



P.4 SELF STUDY LESSONS SET 2

LESSON 1.

TOPIC: GOD'S PEOPLE AND THE LAW

SUBTOPIC: THE TEN COMMANDMENTS (Exodus 20:1-20)

LEARNING OUTCOMES

By the end of the lesson, you should be able to:

1. Define the term covenant.
2. Write all the Ten Commandments in their order.
3. Write lessons from the ten commandments

READ AND SPELL THESE WORDS

1. Worship
2. Covenant
3. Except
4. Bitter
5. Egyptians
6. Soldiers
7. Jordan
8. Israelites

THE COVENANT BETWEEN GOD AND HIS PEOPLE

- ✧ **A covenant** is an agreement between God and his people. It was at Mt. Sinai that God made a covenant with the Israelites. The Israelites were supposed to obey God
- ✧ After making a covenant with the Israelites, God gave them laws to guide them. These laws are known as the Ten Commandments (Decalogue).
- ✧ Moses received the Ten Commandments from God on Mount Sinai (Mt. Horeb). They were written on two **stone tablets** and kept in a covenant box.

THE TEN COMMANDMENTS

(Read Exodus 20:1-17 and learn the Ten Commandments which were given to Moses)

1. Worship no other God except me.
2. Do not make yourself objects to worship
3. Do not use my name on anything bad
4. Remember my special day of rest and keep it holy.
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 anything that belongs to another person

REASONS WHY GOD GAVE THE ISRAELITES THE TEN COMMANDMENTS

- ✧ To guide the Israelites
- ✧ To promote order among the Israelites
- ✧ To prevent them from sinning.

MEANING OF THE TEN COMMANDMENTS

The first commandment

- It helps us to know that there is only one God we must worship
- God must be at the centre of our decision

The second commandment

- It teaches us that God is a spirit. Spirits are creatures which are invisible to our normal sights.

The third commandment

- It teaches us to have great respect for God's name.

The fourth commandment

- It teaches us to be hardworking throughout the week except on the Sabbath
- We should respect the Sabbath day and keep it holy.

The fifth commandment

- It teaches children to honour their parent and other elders by obeying them.

The sixth commandment

- It teaches us to have respect for human life

The seventh commandment

- Adultery is any sin a husband or wife does against marriage
- It teaches us to be faithful to our partners

The Eighth commandment

- It teaches us to have respect for other people's property

The ninth commandment

- It teaches us that justice should be done.
- It warns against talking lies

The tenth commandment

- It warns us against wrong desires

Mountains related to the story of Moses

<u>Mountain</u>	<u>Event</u>
Mt Sinai (Horeb)	<ul style="list-style-type: none">▪ Moses saw the burning bush.▪ Moses received the Ten Commandments.
Mt Pisgah	<ul style="list-style-type: none">▪ Moses climbed to see the Promised Land.
Mt Nebo	<ul style="list-style-type: none">▪ Moses died
Mt Hor	<ul style="list-style-type: none">▪ Aaron died.

Exercise

1. Give the meaning of the term covenant.
2. Why is mountain Sinai important in Christianity?
3. Who received the Ten Commandments from God?
4. To which group of people were the Ten Commandments originally given?
5. How are Ten Commandments useful to Christians today?
6. Why are the following places important in Christians?

- a) Mt. Nebo
 - b) Mt. Hor.
 - c) Mt. Ararat
7. Which commandment forbids the following
- a.) Telling lies
 - b.) Cheating exams
 - c.) Not respecting teachers
 - d.) Worshipping idols
8. How can a good Christian know the Ten Commandments?
9. Why is Mt. Pisgah important in Christianity?

LESSON 2.

TOPIC: GOD'S PEOPLE AND THE LAW.

SUBTOPIC: HOW SAUL BECAME A KING AND WHY HE WAS LATER REJECTED

LEARNING OUTCOMES

By the end of the lesson, you should be able to:

1. Narrate how Saul became a king
2. Give reasons why Saul was rejected.
3. Narrate the story of David and Goliath.
4. State ways we can overcome the problems we face

READ AND SPELL THESE WORDS

1. Nebo
2. Holy communion
3. Prophet
4. Sling
5. Justice
6. Injustice

CONTENT: HOW SAUL BECAME A KING AND WHY HE WAS LATER REJECTED

One day Samuel called people together for a religious meeting. During that meeting, Samuel introduced Saul as a king of Israel. The Israelites had earlier on asked God for a king. Saul became the first king of Israel.

