He descended from heaven to earth in order to save mankind. He is Jesus Christ.

It is His death on the Cross and His resurrection that saved us. So I will venerate the Cross and bow before it.

When I make the sign of the Cross I glorify God and God in turn blesses me.

### **Let us Pray**

"Glory to the Triune God  
Glory to the Triune God  
Glorified, self-existent, eternal Triune God, We praise you.  
To you, O God, is proper glory at all times".

### **Let us Sing**

(Subha chihnam tan sleeba..)  
"Prosperous sign is the Cross  
Victorious sign is the Cross  
We do exult in the Cross  
That saves us from damnation".  
(S'himo, Friday Morning)

### **Let us Do**

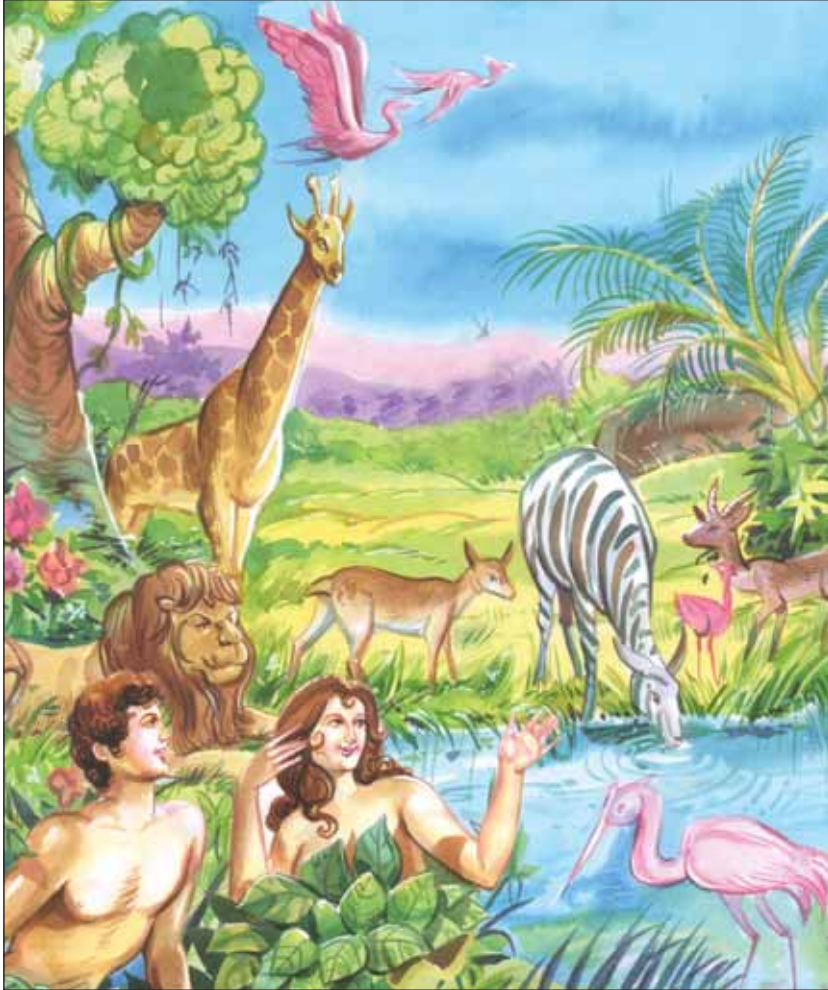
When you see the Cross you must venerate it devoutly.

### **Let us Memorise**

"May I never boast of anything except the cross of our Lord Jesus Christ".  
(Galatians 6:14)

## Lesson 2

# THE CREATION OF MAN



God created the heavens and the earth and all that is found in them. God saw that it was good. Then God said, **“Let us make humankind in our image, according to our likeness”** (Genesis 1:26).

The Lord God formed man of dust from the ground.

He breathed into his nostrils the breath of life and man became a living being.

And the Lord God planted a garden in Eden. And there, He placed the man. His name was Adam. God resolved to make a partner fit for him. So when Adam slept, God took one of his ribs. He made it into a woman. Her name was Eve.

### **Adam and Eve - Our First Parents**

Together with God, they lived in the Garden of Eden. God showered upon them all the blessings. He loved them. They led a happy life. God let man have dominion over all living beings on earth. Thus God blessed Adam and Eve and said to them: **“Be fruitful and multiply and fill the earth and subdue it”** (Genesis 1:28).

**When God is with me how happy I am!**

**God loves me and bestows upon me all His blessings.**

**My parents, too, love me.**

### **Let us Pray**

"We believe in one God, the Father Almighty, Creator of heaven and earth and of all things visible and invisible".

### **Let us Sing**

How did mighty God create us  
human beings – tell me  
How did he create?  
Mighty God in his own image has  
created us – on earth  
Has he created us.

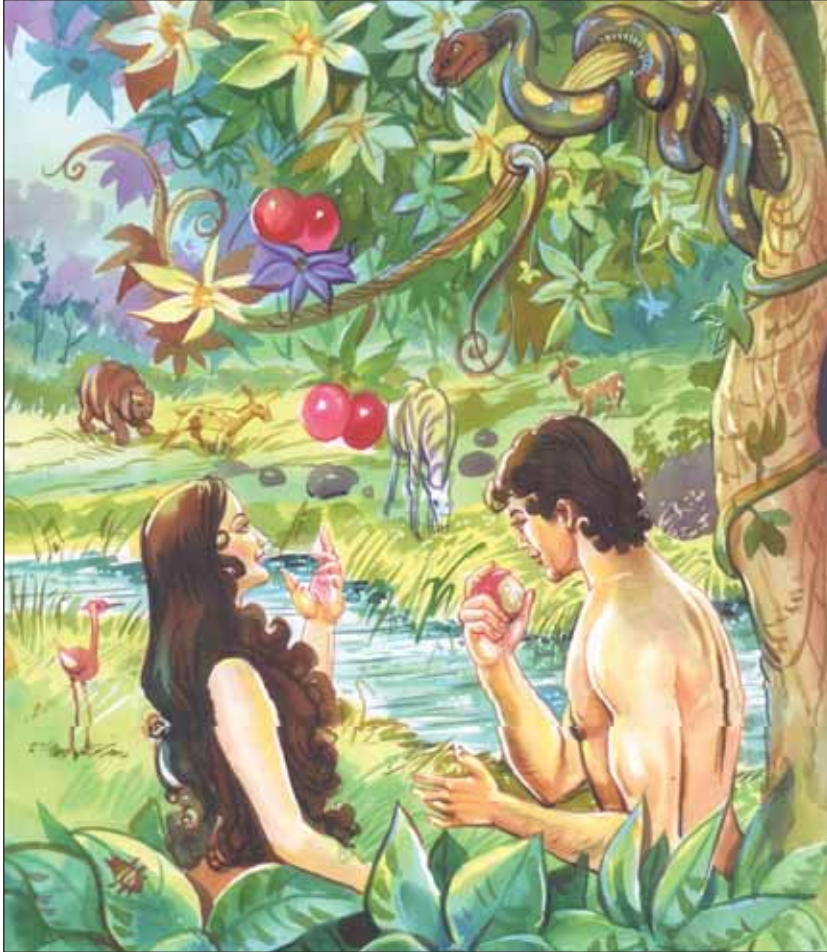
### **Let us Do**

I will respect and obey my parents.

