

CHRISTIAN RELIGIOUS EDUCATION

CHAPTER ONE

CREATION

- The book that describes the creation is known as Genesis which means the 'beginning'
- In the beginning God created the Universe. The first account of creation of creation took six days as follows.
- **Day 1** – God made light. He separated day and night.
- **Day 2** – God created the sky (heaven)
- **Day 3** – God separated the dry land from the sea. He also created plants.
- **Day 4** - God made the seasons. He created the heavenly bodies such as sun, moon and the stars.
- **Day 5**- God created sea – creatures and birds of the air.
- **Day 6**- God created the land animals (wild and domestic) and man.
- **Day 7**- God rested.

CREATION OF HUMAN BEINGS

- Man was created in God's likeness. This makes man more special than other creatures.
- Man was created from the earth (soil) God breathed life in him and he started living. The woman was created from the man's ribs. She was created to be man's companion.
- The first man was called Adam and the first woman was called Eve.
- Man was put in the garden of Eden.
- Man was put in the garden of Eden and was given a responsibility of cultivating and guarding it. (Genesis 2:15)
- Man disobeyed God by eating the forbidden fruit. The snake which was the most cunning animal led them to disobey God.
- The man and the woman were punished for their disobedience. The punishments were as follows.
 - (a) The woman was to have pain during childbirth.
 - (b) There was to be enmity between the woman offsprings and the serpent.
 - (c) The serpent was to crawl on its belly and eat dust all its life.
 - (d) Man was to toil to make earth produce anything.

How to respond to God's creation

- We shouldn't misuse God's creation.
- We should be responsible and preserve God's creation.
- We can take care of God's creation by:-
 - (a) Conserving wild animals
 - (b) Practising agro- forestry, reforestation and afforestation.
 - (c) Conserving the soil.
 - (d) Controlling air, noise, water and other forms of environment pollution.

Mismanaging of resources may lead to:-

- (a) Desertification
- (b) Death of wild animals
- (c) Shortage of food
- (d) Climatic change.

STRUCTURED QUESTIONS ON THE TOPIC

1. In Genesis stories of creation we learn that everything was created by _____.
2. God took a _____ from Adam to create Eve.
3. "This is bone of my bone and flesh of my flesh". These words in the book of Genesis were said by _____.
4. Who was cursed to give birth in pain at the garden of Eden?
5. Which book of the Bible explains the beginning of the Universe?
6. Name two streams that were in the garden of Eden.
7. In which day of creation were the sea creatures and the birds created?
8. In which day of creation did God rest after completing His work of creation?
9. The good relationship between God and human beings was destroyed at the garden of Eden when _____ and _____ disobeyed God.
10. God created human beings in His own _____.
11. Name two sons of Adam.
12. Which son of Adam was cursed to be a wanderer?
13. Who was given the responsibility of naming all animals by God?
14. Why did God put Adam and Eve in the Garden of Eden?

CHAPTER TWO

GOD IN THE OLD TESTAMENT COVENANT

A covenant is an agreement between two or more people or parties or groups.

Covenant between God and Noah

God was angry due to man's sin. He sent a great flood but saved Noah and his family which included his wife, his sons Japheth, Ham and Shem and their wives. It rained for forty days and nights. After the flood, God made a covenant with Noah.

- (a) God promised never to send floods to destroy the earth.
- (b) Noah's descendants would live all over the world.
- (c) God commanded Noah to multiply and fill earth.

God's covenant with Abraham

- Abraham was faithful and obedient to God. Abraham was called by God when he was living in Haran. He was 75 years old.
- God tested his faith when he was asked to offer his son as a sacrifice on Mount Moriah.
- The promises God made to Abraham include:-
 - (a) God was going to show him land.
 - (b) Abraham's descendants would become a great nation.
 - (c) God would bless the world through Abraham.

- (d) God would bless those who bless him and curse those who cursed him.
- (e) God promised a son to Abraham.
- (f) God would make Abraham's name famous as a sign of commitment to the covenant, God told Abraham to circumcise every male in his house and his descendants should do it always.