However, Saul was later rejected by God as a king because he did not obey God's instructions (he did not kill all sinful people of Amalek during the war as instructed by God)

HOW TO OVERCOME THE PROBLEMS WE FACE

DAVID AND GOLIATH

(Read 1 Samuel 17: 1-53 to learn more about the story of David and Goliath)

Philistines gathered for a battle with the Israelites. Goliath represented the Philistines. For forty days no Israelite was ready to fight Goliath. The king promised that any man who would fight Goliath and win, he would marry his daughter. A young man called David asked for permission from King Saul to fight Goliath. King Saul permitted David to fight Goliath.

Goliath despised David and called him a boy. They started moving towards each other to fight. David got a stone and slung it to Goliath. The stone hit Goliath and broke his skull. He fell and died. All the Philistines ran away. God helped David to defeat Goliath. David was given the king's daughter as a reward (Michal).

Exercise

1. Why do you think the Israelites wanted a king?
2. Who was the first king of Israel?
3. Why did God reject Saul?
4. Give one reason why Saul disobeyed God
5. Who anointed Saul as a king?
6. Give one example of how success can make you disobey God.
7. Who helped David to kill Goliath?
8. Why was David able to kill Goliath?
9. What weapon did David use to kill Goliath?
10. What was the tribe of Goliath?
11. Name any one way in which God can help us overcome problems.

LESSON THREE

TOPIC: GOD'S PEOPLE AND THE LAW

SUBTOPIC: THE TEACHINGS OF PROPHET AMOS

LEARNING OUTCOMES

By the end of the lesson, you should be able to:

1. State the message of Prophet Amos.
2. State the lessons we learn from the teachings of prophet Amos
3. Narrate the story of King Josiah.
4. State changes made by King Josiah.

READ AND SPELL THESE WORDS

1. Prophet
2. Messenger
3. Justice
4. Injustice
5. Behaviour
6. Shepherd

THE TEACHING OF PROPHET AMOS AND KING JOSIAH

PROPHET AMOS

Amos was a shepherd before becoming a prophet. Amos lived in a town called Tekoa of Judah. The name Amos means a strong burden.

Message preached by prophet Amos

- ✧ Miss treatment of the poor by the rich
- ✧ He preached against injustice. Injustice means unfair treatment of someone.
- ✧ The Israelites were not worshipping God, they were worshipping small gods
- ✧ They worked on Sabbath
- ✧ They overcharged the poor
- ✧ They used wrong weighing scales to cheat

Because of their bad behaviour, God decided to punish the people of Israel, God warned that he would send earthquakes, make them move aimlessly and deny them his word.

CHANGES MADE BY KING JOSIAH

(Read 2Kings 22:1-20 to know more about how Josiah became king and his good actions he did to please God)

- King Josiah became a king when he was 8 years
- He ruled Jerusalem for 31 years
- One day he sent his secretary (Shaphan) to a high priest called Hukiah.
- Shaphan was told to get a report on the amount of money collected.

Changes made after reading the book of law

- He burnt all the objects for worshipping of other gods
- He destroyed the house used by temple prostitutes
- He stopped sacrifice to other gods

Exercise

1. What is the meaning of 'a prophet'?
2. What was the main message of prophet Amos' teaching?
3. How were Prophets helpful to the Israelites?
4. Write two changes made by Josiah in Israel.
5. At what age did Josiah become king?

LESSON FOUR

TOPIC: GOD'S PEOPLE AND THE LAW.

SUBTHEME: HOW JESUS SHOWED HIS AUTHORITY

READ AND SPELL THESE WORDS

1. authority
2. leader
3. leadership
4. miracle
5. miraculous
6. calm

By the end of the lesson, you should be able to:

1. define authority
2. state symbols of authority
3. state types of authority
4. State ways Jesus expressed his authority.

HOW JESUS SHOWED HIS AUTHORITY

Authority is the power to give orders and make others obey. Jesus got authority from God the father. Jesus used this authority to perform miracles.

Symbols of authority

These are objects that represent power e.g.

- Bible
- Constitution
- Flag
- Mace
- Quran

Types of authority.

- **Divine authority:** This is the authority possessed by God the father. It's this authority that God uses to heal, protect and provide all our needs.
- **Apostolic authority:** This is the authority possessed by religious leads such as priests. It's this authority that religious leaders use to preach, guide and perform wonders.
- **Marital authority:** This is the authority possessed by married people. It's the authority that parents use to correct, punish and advise their children.
- **Satanic authority:** This is the authority possessed by Satan and those under his control.
- It's this authority that Satan uses to kill, tempt, destroy and deceive people. This power is evil and only leads to suffering.