### **Let us Memorise**

“I praise you, for I am fearfully and wonderfully made”.  
(Psalm 139:14)

## THE FALL OF MAN



God placed Adam and Eve in the Garden of Eden. In it there were many fruit-bearing trees. The Lord God commanded the man thus:

**“From every tree of the garden you may eat; but from the tree of the knowledge of good and evil, planted in the middle of the garden, you must not eat for the day you eat of it you must die”.**

Satan, quite cunning, took on the shape of a serpent, met Eve and said: **“No, you shall not die should you eat of the**

**fruit of the tree in the middle of the garden. The day you eat of it your eyes will be opened and you will be like God, knowing good and evil”.**

Eve took of its fruit and ate it and also gave some to Adam. He, too, ate of it. Then they realised that they were naked. So they sewed fig leaves together and made loincloths for themselves. Afraid of God, they hid themselves from Him among the trees of the garden. But the Lord God called man and said to him: **“Have you eaten of the forbidden fruit of the tree in the middle?”** Then Adam said: **“The woman you gave me as a partner gave me fruit from the tree and I ate”**. Then the Lord God said to the woman: **“Why have you done this?”** She said: **“The serpent deceived me and I ate”**.

Because Adam and Eve broke the commandment of God, they were thrown out of the garden. They were afraid of God and tried to hide themselves from Him (Genesis 3:1-19).

**When we break the commandments of God we go away from Him and thereby lose His grace.**

### **Let us Pray**

"Our Lord Messiah, do not shut the door of your blessings against our faces.  
Lord, we confess that we are sinners,  
have mercy on us.  
Lord, your love brought you down towards us  
from your abode, so that by your death, our death  
may be wiped out; have mercy on us. Amen".

### **Let us Do**

I will obey my Lord God and my  
parents and live accordingly.

### **Let us Sing**

(Isa gngangale vazhtaname..)  
"O Lord our Creator,  
O Lord our Redeemer,  
Have pity on us O Lord  
Through prayers of your Mother.  
Let us be free O my Lord  
From the deceits of Satan;  
Save us in your mercy Lord  
From all snares of evil force".

### **Let us Memorise**

“You are dust, and to dust you shall return”.  
(Genesis 3:19)

## Lesson 4

# CAIN AND ABEL



To Adam and Eve were born two sons: Cain and Abel. Cain was a tiller of the soil and Abel a keeper of flocks. Once Cain brought to the Lord an offering of the fruit of the ground. But Abel brought the best one of the firstlings of his flock to the Lord.

**The Lord was pleased with Abel and his offerings, for**

**Abel offered to the Lord the best of the firstlings of his flock.** But God had no regard for Cain and his offering. Cain was very angry. God blessed Abel with prosperity. To Cain, who was jealous of his brother's wellbeing, the Lord said: **“Why are you angry and why are you downcast? If you do well, will you not be accepted?”**

Cain did not heed the words of the Lord. One day, Cain cunningly led his brother Abel into the field. There he turned against his brother and slew him. God punished Cain saying: **“Cursed are you on earth”**. He went out from the presence of the Lord God and wandered like a fugitive and dwelt in the distant land (Genesis 4:1-16).

**Abel offered the best of the firstlings of his flock to the Lord. When we make offerings to the Lord, we should so make them that they would please Him. At Holy Qurbono we would recall the offerings of Abel.**

### **Let us Pray**

"We offer you, O Lord, the Holy Qurbonos celebrated, the prayers made and virtuous acts done in every part of the holy Church today".

### **Let us Sing**

(Velivu niranjoreeso..)  
"Just as Abel's lamb and Noah's gifts  
pleased your will,  
And you took delight in  
Abraham's sacrifice;  
Accept our prayers and fast  
And graciously answer us".  
(Order of the Malankara Qurbono)

### **Let us Do**

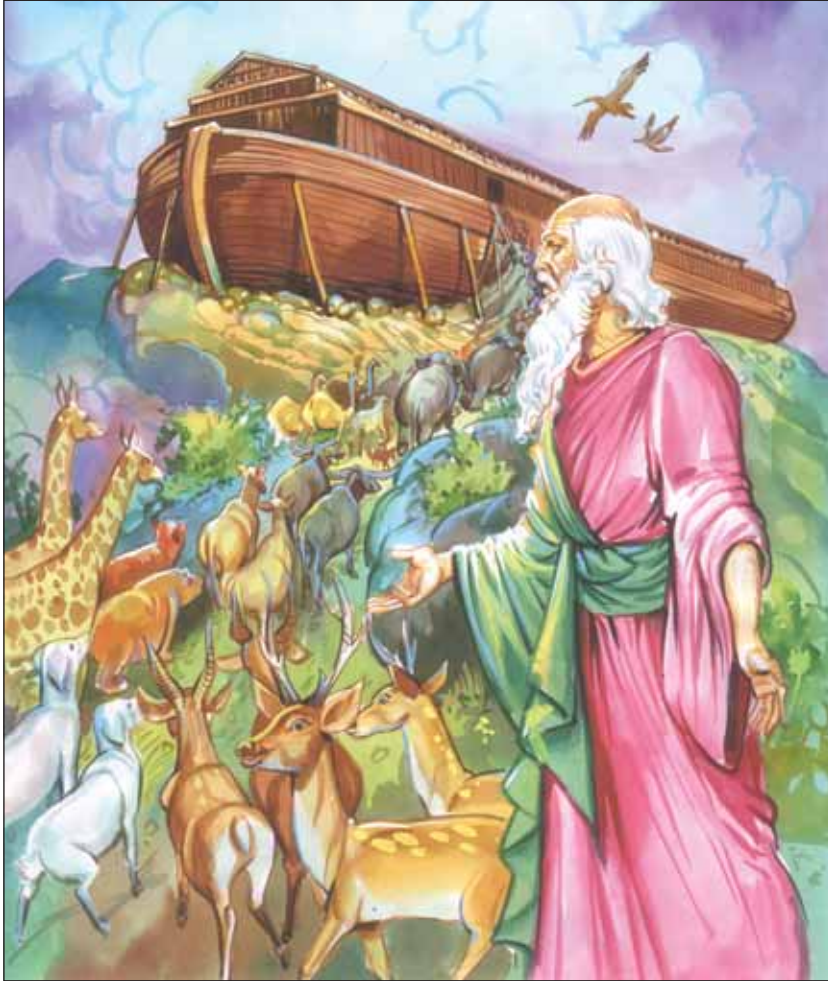
I will offer to the Lord God the first fruit of the ground and other offerings.

### **Let us Memorise**

“If you are angry with a brother or sister you will be liable to judgement”.  
(Matthew 5:22)

## Lesson 5

# THE JUST MAN NOAH



The descendants of both Adam and Eve turned manyfold on earth. They were disobedient to God and wicked in their ways. But among them was a just man, **Noah, who found favour in the eyes of the Lord.**

The Lord God loved Noah. The Lord saw that the wickedness of man was very much on earth. So He determined to blot out man and His creations on earth by flood of waters.



