



CORNERSTONE JUNIOR SCHOOL - MUKONO

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PRIMARY THREE RELIGIOUS EDUCATION - SELF STUDY LESSONS SET 2

LESSON ONE

TOPIC: Sorrow and joy in life

SUB - TOPIC: The time and purpose of Jesus' stay in the wilderness

Learning outcomes

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

- i. Tell the meaning of Lent.
- ii. Talk about the purpose of Lent.
- iii. Read and spell these words:
 1. Wilderness
 2. Temptations
 3. Overcoming
 4. Prayerful
 5. Scriptures

The time and purpose of Jesus' stay in the wilderness

Read;

After the baptism of Jesus by John the Baptist, He was led to the wilderness and in **Luke 4:1-12** we read what exactly took place.

He was filled with the Holy Spirit and it is the Holy Spirit who led Him to the wilderness. However, we see Jesus overcoming all the devil's temptations. He overcame because he spoke the word of God to the devil, the Holy Spirit also gave him the power to stand against the power of the devil. As Christians, we also need to depend on God even when we are in trying times as those that Jesus faced while in the wilderness. Through prayer and fasting our faith in God is strengthened and this draws us closer to God.

1. Jesus was in the wilderness for 40 days and nights.
2. He was fasting and praying. (Without food or drinks)
3. He was tempted by the devil or Satan three times.



Temptations given to Jesus

- a) To turn the stones into bread.
- b) To bow down and worship the devil.
- c) To fall from the highest point of the temple.

Exercise

1. For how long was Jesus in the wilderness?
2. Who tempted Jesus?
3. Mention any three temptations given to Jesus.
4. What should we do when we are tempted?
5. Mention any two miracles performed by Jesus
6. What did God create on the first day of the week?
7. Which sacrament did Jesus receive before He was led to the wilderness?

LESSON TWO

TOPIC: Sorrow and joy in life

SUB-TOPIC: Events of the holy week

Learning outcomes

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

- i. Tell the meaning of Holy Week.
- ii. List down the days that make up the Holy week.
- iii. Mention the events in the Holy Week.
- iv. Read and spell these words:
 - a) Jerusalem
 - b) crucified/nailed
 - c) resurrected
 - d) last supper
 - e) Easter Sunday
 - f) Palm Sunday

THE HOLY WEEK

The holy week is regarded as the week in which Jesus died for our sins on the cross. The incident that marked the end of this Holy week is the resurrection of Jesus on Easter Sunday. In this week a lot of events happened like Jesus' triumphant entry in Jerusalem and His death. All these activities were done to fulfil God's salvation plan for mankind and all the biblical prophecies.

Please read; Mark 14 & 15 to understand all the events surrounding the holy week.

Revision work on the holy week

1. What was known as the Holy week?

It was the week in which Jesus died for our sins.

Events that took place during the Holy Week

A) Palm Sunday (John 12:12-19) /Zechariah 9:9

Jesus entered Jerusalem riding on a donkey.

B) Holy Thursday

Jesus had the last supper with his apostles.

c) Good Friday

Jesus was crucified/nailed on the cross.

d) Easter Sunday

Jesus resurrected or rose from the dead.

Activity

Match the following correctly.

A

Palm Sunday
Good Friday
Easter Sunday
Holy Thursday

B

-Jesus rose from the dead.
-Jesus entered Jerusalem on a donkey.
-Jesus had his last supper.
-Jesus was crucified.