MIRACLES

A Miracle is an amazing happening done by a person by the help of God's power.

REASONS WHY JESUS PERFORMED MIRACLES

- To show love to the people e.g. he fed the hungry
- To care for the needy. e.g he changed water into wine at a wedding at Cana.
- To show that he is a son of God e.g. he resurrected from the dead.
- To put a difference between him and other teachers
- To show God's divine power e.g. he raised the dead

Jesus has authority over nature, sickness, death and sins.

JESUS' AUTHORITY OVER NATURE (MATTHEW 8:16-21-27)

- He calmed the storm on Lake Galilee. Jesus was in a boat and the disciples lost control of the boat. Jesus was asleep. The disciples woke him up. Jesus stood and calmed the storm.
- Jesus walked on water on Lake Galilee. (John 6:16-21)

JESUS' AUTHORITY OVER SICKNESS

- a) He healed the blind
- b) He healed the dumb
- c) He healed the lame
- d) He healed a man with a paralyzed hand
- e) He healed people with demons
- f) He healed a man with evil spirits

JESUS' AUTHORITY OVER DEATH

- Jesus practically showed his power over death through resurrection.
- Jesus raised Lazarus from the dead (John 11:1-44)
- He raised Jairus' daughter back to life. Jesus was called before the death of the girl but arrived after she had died.
- Jesus raised the son of the widow from the city of Nain.

Jesus' authority over sins

Jesus forgave a woman (Luke 7:36-50)

He also saved mankind from the original sin.

Exercise

1. Give two reasons why Jesus performed miracles
2. State two ways in which Jesus showed his authority.
3. Mention three things which Jesus did to show authority over sickness.
4. What are miracles?
5. State any two gifts of the spirit
6. What did God create on the first day?
7. What was the summit of God's creation?
8. Why did Jesus perform miracles?

LESSON FIVE

TOPIC: FOLLOWING JESUS AS A LEADER

SUBTHEME: HOW JESUS SHOWED HIS AUTHORITY

READ AND SPELL THESE WORDS

1. Lazarus
2. Zacchaeus
3. Moses
4. Jesus
5. Aaron's
6. Amos

By the end of the lesson, you should be able to:

1. Define apostles
2. Name all apostles of Jesus
3. States reasons why Jesus chose apostles.

CONFIDENCE IN JESUS' AUTHORITY

When people gained confidence in Jesus, they started following Jesus because he would solve their problems.

Jesus' followers

The people who closely followed Jesus Christ were called apostles.

A disciple is a person who believes in and follows Jesus' teaching.

Among the disciples, Jesus chose 12 apostles. The twelve chosen followers of Jesus are called Apostles.

Qualities of Jesus' followers

- Should be God-fearing
- Should be kind
- Should be helpful
- Should have faith and hope
- Should not be proud
- Should be humble
- Should be patient
- Should be faithful

APOSTLES OF JESUS (Mathew 10)

The first two Apostles to be called by Jesus were Simon and his brother Andrew. Simon was given another name as Peter which means Rock.

Peter was called rock because he received the revelation that Jesus was the promised messiah.

- Peter and Andrew were fishermen.
- The next two Apostles to be called were James and his brother John sons of Zebedee. Their work was fishing.

OTHER APOSTLES INCLUDE.

- Philip
- Simon Peter
- Andrew
- Bartholomew
- Matthew
- Thomas
- Simon the Patriot
- James son of Alphaeus
- Judas Thaddeus (son of James)
- Judas Iscariot
- Thomas
- Judas Iscariot

THE REASONS WHY JESUS CHOSE THE APOSTLES

- To help him preach the word of God.
- To act as eyewitnesses for the gospel.

Exercise

1. What is the difference between disciples and Apostles?
2. Apart from Jesus, name any other person who walked on water.
3. Name the apostle who doubted Jesus' resurrection
4. Why should you read the Bible?
5. What does the name Peter mean?
6. Name the first four Apostles who were first called by Jesus.
7. Who was the father of James and John?
8. What was the work of Mathew before becoming an Apostle?
9. Who betrayed Jesus Christ?

LESSON SIX

TOPIC: GOD'S PEOPLE AND THE LAW.