But God did not want to destroy Noah. So He said to Noah:

**“Make yourself a big ark. You and your household should go into the ark. Take with you a pair of male and female of all animals and birds”.**

Noah did all that the Lord had commanded him. It rained forty days and forty nights. The earth was flooded with waters. God blotted out every living thing that was upon the face of the earth. Only Noah was left and those that were with him in the ark. Thus the Lord God saved Noah and his household. Noah built an altar to the Lord and made offerings to Him on the altar. So God was pleased. God established His covenant with Noah that He would never again destroy the earth by flood. As the sign of the covenant which the Lord God made with Noah, the Lord set His bow in the clouds (Genesis 6:9-9:28).

**When I obey God’s commandments God will save me from peril and ailments.**

### **Let us Pray**

"Behold you desire truth and the secrets of your wisdom you have made known to me".

### **Let us Sing**

I shall always live a life of justice  
Just as God’s most faithful servant Noah.  
For God is concerned and removes daily,  
All sufferings of life the just confront with.  
Our life, too, will be likewise blessed,  
If only we obey God’s commandments.

### **Let us Do**

Like Noah I will obey God’s commandments and love him.

### **Let us Memorise**

“For the righteous will never be moved; they will be remembered forever”.  
(Psalm 112:6)

## Lesson 6

# ABRAHAM, THE FATHER OF FAITH



Abraham was a man who loved and worshipped the Lord God. The Lord said to Abraham: **“Leave your country for the land which I will show you; I will make a great nation of you. I will bless you. In you shall all the nations of the earth be blessed”?**

Sarah was the name of his wife.

They were old and they did not have any offspring. But the Lord God said to Abraham:

**“Your wife Sarah shall bear you a son and you shall call him Isaac”.**

Abraham trusted wholeheartedly in the Lord God. As God promised, a son was born to them and he was called Isaac. Abraham loved Isaac greatly. But, putting Abraham to a test, God said to him:

**“Take your only son Isaac whom you love and go up Mount Moria and there offer him as a holocaust”.**

Accordingly Abraham took Isaac up Mount Moria. When Abraham put forth his hand and took the knife to slay his son, God called to him and said: “Do not lay your hand on the lad”. God pointed out a ram, caught in a thicket by its horns and Abraham took the ram and offered it up as a holocaust in place of his son (Genesis 22:1-14).

**God knew Abraham’s love and obedience to Him. So God blessed him and his descendants.**

**I will likewise worship God and obey Him.**

### **Let us Pray**

"Glory to you, O God, for your saints' shining examples and holy teachings".

### **Let us Sing**

Abraham did not hesitate for a moment  
To sacrifice his own beloved son  
We ought, like manner, become truly faithful  
That is what pleases God now and always.

### **Let us Do**

O Lord, increase my faith,  
so shall I pray everyday.

### **Let us Memorise**

“O give thanks to the Lord, for he is good;  
His steadfast love endures forever”.  
(Psalm 118:1)

## Lesson 7

# MOSES, THE LEADER



The Israelites are the descendants of Abraham. They are the people of God. When the Israelites lived in bondage in Egypt, God chose Moses to rescue them from the hands of the Egyptians.

Once when Moses was tending the flock in the Horeb Mountain he saw a fire flaming out of a bush.

But the burning bush was not consumed by fire. Surprised, he decided to go close to the burning bush and see this remarkable sight. From the bush God called out to him and said:

**“Remove the sandals from your feet for the place where you stand is holy ground”**. Dazzled by the glory of God spreading through the bush Moses hid his face. The Lord God said to Moses: **"Go to Egypt and lead my people Israel out of Egypt" (Exodus 3:1-12)**.

The Lord thus made Moses the leader of the Israelites. **Moses delivered them from the slavery of Egypt**. Moses was chosen by God in a special manner to liberate the people of Israel. Thus God appointed Moses to continue the redemptive history of the people of Israel which had begun with Abraham.

**Like Moses, I, too, shall obey the will of God and live accordingly. I will do good to others.**

### **Let us Pray**

"Blessed are you Lord Almighty, the God of our Fathers".

### **Let us Do**

I shall be in the forefront to do good to others.

### **Let us Sing**

(Pularkale girimukalil..)

"Moses had a vision at dawn,  
On mountain top of Horeb.  
He saw there angels praising God  
Amidst burning bush with fire;  
Without consuming the bush;  
And he heard a voice speaking:  
“Take off sandals from your feet,  
For the place you are standing  
Is holy with God’s presence”.  
(Season of Sleebo, Morning Prayer)

### **Let us Memorise**

“I will be with you; it is I who sent you”.  
(Exodus 3:12)

## Lesson 8

# SAMUEL WHOM GOD CALLED



The Israelites, delivered from the bondage of Egypt, settled in the land of Canaan. Years rolled by. Heli was one of their priests. Heli became old. Grown dim, he could not see. Now the child Samuel ministered to the Lord before Heli.

One day Samuel was sleeping in the temple of the Lord where the ark of God was placed. And the Lord called him:

**“Samuel, Samuel”.**

Samuel woke up. Thinking that it was Heli who called him in sleep, he ran to Heli. He asked Heli if he called him. Then Heli said:

**“I did not. If he calls you again, you shall say: Speak, Lord, for your servant hears”.**

God the Lord called Samuel again. Samuel responded to the call as Heli had instructed. God then spoke to Samuel and blessed him. Samuel grew up, and the Lord was with him (I Samuel 3:2-14).

**He grew up as a prophet who gave leadership to the people of God.**

**We should desire to hear the call of God and try to do His will.**

### **Let us Pray**

"He will call me and I shall answer him.  
I will be with him in his want  
And thereby strengthen him and respect him".

### **Let us Do**

I will pray attentively and devoutly.