The Sinai covenant

- This was a covenant between God and Israelites. Moses represented the Israelites during the covenant on Mount Sinai.
- The Israelites agreed that they would be obedient to God. God promised to be with them. Moses sealed the covenant by sprinkling blood of a sacrificed animals on them as a way of dedicating them to God.
- God gave the Israelites the ten commandments that were meant to guide them in their relationship with Him and with others. The ten commandments are as follows:-
 1. Worship no other gods.
 2. Do not make yourself idols or worship them.
 3. Do not use the name of the Lord for evil purposes.
 4. Observe the Sabbath day.
 5. Respect your father and mother.
 6. Do not commit murder
 7. Do not commit adultery.
 8. Do not steal.
 9. Do not accuse anyone falsely.
 10. Do not desire other people's property.

According to **Mathew 22: 36- 40**. Jesus said that the greatest commandment is love. Love the Lord your God with all your heart, with all your soul and with all your mind. The second greatest commandment by Jesus is loving your neighbour as you love yourself (Luke 10: 25- 37). Jesus summarized the Ten commandments so that people could understand them better.

The New Covenant

- The New covenant was revealed through Jesus Christ.
- This covenant was foretold by prophet Jeremiah.
- The characteristics of this covenant included:
 - (a) Laws would be written in people's hearts.
 - (b) Everyone would be responsible for his or her sins.
 - (c) The covenant was to be for all nations.
 - (d) The covenant will be between God and individuals.
 - (e) God will forgive people of their sins.

Judges in Israel

Moses led the Israelites out of the land of bondage in Egypt. Moses was a great prophet and law giver. He spoke to God face to face. Moses died on Mount Nebo in the land of Moab.

- Joshua son of Nun succeeded Moses as the leader of the Israelites. He led Israelites in conquering Jericho and entering into the promised land.
- After the death of Joshua Israelites were now ruled by judges who ensured that Israelites obeyed God's laws. The judges of Israel include the following:-

- Othniel	-Ehud	-Shamgar
-Deborah	-Gideon	-Tola
-Jephthah	-Ibzar	-Elon
-Abdon	-Samson	

Kings of Israel

- The Israelites demanded for a king to be like other nations which had kings.
- Samuel anointed Saul to be the first King of Israel.
- Saul was brave and defeated enemies of Israel.
- However he disobeyed God by doing as he liked. When God commanded him to finish Amalekites he spared the fat animals and the king.
- He also annoyed God by offering sacrifices. Offering of sacrifices was meant for priests.
- King Saul also visited a medium at Endor when God refused to answer his prayers.

King David

- He was the second King of Israel
- He was anointed by Samuel when he was still a young boy.
- He captured Jerusalem and made it the capital.
- He brought the ark of the covenant to Jerusalem.
- He defeated many enemies of Israel.
- He sinned against God when he committed adultery with Bathsheba, the wife of Uriah the Hittite. God sent prophet Nathan to warn him.
- David's father was known as Jesse.
- God promised king David an everlasting Kingdom.
- King David was promised that his son would build a temple for the Lord.

King Solomon

- He was the son of David
- He asked God for wisdom and was granted. He was also given riches and honour.
- He was the third king of Israel.
- He wrote proverbs and songs.
- He built the temple in Jerusalem.
- The ark of the covenant was put in the temple.
- He made peace with neighbouring countries.
- He disobeyed God by marrying many foreign wives who began idol worship in Israel.
- After the death of Solomon, the Kingdom was torn into two. The Southern Kingdom went to Solomon's son whose name was Rehoboam while the Northern Kingdom was now ruled by Jeroboam.

Some personalities in the Old Testament.

Joseph

1. He was one of the twelve sons of Jacob
2. His father loved him most
3. His mother was Rachel
4. His brothers hated him. They nicknamed him the dreamer because he had dreamt that he would be a ruler over them.
5. His brother sold him to Ishmaelite merchants who later sold him to an Egyptian officer known as Potiphar.
6. While at Potiphar's house he overcame the temptations of Potiphar's wife who wanted to sleep with him.
7. He was put in jail but later set free. He interpreted the dreams of two king's officials who were with him in prison. He also interpreted the king's dreams and was made a governor.
8. He forgave his brothers and even welcomed them to live in Egypt.