LESSON THREE

TOPIC: SORROW AND JOY IN LIFE

SUB - TOPIC: THE LAST SUPPER

Learning outcomes

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

- i. State what the last supper was.
- ii. Give the meaning of Bread and wine as used during Jesus' last supper with His disciples.
- iii. Mention the events that took place during the last supper.
- iv. Read and spell these words:
 - a) Jerusalem
 - b) Last Supper
 - c) Holy Communion
 - d) Holy Eucharist
 - e) Betrayal

THE LAST SUPPER

Supper is a meal we have in the evening before we sleep. The last supper was the last meal that Jesus had with His apostles as He bid them farewell that night. This meal was prepared by Simon Peter and John and it is during this time that Jesus told them what He was about to go through. However, Judas Iscariot who betrayed Jesus didn't enjoy it since he had planned to betray Jesus for thirty silver coins. Jesus broke bread for all of them and shared a cup of wine with all of them. The bread represented His body that was given up for us and the wine represented His blood which was being poured out for us. After that meal, Jesus went to the garden of Gethsemane where he had gone to pray with His disciples. He was arrested by the Roman soldiers who were brought by Judas Iscariot.

Please read more about this in:

Luke 22:14-23

Important notes to make:

- The **Last Supper** was the last meal Jesus had with his apostles.
- Jesus had the last supper on the **Holy Thursday**.
- They used bread and wine during the **Last Supper**.
- The **bread** represented the **body** of Jesus Christ.
- The **wine** represented the **blood** of Jesus Christ.
- Simon Peter and John prepared the last supper
- He also washed his apostles' feet as a sign of love.



Christians today celebrate the Lord's Supper through the **Holy Communion or Holy Eucharist**.

EVENTS DURING THE LAST SUPPER

- Washing of apostles feet
- Praying in the garden of Gethsemane
- Betrayal of Jesus

EXERCISE

1. On which day did Jesus have the last supper with his disciples?
2. Name two major events that took place during the last supper?
3. What do the following represent during Holy Communion?
 - a. the bread
 - b. the wine
4. How many apostles did Jesus have?
5. Name the two apostles who prepared the last supper.
6. Show two ways the apostles were helpful to Jesus during His ministry.

LESSON FOUR

TOPIC: SORROW AND JOY IN LIFE

SUB - TOPIC: JESUS' CRUCIFIXION AND DEATH

Learning outcomes

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

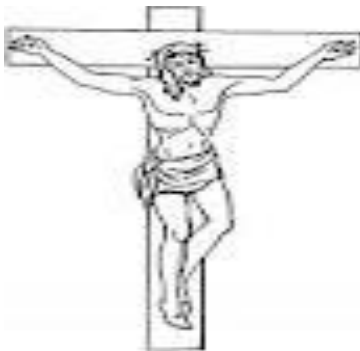
- i. Mention the events that took place on Good Friday.
- ii. Tell what happened at Jesus' death on the cross
- iii. State roles the following played on Good Friday:-Nicodemus, Joseph of Arimathea
- iv. Read and spell these words:
 1. Easter
 2. Ascension
 3. Doubled
 4. Heaven
 5. Resurrection
 6. Forgiven

JESUS' CRUCIFIXION AND DEATH

After His trial by Pontius Pilate, Jesus was sentenced to death and this was to be done by putting Him on the cross since it was the heaviest punishment given to high criminals by the Romans. Jesus was charged with blasphemy or calling Himself the son of God which the Pharisees believed was a lie and blasphemy before God. The short journey from Pontius Pilate's court to Golgotha was named the way to the cross. On His way to Golgotha Jesus was helped to carry the cross by Simon of Cyrene who was forced by the Roman soldiers. Jesus was put on the cross on Good Friday where he died. This was a way of saving mankind from the bondage of sin. He was buried in the tomb by Joseph of Arimathea and Nicodemus.

Read Matthew 27; 32-53

A picture showing Jesus on the cross



Events that happened on Good Friday

- The arrest of Jesus in the garden of Gethsemane.
- Betrayal by Judas Iscariot
- Simon Peter denied Jesus
- All His disciples denied Him
- Trial of Jesus
- Burial of Jesus

1. **Judas Iscariot** betrayed Jesus while **Simon Peter** denied him 3 times.
2. Jesus was crucified on **Good Friday**.
3. He was crucified at a place called **Golgotha**.
4. The servant whose ear was cut. (**Malchus**)

4. Unusual happenings at Jesus' death on the cross?

- There was total darkness (an eclipse) from noon. (before his death)
- The temple curtain tore into two pieces.
- There was an earthquake.
- The graves opened.
- The holy people rose up.
- The first ladies who saw Jesus Salome, Mary Magdalene, and Mary mother of Jesus.