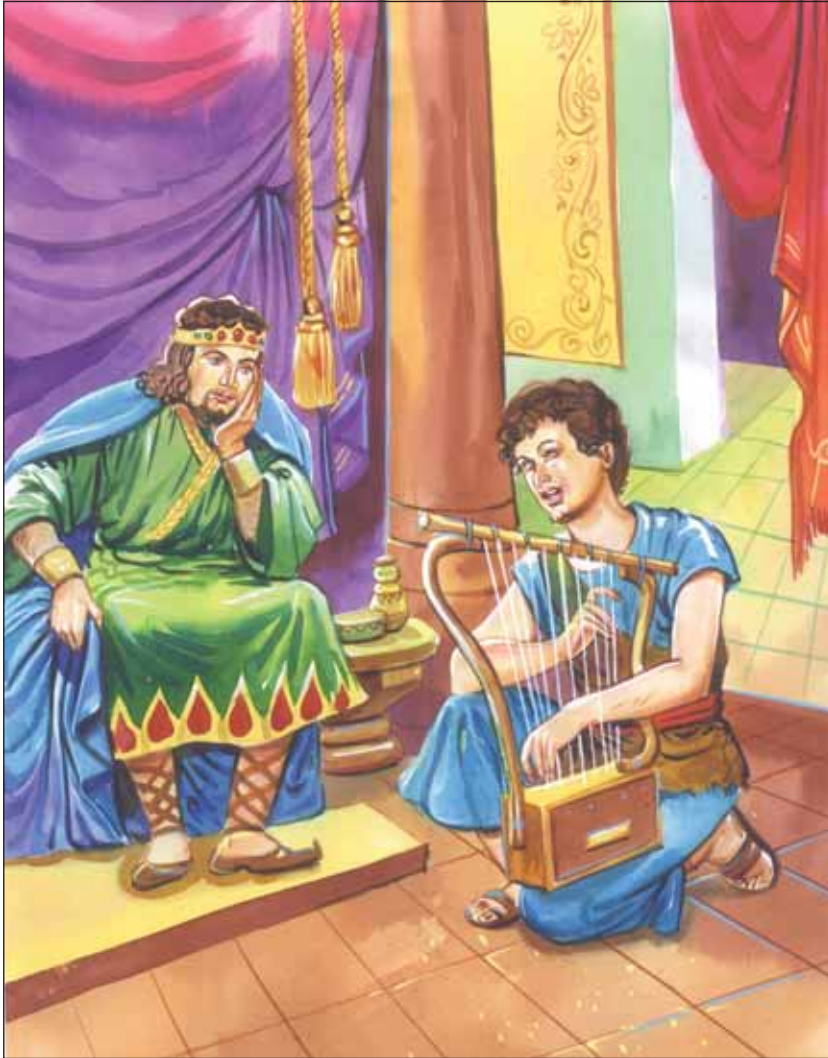
### **Let us Sing**

When God comes and calls us forth  
When he knocks at our door  
Do not lie down with closed eyes  
Pretending that you didn't hear.  
Let us be attentive to  
That voice of God calling us;  
Let us be always alert  
To fulfil willingly his will.

### **Let us Memorise**

“Speak, for your servant is listening”.  
(1 Samuel 3:10)

## KING DAVID



In the days of Prophet Samuel, David was a shepherd boy who lived in Israel. David was well-versed in playing the harp. He was heroic. He was a good speaker, too. At the palace of Saul, David had worked as harp player.

He grew as a good and meek person. So he found favour



with the Lord God. He defeated the Philistine giant Goliath in a battle and thereby delivered Israel from the hands of the enemies.

**The Lord God crowned David king of Israel. He became the most renowned king of Israel.**

Yahweh said to David thus:

**Your house and your kingdom shall be made sure forever before me; your throne shall be established forever** (2 Samuel 7:16).

After many years, Jesus Christ was born into the house and lineage of David.

**When we grow and find favour with God, God will make us great and entrust to us greater things.**

### **Let us Pray**

"Glorious King and our Saviour Jesus Christ, Bless us with a peaceful evening and a holy night".

### **Let us Sing**

(Daveedam thatan varavi.)

"When David saw  
Christ descending into the limbo  
He made haste and tuned the strings of  
His beloved harp".  
(Qyomto, Morning Prayer)

### **Let us Do**

I will be meek and gentle in my behaviour.

### **Let us Memorise**

"I will establish your descendants forever, and build your throne for all generations".  
(Psalm 89:4)

## ANNUNCIATION



In the house of David, there was a just man named Joseph. Mary, a virgin from Nazareth, was betrothed to him. God sent to Mary the Angel Gabriel. The angel said to her: **“Hail, full of grace, the Lord is with you”**.

When she heard the angel, she was troubled at his word. But the angel said to her:

**“Do not be afraid, Mary, for you have found grace with God. Behold, you shall conceive in your womb and shall bring forth a son and you shall call His name Jesus”.**

Mary said: **“Behold the handmaid of the Lord; be it done to me according to your word”.**

Thus Mary had the grace to become the Mother of God. Mary lived in obedience to the will of God. She led a life of faith, humility and holiness. Because Mary is Mother of Jesus, the Son of God, she is also Mother of all of us.

**Those who live in obedience to the will of God and live in faith and humility, will receive every blessing from God.**

### **Let us Pray**

"Holy Mary, pray for us".

### **Let us Sing**

(Velivu niranjoreeso...)

"The vigilant angel descended from his fiery row  
He entered the house of Mary in Nazareth  
And said The Lord is with you  
Who protects the entire world".  
(Order of the Malankara Qurbono)

### **Let us Do**

I will ever pray to the Holy Virgin Mary  
so that I may be humble of heart.

### **Let us Memorise**

“Greetings, favoured one! The Lord is with you”.  
(Luke 1:28)

## THE BIRTH OF JESUS



In those days a decree went forth from the Roman Emperor Caesar Augustus that a census of the people be taken. All went to be enrolled, each to his own city. Joseph was of the house and lineage of David. So Joseph also went up from Nazareth to David's city of Bethlehem.

Mary who was with child was also with Joseph. And when they were there, the time came for her to deliver her child. And she gave birth to her firstborn son. She wrapped Him in swaddling cloths and laid Him in a manger. For there was no place for them in the inn. And in that region there were shepherds out in the field keeping watch over their flock by night. An angel of the Lord appeared to them and said:

**To you is born this day in the city of David a Saviour, who is Christ the Lord.**

And suddenly a multitude of the heavenly host appeared, praising God and saying: "**Glory to God in the highest and peace on earth among men of good will**".

The shepherds went with haste and found Mary and Joseph and the babe lying in the manger.

**Christmas is Christ's nativity.**

**On that day we go to the church and celebrate Christmas.**

**Let us Pray**

"O Lord who has been born an infant for us, bless us".

**Let us Do**

At Christmas I will light a star before my house.

**Let us Sing**

(Peri Mariyam..)

"Mary bore him

The one beyond generations

She bore the one while,

He bore her, went with Joseph

For sake of numeration,

She, who bore the creator

Of creatures in Bethlehem

Lived in a cave in poverty".

(Season of Slebo, Morning Prayer)

**Let us Memorise**

"O come, let us sing to the Lord".

(Psalm 95:1)

## THE VISIT OF THE MAGI



When Jesus was born in Bethlehem of Judea, a star rose in the East. Following the guiding star, the Magi came from the East to Jerusalem. They enquired: “Where is He that is born King of the Jews?” In those days Herod was king of Judea.

When King Herod heard that wise men came from the East

to enquire about Jesus born King of the Jews, he was troubled. Ascertaining from the Magi that Jesus was born in Bethlehem, Herod sent them to Bethlehem to make careful enquiry about the child.

He said to them that when they had found the child they should bring him word about the infant. Behold the star they had seen in the East went before them until it came and stood over the place where the child lay.

**And entering the house they found the child with Mary and, prostrating, they worshipped Him. Opening their treasures they offered Him gifts of gold, frankincense and myrrh.**

**I will make offerings to God when I go to church. Even as the shepherds and wise men worshipped the Infant Jesus, I, too, will worship Him. Like the Magi, we, too, should offer Jesus proper gifts and worship Him.**

### **Let us Pray**

"O Lord God, we praise you,  
We glorify you,  
We worship you,  
And we beseech you,  
O good Lord, out of compassion,  
Have mercy on us".