Moses

1. The parents were Amram and Jochbed.
2. He was from the tribe of Levi.
3. His name means 'got from water.'

4. He grew in the king's palace before freeing after killing an Egyptian.
5. He lived with Jethro the priest of Midian and even married his daughter Zipporah.
6. He was called by God while living in Midian. God promised to be with him in the task of delivering the Israelites from the land of bondage.
7. He died at Mt. Nebo in the land of Moab and Joshua the son of Nun took over,

Jacob

1. He was one of the sons of Isaac.
2. He worked for Laban for seven years to marry Rachel but was given Leah instead. He worked for a further seven years to marry Rachel. This showed that he had patience and tolerance.
3. He had twelve sons. The tribes of Israel are named from these sons of Jacob.
4. He also had a daughter known as Dinah.
5. He was given the name Israel after wrestling with an angel of the Lord at Peniel.

Isaac

1. He was Abraham's son.
2. His wife was known as Rebecca.
3. God blessed him with twins namely Esau and Jacob.
4. Esau sold his birth right to Jacob for food.
5. Jacob got blessings from his father instead of Esau.
6. He was obedient and faithful to God. He was one of the Patriarchs of Israel.
7. Patriarchs were founding fathers of the nation of Israel. Other Patriarchs of Israel include Abraham, Jacob, Joseph and Moses.

STRUCTURED QUESTIONS ON THE TOPIC

1. Name the three sons of Noah.
2. How many people were saved in the great flood during the time of Noah?
3. The father of Moses was called _____.
4. Who was the founder of the Jewish race?
5. Name two promises that God gave to Abraham.
6. Abraham's son with Sarah was called _____.
7. God called Abraham when he was living at _____.
8. Abraham's nephew who moved with him when he was called by God was _____.
9. The first Passover among the Jews was celebrated in _____.
10. Why did Moses run away from Egypt?
11. The brother of Moses was called _____.
12. In which mountain had Abraham taken his son to offer him as a sacrifice to God?
13. The father-in-law to Moses was a priest of _____.
14. During the Passover the Israelites were to slaughter a one year old male sheep or _____.
15. The son of Uri who helped in building the Sacred Tent during the time of Moses was called _____.
16. Which brother of Joseph requested his brothers to sell him to Ishmaelite merchants?

17. The Israelites broke the second commandment of God when they worshipped a _____ calf.
18. The wives of Elkanah were Peninah and _____.
19. Which King of Israel brought the Ark of the Covenant to Jerusalem?
20. Which King of Israel was anointed by priest Zadok and prophet Nathan?
21. The first King of Israel was anointed by _____.
22. The name of Jacob was changed to Israel at _____.
23. Gideon led the Israelites to fight Midianites with only _____ men.
24. Name two judges of Israel.
25. The only woman judge in Israel was _____.
26. Which prophet promised the rich woman of Shunem that she would have a son?
27. Elijah raised a widow's son at _____.
28. Prophet Elijah competed with prophets of Baal at Mount _____.
29. Name three historical books in the Old Testament.
30. Which friend of David revealed King Saul's intention to him?

CHAPTER THREE

JESUS AND THE NEW TESTAMENT

The story of John the Baptist

1. His birth was announced by Angel Gabriel.
2. He was son of Zechariah and Elizabeth who were both righteous. John the Baptist's father was a priest.
3. John the Baptist was the forerunner of Jesus.
4. The message of John the Baptist was of repentance. He used to tell people to make the road for the Lord straight.
5. He lived in the desert as a Nazarite.
6. His diet mainly composed of locusts and honey.
7. He baptised Jesus and referred to him as the lamb of God.
8. He was imprisoned because he condemned the sins committed by King Herod. He was later beheaded.

BIRTH OF JESUS

1. The Old Testament prophets such as Isaiah and Micah had prophesied the birth of Jesus.
2. Prophet Jeremiah talked of the new covenant through Jesus Christ which would be written in the hearts of people.
3. Jesus was the son of God and thus the earthly mother Mary conceived of the Holy spirit.
4. Jesus was born in a manger. By that time the parents of Jesus, Mary and Joseph had gone to Bethlehem to be registered in their home town as per the order by Caesar Augustus.
5. The shepherds who had been informed of his birth by an angel came to worship him.

6. The angels in heaven sang in praise of a saviour who had been born.
7. The wisemen from the East visited him and brought presents such as gold, frankincense and Myrrh.
8. God instructed Joseph in a dream to take baby Jesus and his mother to Egypt in order to escape being killed by Herod.