5. **Joseph of Arimathea** buried the body of Jesus helped by Nicodemus.

6. Jesus was crucified at **Golgotha**. Simon of Cyrene helped Jesus to carry the cross

Exercise

1. On which day was Jesus crucified?
2. Name the apostle who betrayed Jesus Christ.
3. Why is Joseph of Arimathea remembered in the Bible?
4. Identify any one event which happened at Jesus' death?
5. Name the king who wanted to kill baby Jesus?
6. Name the apostle who betrayed Jesus Christ?
7. Give the difference between an apostle and a disciple.

LESSON FIVE

TOPIC: SORROW AND JOY IN LIFE

SUB - TOPIC: JESUS' RESURRECTION

Learning outcomes

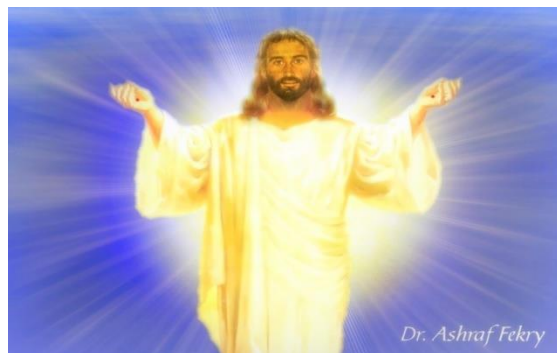
By the end of this lesson, you should be able to:

- i. State the importance of Jesus' death in Christianity
- ii. Read and spell these words:
 1. Resurrection
 2. Easter Sunday
 3. Doubted
 4. Apostles
 5. Eternal life

JESUS' RESURRECTION

After spending three days in the tomb, Jesus rose from the dead on Easter Sunday to fulfil the prophecies. The first person to know about this was Salome, Mary Magdalene and Joanna. After that day He spent forty days and then ascended to Heaven. Jesus' resurrection was a sign that He was given authority by God over the Heaven and earth and he had received the power over life and death, that's why we pray to God through Jesus. He also says in John 14:14 that "He is the way the truth and the life, no one can reach the Father except through Him"

Read Luke 24:1-12



1. Jesus rose from the dead on **Easter Sunday**.
2. He re-appeared to Mary and the apostles.
3. **Thomas** doubted the resurrection of Jesus Christ.
4. Jesus went to heaven on **Ascension Day**.
5. Why Jesus' death and resurrection is important to us?
 - Our sins were forgiven that's why the cross symbolizes salvation in Christianity.
 - Christians got power over Satan, sin and death.
 - Christians have hope for life after death (eternal life).

Exercise

1. Why is Easter Sunday important to Christians?
2. What showed that Jesus had resurrected?
3. Name the apostle who doubted Jesus' resurrection.
4. On which day did Jesus return to heaven?
5. Name the place where Jesus was crucified
6. How many people entered the ark?
7. How was God's plan of salvation fulfilled?

TOPICAL TEST TWO

1. What is lent?
2. Who tempted Jesus in the wilderness?
3. Give any two temptations that Jesus experienced.
4. How was Jesus able to overcome the temptations above?
5. As a Christian, what can you do to overcome temptations in your daily life?
6. Which angel brought the good news of Mary?
7. On which day, did Jesus go to Jerusalem riding on a donkey?
8. Name the day Jesus had the last supper with his disciples.
9. What did the following represent during Holy Communion?
 - i) Bread
 - ii) Wine
10. Match list A and B correctly

A	B
Judas	buried the body of Jesus
Thomas	denied Jesus three times
Simon Peter	betrayed Jesus Christ
Joseph of Arimanthea	doubted Jesus' resurrection

11. Name the books that were revealed by the following prophets.
Prophet Mohammed _____
Prophet Musa _____
Prophet Dauda _____
Prophet Isa _____
12. What are law books?
13. Mention three gospel books you know.