### **Let us Sing**

(Persian vidvanmar...)  
"The wise men from Persia  
Holding presents in their hands came to the manger  
With trembling hearts, fell down on the ground  
Worshipped and said  
We offer to you glory".  
(Order of the Service of Yaldo)

### **Let us Do**

I will make offerings to the Lord  
in the church.

### **Let us Memorise**

"For God is the King of all the earth, sing  
praises with a psalm".  
(Psalm 47:7)

## JESUS IN NAZARETH



Afraid of King Herod, Joseph and Mary fled with their infant Jesus into Egypt. When Herod was dead, they returned and settled in a town called Nazareth in the region of Galilee.

**Jesus spent His childhood in Nazareth. There He lived, obedient to His parents.**



He read and learned the Jewish Scriptures.

He treated all with love. He was obedient to His parents and was helpful to them.

He went to the temple and attended religious rites diligently. About His life in Nazareth, St. Luke writes:

**“And Jesus increased in wisdom and in years, and in divine and human favour”** (Luke 2:52).

**Like Jesus we, too, should be obedient to our parents and be helpful to them; we should read the Holy Scriptures and attend the services in the church and pray.**

### **Let us Pray**

"O my Lord, give me knowledge, wisdom and the habit of patience".

### **Let us Do**

I will learn diligently and treat others well.

### **Let us Sing**

We should grow in life obeying  
Our father and mother,  
Hand in hand we ought to march  
Forward in our life's journey.  
We should grow in life performing  
Every good as Jesus did  
Doing good we, doing good we  
Ought to become good children.

### **Let us Memorise**

“The child grew and became strong,  
filled with wisdom; and the favour of  
God was upon him”.  
(Luke 2:40)

## THE BAPTISM OF JESUS



Till He turned thirty, Jesus lived in Nazareth. Then He started His public life. In those days John the Baptist, Son of Zachariah and Elizabeth, preached the baptism of repentance to people. **John was an austere hermit and prophet.**

And people came to him, and confessed their sins. He baptised

them in the river Jordan. **John the Baptist was a prophet sent by God to make ready the way of the Lord Jesus.** Jesus came from Galilee to John at the Jordan to be baptised by Him. John baptised Jesus. Then behold, the heavens were opened and the Holy Spirit descended as a dove and came upon Jesus. The voice of God the Father from the heavens was heard:

**“This is My Son, the Beloved, with whom I am well pleased”**  
(Matthew 3:17).

At the baptism of Jesus, the Holy Trinity—the Father, the Son and the Holy Spirit – was revealed.

**Deneha is the feast that celebrates Christ’s baptism. Deneha means shining light, self-manifestation and epiphany.**

**Since Deneha is the feast on which Jesus manifested Himself, we should go to the church that day and attend the service in the church.**

### **Let us Pray**

"Holy and glorious Trinity, bless us,  
Holy and glorious Trinity, bless us.  
Holy and glorious Trinity, be gracious to us  
and bless us".

### **Let us Do**

I will preserve the divine grace  
I received at baptism.

### **Let us Sing**

(Mamodeesa moolam...)

"Through baptism  
With the seal of Christ  
The faithful souls are sealed  
Who ate his holy body  
And who drank his sacred blood;  
From ruin they shall be saved  
And shall they rise from the dust  
And put on the robe of glory".  
(Season of Sleebo, Morning Prayer)

### **Let us Memorise**

“You are my Son, the Beloved,  
with you I am well pleased”.  
(Mark 1:11)

## JESUS STILLS THE STORM



When the evening came, Jesus said to His disciples: **“Let us cross over to the other side”**. Entering into the boat, He was sailing over to the other side. Then there arose a great storm of wind. The waves were beating into the boat so that the boat was now filling. And Jesus was in the stern of the boat asleep.

They woke Jesus up and said to Him: **“Master, does it not concern you that we are perishing?”**

Then rising up, He rebuked the wind and said to the sea:

**“Peace, be still”**. The wind fell. And there came a great calm. Jesus said to them: **“Why are you fearful? Are you still without faith?”**

And they feared exceedingly and said to one another: **“Who, then, is this, that even the wind and the sea obey him?”**

Christ is God. So he has power over the elements, too. He has even command over them.

**When difficulties arise unexpectedly in our life, we should call out to Jesus and pray to Him. Since He is God, He will save us from all perils and trials.**

### **Let us Pray**

"O Lord, hide us under the shadow of the wings of your compassion and bless us".

### **Let us Do**

I will pray to Jesus so that he may save the world from wild storm, earthquake and other natural calamities.

### **Let us Sing**

Jesus and Jesus alone is my God,  
Who rebukes the storm that blows violently.  
Jesus and Jesus alone is my God,  
Who stills the roaring sea by his command.  
Jesus and Jesus alone is my God  
Who blossoms like a flower of mercy.

### **Let us Memorise**

“Who then is this, that even the wind and the sea obey him?”  
(Mark 4:41)

## JESUS MULTIPLIES THE LOAVES OF BREAD



When Jesus went to the other side of the Sea of Galilee, a great crowd followed Him on foot. He began teaching them. When it was evening, the disciples came to Him, saying: **“This is a desert place and the hour is already late; send the crowds away so that they go and buy food for themselves”**.

Jesus said to them: **“You yourselves give them something to eat”**. Then He said to His disciples: **“How many loaves are there with you?”** They said: **“There is a young boy here who has five loaves and two fish”**.

Then Jesus said: **“You order the crowds to sit down on the grass”**. Taking the five loaves and two fish, He looked up to heaven and blessed, and broke and gave the loaves to the disciples and the disciples gave them to the crowds. Likewise they distributed the fish as much as they wished. What was left over filled twelve baskets. Now the number of those who had eaten was five thousand. The people said: **“This indeed is the prophet who is to come into the world”** (John 6:1-14).

This incident reveals Jesus as a person who is concerned about the problems of people and willing to help them. It was just five loaves and two fish, which a young boy had with him, that were multiplied miraculously and given to the crowds. They all ate the loaves to their satisfaction.

**Jesus will make manifold whatever little things I have if only I give them to Jesus wholeheartedly. I resolve to offer to Jesus all I have.**

### **Let us Pray**

“Lord, give us this bread always”. (John 6:34)

### **Let us Sing**

Jesus who multiplied that boy’s five loaves of bread  
And fed a large crowd of five thousand men;  
Giving the bread that is daily needed for me  
You yourself should bless me throughout my life.

### **Let us Do**

I will offer to Jesus whatever I have.

### **Let us Memorise**

“I am the bread of life”.  
(John 6:48)

## THE CRUCIFIXION OF JESUS



Jesus went about preaching the good news in Palestine. He wrought many miracles. He healed the sick. He comforted those who suffered. Large crowds came in haste to Jesus. He gave them solace and happiness.

However, the chief priests and the elders of the people took His mission amiss. They detested Him and were jealous of Him. So they plotted to put Him to death.