JESUS AND HIS MINISTRY

1. Jesus began his ministry when he was thirty years after baptism by John the Baptist. His ministry lasted for three years.
2. During His ministry he performed miracles and taught people on how to acquire eternal life.
3. Jesus performed many miracles. Majority of the miracles were for healing the sick. He wanted to show God's love for people.
4. Jesus also taught by authority during his teachings. He used parables such as:-
 - The parable of the mustard seed and yeast in bread which showed the growth of the kingdom of God.
 - The parable of the prodigal son teaches on forgiveness.
 - The parable of the widow and the judge and a friend at midnight teach on prayer.
 - The parable of the tax- collector and the Pharisee teaches on humility in prayer.
 - The parable of the good Samaritan teaches on love for our neighbours (those in need)
 - The parable of the unforgiving servant shows us the importance of forgiveness
 - The parable of the three servants teaches on wise use of God given abilities.

DEATH AND RESURRECTION OF JESUS

- Jesus prepared his disciples on his coming death by eating the last supper with them.
- During the last supper, Jesus washed the disciples' feet as a sign of serving in humility.
- Judas Iscariot betrayed Jesus. After his arrest, Jesus was taken to the high priest (Caiaphas) then to Pontius Pilate, then to Herod and back to Pilate again. Though Pilate sentenced him he knew that Jesus was innocent.
- Jesus was crucified and died on a Friday. Joseph of Arimathea asked for the body of Jesus to bury it.
- Jesus resurrected on a Sunday. The three women who went to the tomb to anoint his body found the tomb empty. The three women were Mary the mother of James, Mary Magdalene and Joanna.
- Before ascending into heaven, Jesus told his disciples to wait for the holy spirit in Jerusalem and then preach to all parts of the world.

STRUCTURED QUESTIONS ON THE TOPIC

1. Jesus was born in the town of _____.

2. Joseph the earthly father of Jesus was a descendant of King _____.
3. The three gifts the maggi (wisemen) brought to Jesus were gold, frankincense and _____.
4. Who wanted to kill Jesus when he was born?
5. An angel appeared to Joseph in a dream telling him to take the wife and baby Jesus to _____.
6. Which two people received Jesus when he was brought for dedication in the temple?
7. When Jesus was twelve years old, he accompanied his parents to Jerusalem to celebrate the _____.
8. During the baptism of Jesus, the Holy Spirit descended in form of a _____.
9. When Jesus was being tempted by the devil, he had fasted in the wilderness for _____ days.
10. The father of John the Baptist was called _____.
11. Which two miracles of Jesus show His power over nature?
12. When Jesus raised Lazarus He was at the town of _____.
13. Jesus healed the paralyzed man and also forgave his _____.
14. How many jars of water did Jesus change into wine at Cana of Galilee?
15. Jesus used seven loaves of bread and a few small fish to feed _____ people.
16. Jesus healed the Roman officer's servant at _____.
17. In the parable of the sower, the seeds represent _____.
18. The name 'Jesus' means _____.
19. Which parable of Jesus teaches us to show humility in prayer?
20. The parable of the ten virgins teaches us to _____ always.
21. Which disciples accompanied Jesus during the transfiguration?
22. State two hopes Jesus had for mankind according to Luke 4:16 - 19.
23. In which occasion did Jesus wash the feet of the disciples?
24. Judas kissed Jesus during His arrest in order to _____ Him to the Roman soldiers.
25. Which disciple chopped off the ear of the high priest's servant?
26. Who washed his hands because he did not want to have anything to do with Jesus' case?
27. Jesus was crucified at Golgotha in the town of _____.
28. Which three women went on a Sunday morning to anoint the body of Jesus?
29. During the crucifixion of Jesus He promised to be in paradise with the thief who was _____.
30. Jesus ascended to Heaven at a place called _____.