SUBTOPIC: SELFISHNESS

By the end of the lesson, you should be able to:

1. define selfishness
2. state examples of selfish actions
3. state dangers of selfishness
4. define unselfishness
5. state examples of unselfish actions
6. state importance of unselfishness

READ AND SPELL THESE WORDS

1. hatred
2. enmity
3. selfless
4. selfishness
5. selflessness
6. honest

SELFISHNESS

Selfishness is the act of caring for only oneself

Causes of selfishness

- a) Hatred
- b) Greed
- c) Lack of trust
- d) Fear

SELFISH ACTIONS

- Cheating
- Stealing
- Not sharing
- Telling lies

Dangers of Selfishness.

- You lose friends
- Leads to suffering
- Annoys God
- Brings disunity.

UNSELFISHNESS (SELFLESSNESS)

Unselfishness Is the Act of caring for others.

Examples of unselfish actions.

- Sharing.
- Being honest
- Telling the truth
- Helping the needy

Importance of unselfishness.

- Blessings
- Pleases God
- Get many friends
- Create peace
- You get rewards

Ways in which Jesus showed selfless service.

- He accepted to suffer on behalf of sinners
- He loved those who hated him.
- He healed the sick and gave sight to the blind
- He made friendship without costs
- He forgave those who nailed him

Exercise

1. Give one example of a selfish act
2. Write one way pupils betray others at school.
3. Identify three examples of needy people
4. Suggest two qualities of a good Christian
5. Why did Zacchaeus climb a sycamore tree?
6. Write two ways a P.4 pupil can act in an unselfish way.
7. On which day did God create man?
8. What was the work of Zacchaeus?

LESSON SEVEN

TOPIC: GOD'S PEOPLE AND THE LAW.

SUBTHEME: QUALITIES OF A GOOD LEADER

READ AND SPELL THESE WORDS

1. Suffering
2. Annoy
3. Cheating
4. Suffering
5. Selfish
6. Selfishness
7. Faithful

By the end of the lesson, you should be able to:

1. Mention examples of religious leaders
2. State problems faced by religious leaders
3. State Jesus' instructions to his followers.

QUALITIES OF A GOOD LEADER

A leader is a person given powers to manage, control and govern others e.g. the president, headteacher etc.

Qualities of a good leader

- Should be kind
- Should be God-fearing
- Should be exemplary
- Should be responsible
- Should be helpful
- Should be approachable

Difficulties faced by Christian leaders

- Sometimes they may be imprisoned like Paul.
- Sometimes they may be beaten like Silas
- Sometimes they lack basic needs e.g. clothes, food etc.
- Sometimes they are killed e.g. Stephen, James etc.

Jesus' instruction to his disciples.

When Jesus was about to finish his work, he gave his disciples power and permission to do the following.

- To drive out evil spirit
- To cure diseases
- To teach God's word
- To baptize people in his name

He told the first disciples to baptize the new disciples in the name of God, the father, the Son and the Holy Spirit. (Holy Trinity)

Exercise

1. Who is a leader?
2. Give three qualities of a good leader.
3. Mention two difficulties faced by Christian leaders.
4. Give two things which Jesus instructed his disciples to do.
5. What is holy trinity?
6. Give the three persons who make up the trinity
7. Name the prophet who preached the coming of Jesus.

LESSON EIGHT

TOPIC: GOD'S PEOPLE AND THE LAW.

SUBTHEME: THE ARREST OF JESUS

READ AND SPELL THESE WORDS

1. Disciples
2. Crucify
3. Crucifixion
4. Messiah
5. Soldier
6. Trinity
7. Stripped

By the end of the lesson, you should be able to:

1. Discuss the events of Jesus' arrest.
2. State ways Jesus suffered at his arrest.
3. Names personalities involved in Jesus' arrest.

THE ARREST OF JESUS

The people who arrested Jesus were Roman Soldiers led by a disciple called Judas Iscariot. Judas had been paid (30 silver coins) in order to betray Jesus. Judas told the soldiers to arrest the person he would kiss.

During the arrest, Simon Peter cut off Malchus' ear, then Jesus Christ put it back. Malchus was the slave of the High Priest by then.

THE TRIAL OF JESUS

Jesus was taken to the high priests' house. All priests, teachers of law, and elders had gathered to try Jesus. Peter followed Jesus at a distance. One of the priests asked Jesus "Are you the son of God, The messiah?" Jesus answered 'Yes.' By accepting that, he was a son of God, Jesus was guilty of blasphemy.

It was decided Jesus be put to death. Before he was killed, he went through the following problems

- He was spat on to
- He was hit
- He was slapped
- He was stripped naked
- He was rebuked at
- He was blindfolded

Meanwhile, Peter denied being a disciple of Jesus. He denied him 3 times in the courtyard.