The Roman governor Pilate sentenced Jesus to death. The soldiers struck Him with a whip. They spat in His face and arrayed Him in a purple cloak. And soldiers plaited a crown of thorns and put it upon His head. They mocked Him saying: **“Hail, King of Jews”**.

Jesus was made to bear a huge wooden Cross over the shoulders and go to Golgotha (Calvary). When He reached Calvary He was stripped of His clothes and was fixed on the Cross with iron nails.

Upon the Cross, He lay suffering much pain. At the hour of His death, He prayed for those who crucified Him: **“Father, forgive them, for they do not know what they are doing”**. **Good Friday is the memorial of Christ’s death on the Cross.**

The Golgotha and the Cross erected in the middle of the church point to the passion and death of Christ.

**Christ gave Himself upon the Cross for the remission of sins and the salvation of all people.**

### **Let us Pray**

"We commemorate, Lord, your death,  
We confess your resurrection,  
We await your second coming.  
May your mercy be upon us all".

### **Let us Do**

Like Jesus I, too, will bear my pains.

### **Let us Sing**

(Isa gnangale vazhtaname...)  
"Have mercy on us O Lord  
On account of your sufferings  
Grant us share in your passion  
And a right in your kingdom".

### **Let us Memorise**

“Father, into your hands  
I commend my spirit”.  
(Luke 23:46)

## THE RESURRECTION OF JESUS



A certain rich man of Arimathea, Joseph by name, and Nicodemus (who at first had come to Jesus by night) besought Pilate that the body of Jesus be delivered to them for burial. They laid it in a tomb. Pilate made the sepulchre secure, sealing the stone and setting the guard. Since the following day was

Saturday, the day of Sabbath, all took rest. As Sunday, the first day of the week, began to dawn, the two women who loved Jesus, Mary Magdalene and the other Mary came to see the tomb.

They saw the stone rolled back from the tomb. They went inside the tomb and did not find in it the body of the Lord Jesus. Then two angels appeared and said: **“Don’t be terrified; He is not here but has risen”**. The women remembered His words that He would rise from the dead on the third day. When they departed to report all these things to His disciples, Jesus appeared to them. Hearing the report the disciples came to the tomb in haste. They knew that Jesus rose from among the dead. Since then He appeared to them on several occasions and spoke to them.

**Easter is the feast that celebrates Christ’s resurrection. It is the festival of joy.**

The risen Lord had bidden peace to all whenever He appeared. So on the day of Easter we give peace to one another.

**By His resurrection Jesus defeated death. As Jesus died and rose from among the dead, those of us who believe in Jesus will rise even if we die.**

### **Let us Pray**

"O Lord, who has risen from the dead, bless us".

### **Let us Do**

I will pray so that all may live in peace.

### **Let us Sing**

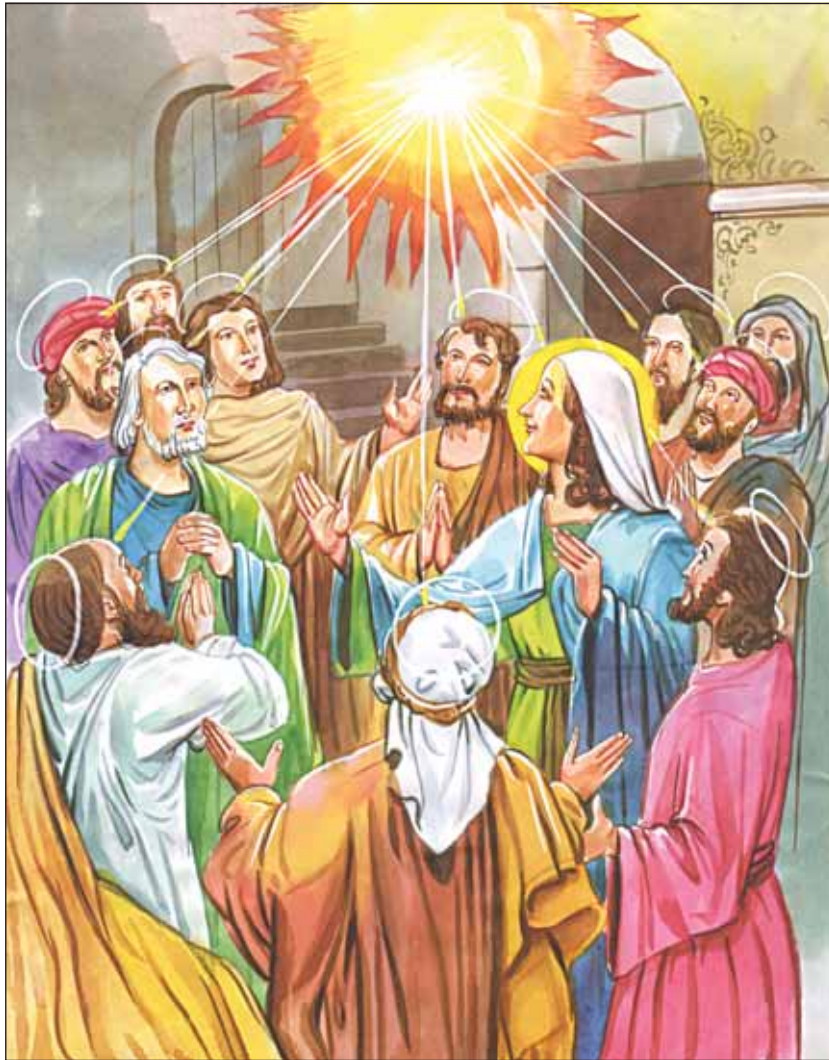
(Daivamuyirtu...)

"Gloriously did God rise from death and he gave life  
To Adam and his children  
Groups of angels blessed their Master  
And the earth shone  
While his guards stood there trembling".  
(Qyomto, Morning Prayer)

### **Let us Memorise**

“Now he is God not of the dead, but of the living”.  
(Luke 20:38)

## THE DESCENT OF THE HOLY SPIRIT



**On the fortieth day after His resurrection, Jesus the Lord was taken up into heaven. This event is known as the Ascension of our Lord.** The Church celebrates the Feast of the Ascension.

On the tenth day after the Ascension, Christ sent down the

Paraclete. And the Holy Spirit in the form of tongues of fire descended upon Mother Mary and the disciples when they were at prayer.

**They were filled with the Holy Spirit. This event is celebrated as the Feast of Pentecost.**

It was on the day of Pentecost that the Church was founded. On that day itself more than three thousand people were baptised.

Since then the disciples began to teach and preach the good news to the people.

**The Church is guided by the Holy Spirit. The Holy Spirit is God Himself. He is the Third Person of the Holy Trinity.**

### **Let us Pray**

"O God, the Holy Spirit, bless us".

### **Let us Do**

Everyday before I study my lessons,  
I will pray to God the Holy Spirit.

### **Let us Sing**

White dove that spreads goodness now  
Bright dove that dispels evil;  
O come most Holy Spirit  
Into our tender minds.