CHAPTER FOUR

THE EARLY CHURCH, MISSIONARY WORK AND THE CHURCH IN ACTION

The early Christian community

- It was at Antioch that the disciples of Jesus were first called Christians (Acts 11:26)
- Some of the characteristics of the early Christian community included:-
 - (a) They were filled with the Holy Spirit who guided them in their activities.
 - (b) They remained faithful to the apostles teachings
 - (c) They lived a life of fellowship, unity, harmony, sharing in meals and worshipping together.
 - (d) They worked miracles in the name of Jesus
 - (e) From the common fund the money was distributed to the people according to their needs. The seven deacons were in charge of the fund that helped the widows.
 - (f) They frequently went to worship in the temple of Jerusalem.
 - (g) They celebrated the Christian common meal (Holy Eucharist) together.
 - (h) They preached the resurrection of the Lord Jesus Christ.

THE MISSIONARIES

- Missionaries came to Kenya to spread the word of God.
- They introduced Christianity in Kenya.
- The first missionary to come to Kenya was Ludwig Krapf. He was followed by Rebmann. They were both sent by London based Church Missionary Society (C.M.S)
- They both started a mission station at Rabai in 1846.
- A mission station had a school, church, dispensary and a training institute.
- Other missionaries who came to spread the gospel were sent by:-
 - (a) The Holy Ghost Fathers
 - (b) Mill Hill Fathers
 - (c) Church of the Scotland Mission
 - (d) Salvation Army
 - (e) African Inland Mission
 - (f) United Methodist Mission.

Achievements of the Missionaries

1. They introduced formal education
2. They established home for freed slaves e.g. Free town in Mombasa.
3. They established health centers.
4. They spread Christianity
5. They interpreted the Bible into local languages.
6. They introduced new crops in Kenya.

THE CHURCH TODAY IN ACTION

The church is involved today in various tasks.

They include:-

- (a) Promoting formal education by establishing schools.
- (b) Setting up special schools for people with disabilities e.g. Thika school for the blind by Salvation Army. We also have Kambui school for the deaf by PCEA and Mumias school for the deaf by Catholic among others.
- (c) The church promotes youth education programmes to help them learn Christian values and put them to practice.
- (d) The church is involved in farming. It trains agricultural officers and field workers. The church also provides water in arid areas and also trains farmers through seminars and workshops.
- (e) The church is also involved in training of the clergy who include pastors, bishops, majors and priests. The church also trains the laity. The laity include nuns, ushers, women leaders and Sunday school teachers.
- (f) The church is also involved in social welfare. It assists the aged, the orphans, the refugees and also offers relief services to those affected by disasters.
- (g) The church also supports training for rural and industrial development.

STRUCTURED QUESTIONS ON THE TOPIC

1. Name two of the twelve disciples of Jesus.
2. The first disciples to be called by Jesus were _____ and _____.
3. Which disciple replaced Judas Iscariot?
4. When the disciples were filled with the Holy Spirit some people made fun of them saying that they were _____.
5. During the day of Pentecost, the Holy Spirit descended upon disciples in tongues of _____.
6. According to the Apostles' Creed God is regarded as _____.
7. The word 'Catholic' in the Apostle's Creed means _____.
8. Identify two ways in which the early believers showed their unity.
9. A lame man was healed by Peter at the Beautiful Gate in _____.
10. Joseph of _____ sold a field he owned and brought all the money to the apostles.
11. Ananias and Saphira were members of the early church who died because they chose to be _____.
12. Name three of the seven deacons chosen in the early church.
13. Who took care of the cloaks belonging to those who stoned Stephen to death?
14. An Ethiopian Eunuch invited Philip to his carriage because he could not understand the scriptures of prophet _____.

15. Who baptised Saul after his conversion on the way to Damascus?
16. Aeneas, who had been paralysed for eight years was healed by Peter at _____.
17. Who was known as the apostle to the gentiles?
18. Priscilla and Aquila were Christians who lived in Corinth. They worked as _____.
19. Ludwig Krapf and Johann Rebmann were Christian missionaries who were sent by an organisation known as _____.
20. Missionaries who came to Eastern Africa in the 19th Century underwent many problems. Name two such problems.
21. Name two members of the clergy in our churches today.
22. Name two members of the laity in our churches today.
23. Name three epistles in the Bible written by Paul.
24. The purple clothes dealer in the early church who was from Thyatira was called _____.
25. Paul and Silas were put in prison in Philippi after Paul had cast out an evil spirit from a _____.