LESSON SIX

THEME : CHRISTIANS GROW IN JESUS

SUB- THEME: BELIEF IN SAINTS

CONTENT: MARTYRDOM IN THE BIBLE/ EARLY CHURCH

Learning outcomes

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

- i)** Give the meaning of a martyr and a saint.
- ii)** Mention the examples of martyrs in the Bible and how they met their death.
- iii)** Read and spell these words correctly.
 - martyr
 - faith
 - crucified
 - accept
 - belief
 - saint

MARTYRDOM IN THE BIBLE/ EARLY CHURCH

- A martyr is a person who accepts to be killed because of his/ her strong faith in God.
- A saint is a person who is believed to have won a place in Heaven because of the good deeds while still on earth.
- Whoever does good things while on earth and is a Christian the church discusses and he or she is declared a saint. The day on which all saints are remembered is called 'All Saints Day'
- A belief is a strong feeling that something is true or false.

EXAMPLES OF MARTYRS IN THE BIBLE

These were followers of Jesus Christ but because they refused to denounce Christianity, the authorities by then mistreated them with an interest of changing them but these people refused until they met their death. That's why they were named Saints in the church.

Saints and how they met their death

- St. Stephen - he was stoned to death
- Simon Peter – he was crucified upside down

- Andrew – he was crucified
- Philip – he was crucified
- Bartholomew –he was skinned alive and beheaded
- Thaddeus – he was crucified
- James son of Alpheus – he was hit on the head with a club
- Matthew –he was stabbed
- James –he was beheaded

Exercise

1. Who was the first Christian martyr?
2. Who is a martyr?
3. As a Christian, suggest two lessons you learn from the life of the apostles who accepted to die because of their faith in God.
4. How did the following people meet their death?
 - Stephen
 - Simon Peter

LESSON SEVEN

THEME : CHRISTIANS GROW IN JESUS

SUB – THEME: BELIEF IN SAINTS

CONTENT: THE UGANDA MARTYRS

Learning outcomes

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

- i) Name the Buganda king who ordered for the killing of the Uganda martyrs.
- ii) Give the main reason why the Kabaka ordered for the killing of the Uganda martyrs.
- iii) List down the names of the Uganda martyrs.
- iv) Read and spell these words correctly.
 - Namugongo
 - Catholics
 - protestants
 - Mukajjanga
 - disobedience

The Uganda Martyrs

- A martyr is a person who accepts to be killed because of his/ her strong faith in God.
- The first Christian martyr according to the bible was St. Stephen. He was stoned to death. Most of the Uganda martyrs were burnt alive at Namugongo on 3rd June 1886.
- This is why Christians celebrate 3rd June each year, to remember their death and their strong faith in God.
- Kabaka Mwanga ordered for the killing of the Uganda martyrs.
- A saint is a person recognized by the Christian faith as holy.

Reasons why he ordered for the killing of the Uganda martyrs

- They disobeyed his orders.
- They called African culture satanic/evil
- They refused to renounce their faith.

List of the Uganda martyrs who were killed at Namugongo and other places.