### **Let us Memorise**

"When the Spirit of truth comes, he  
will guide you into all the truth".  
(John 16:13)

# WHEN WE ARE IN THE HOUSE OF GOD

On entering the church I will pray thus: “O Lord, I will enter your house devoutly and make my offerings”. Christ rose from death on a Sunday. On all Sundays we commemorate the resurrection of our Lord. So on all Sundays it is obligatory on my part to attend the Holy Qurbano in the church. I will, therefore, go to church and worship God on all Sundays.



**Madhubhaho**  
(The Holy of Holies, representing heaven)



**Thronos**  
(The altar, representing the throne of God, where Christ is present as King)



**Kasa and Pilasa**  
(Chalice and paten, vessels containing the wine and host, the blood and body of Christ)



**Candles**  
(Symbolising the Apostles)



**Cross**  
(The sign of Christ's death and resurrection)



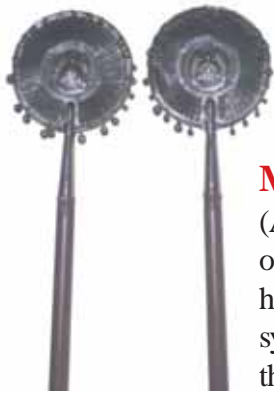
### **Veil**

(Separating heaven from earth)



### **Thurible (Censer)**

(Used for offering incense)



### **Marbaha**

(A round metallic object with tiny bells hanging from its rim, symbolising the angels descending and praising God)



### **The Holy Bible and the Lectern**

(The book containing the Word of God)



### **Let us Pray**

"O God, I will go to your house devoutly and make my offerings".



### **Bells**

For alerting people at the great moments in the liturgy

### **Let us Sing**

(Swargadhipathe..)

"In your church O Lord of heaven behold, I enter And I stand worshipping before your holy throne; Wipe away my every sin Absolving all transgressions". (Order of the Malankara Qurbano)



### **Baptismal Fond**

(The basin that is used for baptising)

### **Let us Do**

As soon as I enter the Church or leave it, I will bow my head, make the sign of the Cross and pray to the Lord.

### **Let us Memorise**

"How lovely is your dwelling place, O Lord of hosts!" (Psalm 84:1)

## THE HOLY QURBONO



**The Holy Qurbano or Eucharist is the most important worship of God.** In the Holy Qurbano we recall Christ's nativity and public life, passion and death, resurrection and ascension, the descent of the Holy Spirit and look forward to the second coming.



The Holy Qurbono is the sacrament that commemorates all these and offers worship and thanksgiving to God.

At the last supper Jesus took bread and gave thanks, and broke and gave it to His disciples, saying: **“Take and eat of it. This is My body”**.

In like manner He took also the cup; He gave thanks and gave it to them saying: **“This is My blood; all of you drink of this”**.

Thus Jesus changed the bread and wine into His body and blood and gave them to His disciples. He said: **“Do this in remembrance of me”**. This command given at the last supper is continuously obeyed in the Holy Qurbono.

**It is my responsibility to attend the Holy Qurbono on all Sundays and other Feast days. Hence I will go to the church on time and participate in the Holy Qurbono. I will attend the Holy Qurbono devoutly and praise and worship God and thank God for all the blessings He has showered on me.**

### **Let us Pray**

“This Holy Qurbono is blessing and peace, sacrifice and praise”.

### **Let us Do**

I will attend the Holy Qurbono without fail on all Sundays. I will sing aloud the hymns and join the prayers of the liturgy.

### **Let us Sing**

(Rekshakanura chaitan...)

“I shall dwell in him  
Who eats my body  
And who drinks my blood”

So said the Saviour.

He who receives me

Worthily and in faith

And keeps my precepts

Is my friend indeed.

(Order of the Malankara Qurbono)

### **Let us Memorise**

“Those who eat my flesh and drink my blood abide in me, and I in them”.

(John 6:56)

## Lesson 22

# CEMETERY



Cemetery is the ground where the faithful dead are buried. It is also called burial-ground. Cemetery is made in a place close to the church. As the church and its precincts are sacred, so is the burial-ground. It is gracious to recall the dead and pray for them.

Man's life does not end with death. The dead will rise again. Even as we should pray for the living so we should pray for the dead. **Aneede Sunday is the day we set apart to remember all the faithful departed and pray for them.**

### **Let us Pray**

"He who is full of blessings, renew your creature and make it favourable on the day of your benevolence.

Lord, console and make holy our departed ones, who passed away in your hope and wait for your second coming.

Enable them to abide in the bosom of Abraham, Isaac and Jacob.

Let the living and departed rightly exult that He who came and is to come again is blessed. Amen".

### **Let us Sing**

(Nam Davivasutanmaravan..)

"Those who taught us during life

How to become God's children

We shall recall in our prayers,

In your heavenly home O Lord

Give them eternal bliss with

Your holy and blessed ones".

(Order of the Malankara Qurbano)

### **Let us Do**

I will keep the tombs of my dear ones neat and tidy.

I will light candles and place bouquets there.

### **Let us Memorise**

"I am the resurrection and the life.

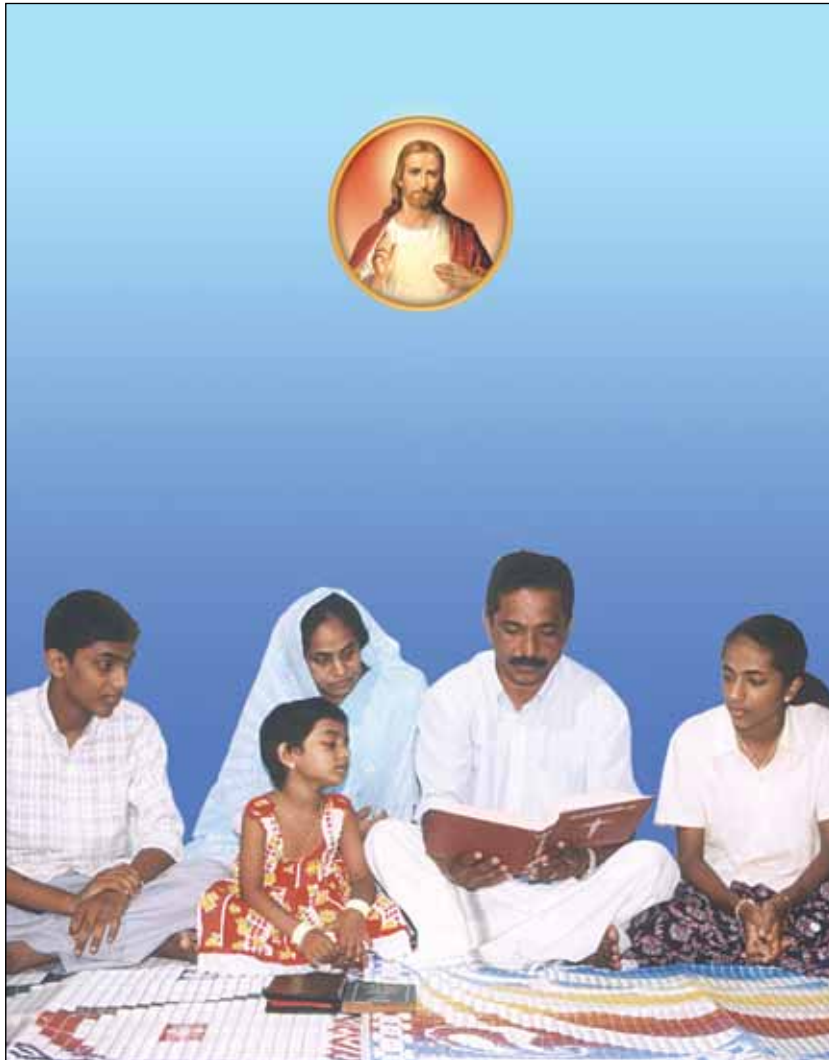
Those who believe in me, even

though they die, will live".