CHAPTER FIVE

CONTEMPORARY CHRISTIAN LIVING

Gifts of the Holy Spirit

The disciples were worried when Jesus told them that he would depart from them. He encouraged them and promised to give them a helper and an encourager. Our helper is the Holy Spirit. Gifts of the Holy Spirit include:-

1. Wisdom
2. Knowledge
3. Healing
4. Working miracles
5. Preaching
6. Interpreting tongues
7. Speaking in tongues
8. Speaking God's message
9. faith

The fruits of the Holy Spirit include:

1. Love
2. Goodness
3. Kindness
4. Joy
5. Self-control
6. Humility
7. Faithfulness
8. Patience
9. Peace

The role of the Holy Spirit

- The Holy Spirit unites Christians.

- The Holy Spirit is a teacher
- The Holy Spirit tells the truth
- The Holy Spirit helps the church to grow.
- The Holy Spirit guides the life of a Christian. Paul was guided by the Holy Spirit in his missionary work.
- The Holy Spirit led Philip to go to the Ethiopian Eunuch and explain the scriptures to him.

FAITH AND WORK

- Faith is a strong belief that something will happen.
- The apostles' creed is an expression of Christians' faith. According to the Apostles' Creed:-
 - (a) God is our father.
 - (b) God is the creator.
 - (c) Jesus is the son of God.
 - (d) Jesus was conceived of the Holy Spirit.
 - (e) Jesus rose from the dead.
 - (f) The church is holy.

Christians and work

1. In Colossians 3:23 Paul reminds Christians to work with all the heart as if working for God.
2. In James 2:14-18. Faith is proved with good actions. Faith without good actions is dead.
3. In 2 Thessalonians 3:6-10 Paul told the church in Thessalonica to keep away from people who live lazy lives.
4. In Acts 18:3 Paul stayed at Corinth with Priscilla and Aquila. He earned his living by making tents just as they did.

CHRISTIAN SERVICE TO THE NEIGHBOUR

- A Christian neighbour is anyone in need of your help. The second greatest commandment that Jesus gave is to love our neighbour as we love ourselves.
- We can show love to our neighbours by:-
 - (a) Sharing what we have with them.
 - (b) Offering assistance to them.
 - (c) Teaching them the word of God.
 - (d) Living at peace with them.
- In Luke 6:27-36 – We are reminded to love our enemies and pray for them. We should not revenge. We should bless those who curse us.

GOD'S HELP AND SELF HELP

DRUG ABUSE

- Some of the commonly abused drugs in Kenya include inhalants, alcohol, bhang, miraa, tobacco, cocaine and heroin.
- Drugs have negative physical and psychological effects on the human body.
- Drug abuse may cause people to engage in harmful activities.
- We should respect our bodies as they are temples of the Holy Spirit.

EFFECTS OF IRRESPONSIBLE SEXUAL BEHAVIOURS

- It leads to sexually transmitted infections.
- It leads to school drop-outs.
- It leads to early pregnancy and marriages.
- It may lead to abortion which leads to death.
- It leads to stress and depression. Our bodies are the temples of the Holy Spirit and should be kept Holy.
- Some of the irresponsible sexual behaviours include:-
 - (a) **Adultery** – This is sexual misuse out of marriage. (1 Samuel 11:2-15)
 - (b) **Prostitution** – This is engaging in sex for payment. (Hosea 2:5-7)
 - (c) **Fornication** – This is sexual relationship between unmarried people.
 - (d) **Homosexuality** – This is sexual relationship between a man and another man – (Leviticus 18:22)
 - (e) **Lesbianism** – This is sexual relationship between women and women – (Leviticus 20:13)
 - (f) **Incest** – This is sexual relationship with a very close relative (1 Corinthians 5:1-3)
 - (g) **Rape** – This is forcing a person into having a sexual relationship. (Genesis 34:1-29)

CHRISTIAN VALUES

- These are behaviours or desires which are important in Christian life. These are desires Jesus taught about.
- In Matthew 5:1-11 we read about the beatitudes. These are true Christian values that Jesus taught during the Sermon on the Mount. These values bring true happiness or blessings. The teaching on beatitudes are as follows:-
 - (a) Happy are the spiritually poor for the kingdom of heaven belongs to them.
 - (b) Happy are those who mourn for they shall be comforted.
 - (c) Happy are those who are humble for they shall receive what God has promised.
 - (d) Happy are those who are merciful to others, God will be merciful to them.
 - (e) Happy are the pure in heart for they shall see God.
 - (f) Happy are those who work for peace God will call them his children.
 - (g) Blessed are those who are persecuted because they do what God requires, the kingdom of heaven belongs to them.