THE ARREST OF JESUS

HOLY WEEK

The term Holy week refers to period of time from Jesus' victorious entry into Jerusalem to Jesus' resurrection.

PUBLIC HOLIDAYS IN THE HOLY WEEK

- ✧ Palm Sunday
- ✧ Holy Thursday
- ✧ Good Friday
- ✧ Easter Sunday
- ✧ Easter Monday

EVENTS OF THE HOLY WEEK

Holiday	Event
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Palm Sunday	<ul style="list-style-type: none"> ▪ Jesus entered Jerusalem riding a donkey as a king.
Holy Thursday	<ul style="list-style-type: none"> ▪ Jesus had the last supper with his apostles. ▪ Jesus Christ was betrayed. ▪ Jesus Christ washed the apostles' feet. ▪ Jesus Christ prayed in the Garden of Gethsemane
Good Friday	<ul style="list-style-type: none"> ▪ Jesus Christ was crucified. ▪ Jesus Christ was buried. ▪ Jesus Christ was sentenced to death.
Easter Sunday	<ul style="list-style-type: none"> ▪ Jesus rose from the dead.
Easter Monday	<ul style="list-style-type: none"> ▪ Jesus Christ appeared to the apostles and other believers.

Exercise

1. Which group of people arrested Jesus?
2. Who betrayed Jesus?
3. Why did the above person betray Jesus?
4. How much money was given to the above person to betray Jesus?
5. Give three ways Jesus suffered before his death.
6. Who denied Jesus three times?
7. Who was the first king of Israel?

LESSON NINE

TOPIC: GOD'S PEOPLE AND THE LAW.

SUBTHEME: THE DEATH OF JESUS

READ AND SPELL THESE WORDS

1. Received
2. Betray
3. Betrayed
4. Betrayal
5. Sentenced

By the end of the lesson, you should be able to:

1. Discuss the events of Jesus' death.
2. State ways Jesus suffered before his death..
3. Names of personalities involved in Jesus' death.

The killing of Jesus

After being sentenced to death, the soldier did the following things to Jesus.

- a) They put a purple robe on him
- b) They put a crown of thorns on his head
- c) They made fun of him

Golgotha

- Golgotha means a place of skull. This is the place where Jesus Christ was crucified.
- The short but painful journey to Golgotha is called the way of the cross.
- Jesus carried the cross to Golgotha and was helped by Simon of Cyrene

The death of Jesus

It was at 3 o'clock when Jesus shouted, my God, my God, why you have forsaken me!

Then Jesus died.

At Jesus' death, the following happened.

- The curtains in the temple of Jerusalem got torn into two parts.
- The earth shook and rocks split apart
- The graves broke apart.
- Many righteous people who had died raised to life.

Exercise

1. Mention two things that happened to Jesus after being sentenced to death
2. Where was Jesus crucified from?
3. Who helped Jesus to carry the cross to Golgotha?
4. What does Golgotha mean?
5. Give three unusual events which happened after Jesus' death.

LESSON TEN

TOPIC: GOD'S PEOPLE AND THE LAW.

SUBTHEME: THE BURIAL OF JESUS

READ AND SPELL THESE WORDS

1. Broke
2. Split
3. Golgotha
4. Thorns
5. Darkness
6. Panties Pilate
7. Curtains
8. Shook

By the end of the lesson, you should be able to:

1. Discuss the events of Jesus' burial.
2. Names personalities involved in Jesus' burial.

Jesus' burial

Jesus was crucified and buried on Friday. Christians call that day Good Friday because Jesus saved us from our sins.

The body of Jesus was buried on Good Friday by Joseph of Arimathea and Nicodemus

JESUS' RESURRECTION

Jesus Christ rose from the dead on Easter Sunday.

The first persons to go to the tomb where Jesus had been buried were;

1. Mary Magdalene
2. Mary mother of James
3. Salome

These women went to anoint the body of Jesus. They found the tomb open. They found that Jesus had already risen. Mary Magdalene went and told Simon Peter.

Exercise

1. On which day was Jesus crucified?
2. Why is Good Friday called 'Good' yet Jesus suffered on the cross?
3. Who buried Jesus' body?
4. Who helped Jesus to carry the cross to Golgotha?
5. Mention the first people to see an empty tomb of Jesus.
6. Give the main reason why the above people in (5) went to the tomb of Jesus.
7. Explain the following.
 - a) Good Friday
 - b) Easter Sunday
8. Why is Easter Sunday an important day to some Christians