(John 11:25)

## Lesson 23

# THE WORSHIP OF GOD IN MY HOME



Everyday we praise God. We read the Holy Bible and sing divine hymns. All the members of our household come together and pray. When the church bells ring we make the sign of the Cross. **“Glory be to the Father and to the Son and to the**

**Holy Spirit. As it was in the beginning, is now and ever shall be world without end. Amen”**, so should we pray.

When we begin to study our lessons, retire to bed or wake up in the morning we should make the sign of the Cross and pray.

We ought to begin all our activities with a prayer to God. When we wake up in the morning we should dedicate the day to God. Before and after the meal we should make the sign of the Cross and praise the Lord who gives us our daily bread.

### **Grace before the Meal**

Make us, O Lord, worthy to give you thanks and praise for you have given us these gifts to eat and drink from your bounty through Christ our Lord. Amen.

### **Grace after the Meal**

Lord we give you praise for you have bestowed upon us your grace and blessings. We give you praise for you have made us eat and drink from your bounty and have shown us mercy. Make us worthy to praise you and do your will, through Christ our Lord. Amen.

### **Let us Do**

When I go to sleep and when I wake up I will pray to the Lord.

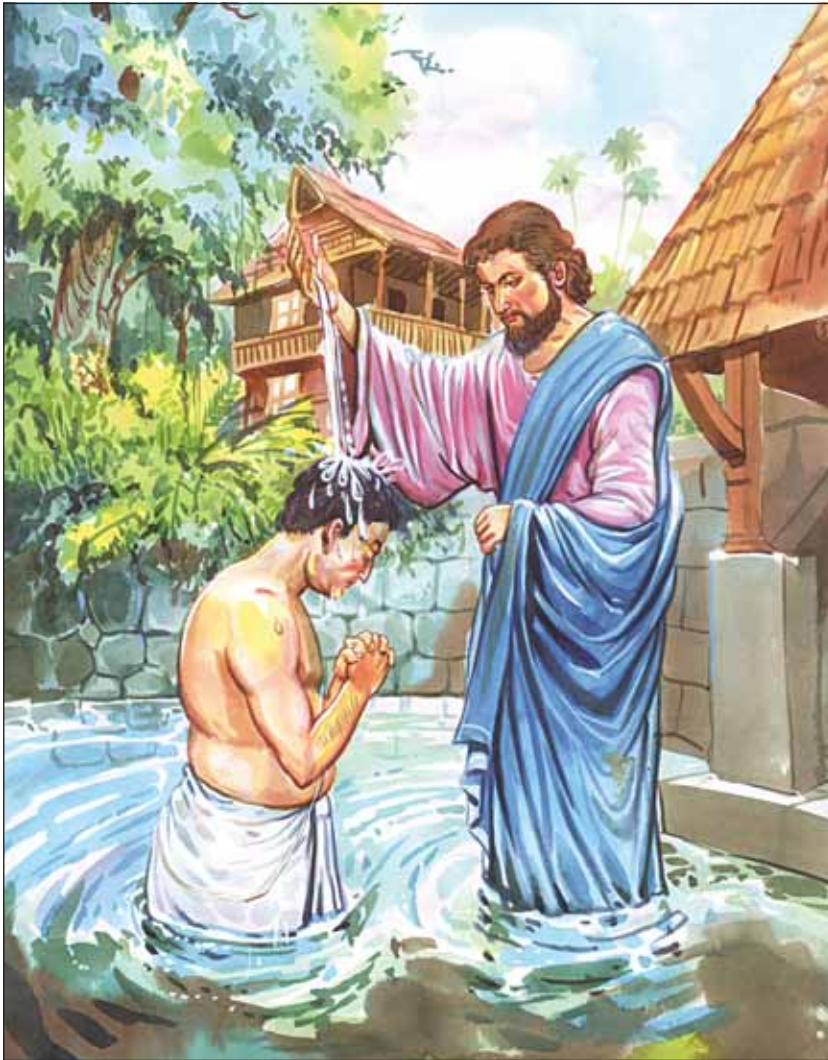
### **Let us Sing**

Is it not God who gives us our food ?  
Is it not he who gives us our bread ?  
Is it not God who gives peace to my home ?  
Isn't he as well, its eternal light ?  
Let us remember to glorify God  
Without fail, in our home every eve.

### **Let us Memorise**

“But for me it is good to be near God”.  
(Psalm 73:28)

## MAR THOMA, THE APOSTLE



Tradition has it that **Mar Thoma, the Apostle of our Lord Jesus Christ, landed at Kodungalloor, Kerala in A.D. 52.** There he preached the gospel of our Lord and many families converted to the Christian faith. Mar Thoma founded seven churches in different places in Kerala. These seven centres are

Kodungalloor, Palayur, Kottakavu, Kokkamangalom, Niranam, Kollam and Nilackal. **Mar Thoma is the Apostle of India.**

Mar Thoma is the Apostle who founded Christianity in India. So the descendants of Mar Thoma are called Mar Thoma Christians. In A. D. 72 Mar Thoma received the palm of martyrdom on Chinnamalai near Mylapore, Madras. His disciples buried him there. Today the place is rechristened as St. Thomas Mount.

**The Churches in India celebrate the feast of Mar Thoma on July 3 and it is known as *Dukarono*.**

**The Malankara Catholic Church to which we belong forms part of the Apostolic Tradition of Mar Thoma.**

### **Let us Pray**

"Mar Thoma, pray for us".

### **Let us Do**

I will pray to Mar Thoma to be my intercessor.

### **Let us Sing**

(Orupolingum mar Thoma)

"Good remembrance Saint Thomas

On earth as well as in heaven

Let your prayers benefit those

Who celebrate your feast on earth".

(Order of the Malankara Qurbono)

### **Let us Memorise**

"My Lord and my God".

(John 20:28)

# LET US PRAY

## The Petition of Mar Balai

He who is full of blessings, renew your creature and make it favourable on the day of your benevolence.

Lord, console and make holy our departed ones, who passed away in your hope and wait for your second coming.

Enable them to abide in the bosom of Abraham, Isaac and Jacob.

Let the living and departed rightly exult that He who came and is to come again is blessed. Amen.

## Prayer

Our Lord Messiah, do not shut the door of your blessings against our faces.

Lord, we confess that we are sinners, have mercy on us.

Lord, your love brought you down towards us from your abode, so that by your death, our death may be wiped out; have mercy on us. Amen.