SECULAR VALUES

- These are values that are considered important by the world.
- They are also known as earthly or material values.
- They include jobs, riches, land, pride, cars and money.
- Christians should store their riches in heaven.

PRAYER AND FASTING

- Prayer is communication with God.
- Elements of prayer are:-
 - (a) **Praise** – This is giving adoration to God.
 - (b) **Intercession** – This is praying for others.
 - (c) **Confession** – Praying to confess our sins and ask for forgiveness.
 - (d) **Petition** – Praying for oneself.
 - (e) **Thanksgiving** – Praying to thank God.

REASONS FOR FASTING

1. To reinforce a prayer.
 2. To seek God's intervention.
 3. To confess our sins.
 4. To share what we have with the less fortunate.
 5. To create a good atmosphere to communicate with God.
- Fasting should be done privately. We should not show off that we are fasting. Even during fasting, we should continue with our normal duties.
 - The period Christians fast before Easter is known as period of lent.

LEISURE IN CHRISTIANITY

- Leisure is the time we are away from our regular work.
- Leisure time should not be idle time.
- Leisure time should be used to do activities that can help ourselves and others.
- Leisure time should be used in activities that will glorify God.
- Leisure time should be used in activities such as:-
 - (a) Helping in communal work.
 - (b) Helping the elderly and the sick.
 - (c) Visiting the sick and prisoners.
 - (d) Reading the Bible and helping at home
 - (e) Attending church retreats.
 - (f) Improving our talents e.g. singing.
- Leisure time should not be used in activities that do not glorify God such as:-
 - (a) Sexual misuse.
 - (b) Taking drugs and alcohol.
 - (c) Gossiping.
 - (d) Staying idle for a long period.

STRUCTURED QUESTIONS ON THE TOPIC

1. Lucy visits and cares for the sick in hospitals. Which fruit of the Holy Spirit does she have?
2. Peter goes to school by matatu. He often avoids paying the fare. Which value does he lack?
3. Name two fruits of the Holy Spirit.
4. Name two gifts of the Holy Spirit.
5. Identify two good ways for a Christian to spend his or her leisure.
6. From the teachings of Saint Paul those who do not work should not _____.

7. "Do not get drunk with wine, which will only ruin you; instead be filled with the Spirit" Ephesians 5:18. Who said these words in the Bible?
8. Which form of sexual misuse was Gomer, the wife of prophet Hosea involved in?
9. Which form of sexual misuse involves people who are closely related?
10. Name two forms of sexual misuse.
11. What lesson do Christians learn from the healing of ten lepers by Jesus Christ?
12. Identify two ways of taking care of God's creation.
13. Name three ways in which people misuse their wealth.
14. Telling folktales and visiting cultural centres are ways of spending leisure for _____ growth.
15. Who according to Genesis 9:20-25 misused his leisure time when he was in a drunken stupor?

CHAPTER SIX

AFRICAN TRADITIONAL RELIGIOUS HERITAGE

CONCEPTS OF GOD IN TRADITIONAL AFRICAN SOCIETY

- (a) God is the creator.
- (b) God is everlasting.
- (c) God is the giver of life.
- (d) God is the provider.
- (e) God is omnipresent (He is everywhere).
- (f) God is omniscient (He knows everything).
- (g) God is omnipotent (He is powerful).
- (h) God is the protector from enemies.

FORMS OF EXISTENCE IN AFRICAN

TRADITIONAL COMMUNITIES

- The four forms of existence in traditional African communities are:-
 - (a) The unborn
 - (b) The living
 - (c) The living dead
 - (d) The ancestors

The unborn

- These were children who were not born but were expected eagerly. The unborn were respected because they brought continuity. A pregnant mother was treated in a special way because of the life of the unborn. The mother was even hidden from people with evil eyes.

The living

- These are the people who are alive. No one was allowed to kill without a valid reason. The life of a human being was respected.

The living dead

- These are people who died during our lifetime. It was believed that they could affect the lives of the living.

The ancestors

- These are people who died long ago before we were born. They were greatly respected. It was believed that they were nearer to God than those who are living. People appeased them through sacrifices such as libation. They were remembered by the community through naming children after them.

RESPONSE TO GOD IN TRADITIONAL AFRICAN SOCIETY

- People responded to God in various ways. Some of the ways of responding to God traditionally included:-
 - (a) **Praying** – Prayers were offered in special areas known as shrines. Shrines could be under trees, in caves, near rocks, near mountains or near big rivers.
 - (b) **Offering sacrifices** – People offered sacrifices in times of calamity. This was meant to reconcile themselves with God. Sacrifices were also offered as a way of thanksgiving.
 - (c) **Singing and dancing** – People could respond to God through songs and dances. It could be a way of giving thanks to what God had done in their lives.

AFRICAN PRACTICES NOT ACCEPTABLE IN CHRISTIANITY

1. Belief in witchcraft.
2. Wearing of charms and amulets.
3. Belief in magic.
4. Offering of libation to ancestors.
5. Female circumcision.
6. Immoral dances and gestures.

AFRICAN RITES OF PASSAGE

- Every stage in life in African traditional society was very important. The rites of passage include birth, naming, initiation, marriage and finally death.
- A new born baby was welcomed in the community with ululations. The mother was given gifts as a way of appreciating new life in the community.
- **Naming** took place later after birth. Children were given names according to events, feelings of parents or even seasons.
- **Initiation** marked a stage from childhood to adulthood. The shedding of blood by the initiates united them with the ancestors. Initiation was in form of circumcision, removal of teeth or tattooing.
- **Marriage** - Marriage in African society was mainly for procreation. In Christianity marriage is for companionship.

- **Death** – Death was the final rite of passage. In African society death was a mystery and was followed by many rituals and ceremonies. Africans believed in life after death.

SIMILARITIES BETWEEN CHRISTIANITY AND

TRADITIONAL AFRICAN BELIEFS

- Both believe that God created the universe and He is powerful.
- Both offer prayers to God.
- Both worship God in special places.
- Both believe in eternal life.
- Both have special people whom God can communicate through.
- Both praise God with song and dances.
- Both have respect for God.
- Some African instruments and tunes are used in Christian worship.
- Both have respect for life.
- Both believe in repentance and forgiveness.
- Both believe in sharing.
- Both believe in reconciliation.
- They both believe in life after death.

STRUCTURED QUESTIONS ON THE TOPIC

1. According to traditional African heritage human beings were created by _____.
2. Which traditional African community in Kenya call their God, Enkai?
3. Which is the traditional name for God among the Turkana people?
4. Name the four dimensions of existence in the traditional African community.
5. Those who died recently in the traditional African society were known as the _____.
6. Write two similarities between traditional African marriage and that of Christianity.
7. Name three beliefs in traditional African society that are not acceptable in Christianity.
8. Name two specialists in traditional African society.
9. In the African traditional society offering of sacrifices was the role of the _____.

10. Which rite of passage changed an individual from childhood to adulthood?
11. In traditional African society people poured wine, water and other drinks on the ground as a form of sacrifice known as _____.
12. In both African traditional societies and Christianity abortion is discouraged because it is a form of _____.
13. In African traditional societies people remembered the ancestors through naming _____ after them.
14. The Holy Communion in Christianity can be compared to _____ meal in traditional African Community.
15. Who in the traditional societies acted as mediators between God and human beings because they were considered to be closer to God than human beings?
16. In both traditional societies and Christianity there is a belief in life after _____.
17. Name two concepts of God in traditional African Society.
18. In the traditional African communities God was seen as Omnipotent. This means that God is all _____.
19. Name two ways of worshipping God in traditional African societies.
20. In a traditional African societies a man is allowed to marry _____ wives.
21. Identify two ways of reconciling with God in traditional African society.
22. In traditional African society marriage was mainly meant for _____.
23. What can be sprinkled to people in traditional African societies as a form of cleansing?
24. Name two areas which could act as shrines in traditional African communities.
25. In both traditional African society and Christianity the couple getting married are given _____ to ensure that they have property at home.