Catholic martyrs

- Saint Kizito Omuto
- Saint John Mary Muzeeyi
- Saint Bruno Sserukuma
- Saint Gogonza Gonza
- Saint Atanasi Buzzeketta
- Andrew Kaggwa
- Saint Charles Lwanga
- Saint Pontisiano Ngondwe
- Saint-Denis Ssebugwawo
- Saint Joseph Mukasa Balikuddembe
- Saint Jjaviira
- Saint Mulumba
- Saint Ambrose Kibuuka
- Saint James BuzaAbalyawo
- Saint Nuwa Mawagali
- Saint Luka Banabakintu

- Saint Anatoli Kirigwajjo
- Saint Achilles Kiwanuka
- Saint Mbaga Tuzinde
- Saint Mukasa Kiriwawavu
- Saint Adrof Ludigo
- Saint Mugagga
- Saint Gilbo Irwa
- Saint Daudi Okello

Protestant martyrs

- Mukasa Musa
- Eria Mbwa
- Muddu Aguma
- Muwanga
- Kizza Fredrick
- Mayanja Ktoogo

The chief executioner of Mwanga was Mukajanga. A total of 47 converts were killed

Exercise

1. Who is a martyr?
2. Who was the first Christian martyr according to the bible?
3. Which king killed the Christian converts?
4. Name any four Uganda martyrs.
5. Who is a saint?
6. Why were the Uganda martyrs killed?
7. Suggest three lessons you may learn from the story of the Uganda Martyrs.
8. On which day do Christians remember the death of the Uganda martyrs?

LESSON EIGHT

THEME : CHRISTIANS GROW IN JESUS

SUB-THEME: PLACES WHERE THE UGANDA MARTYRS WERE KILLED FROM

Learning outcomes

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

- i) Explain what a place of martyrdom is.
- ii) List the places where the Uganda martyrs were killed.
- iii) Read and spell these words correctly.
 - martyrdom
 - Namugongo
 - Alexander Mackay
 - Busega
 - Nateete
 - Munyonyo

Places where the Uganda martyrs were killed from

- These can also be called places of martyrdom and these can be defined as places where the martyrs were killed. Some of these places were areas where criminals faced their punishments by then like Namugongo. However, some couldn't make it to those places and were killed on the way in different manners like beheading, burnt alive, speared etc.
- The first martyrs to be killed in Uganda were Alexander MacKay's students at Nateete (Busega)

These were:

Protestants

- Saint MakkoKakumba
- Yusuf Lugalama
- Saint Nuwa Sserwanga

Catholics

1. PontianoNgondwe – he was killed at Bulimu / Takajjunge
2. Joseph Balikuddembe –he was killed at Owino in Kampala.
3. Matia Mulumba –he was killed at Old Kampala

In these places, denominations decided to put churches as remembrances and people visit them to remember the martyrs and to share in their suffering.

Places of martyrdom.

- Nateete- Busega
- Namugongo
- Munyonyo
- Mityana
- Old Kampala
- Takajjunge

Exercise

1. What is a place of martyrdom?
2. List down three places of martyrdom in Uganda.
3. Outline two main reasons why Christians today visit places of martyrdom.
4. Name the first three Uganda martyrs that were killed at Namugongo.
5. What major lessons do you learn from the life of the Uganda martyrs?

LESSON NINE

THEME: CHRISTIANS GROW IN JESUS CHRIST

SUB – THEME: JESUS' GIVES US THE HOLY SPIRIT

**CONTENT: JESUS GIVES US THE HELPER / JESUS PROMISE OF THE HOLY SPIRIT.
(ACTS 2:1-4)**

Learning outcomes

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

- i)** Define who a Christian is.
- ii)** Name the helper who Jesus promised His disciples and the day He came.
- iii)** Identify the role of the Holy Spirit in our lives.
- iv)** Mention the symbols of the Holy Spirit.
- v)** Read and spell these words correctly:
 - Holy Spirit
 - Pentecost Day
 - fire flames
 - Jerusalem

Jesus' promise of the Holy Spirit/ the helper (Acts 2:1-47)

Towards the end of Jesus' work, He noted that his disciples were afraid and could not continue with his mission on earth. He promised them a helper who would fill them with wisdom and give them the power to carry out His mission. The helper was called the Holy Spirit. This took 40 days. He would ask his father to give them the Holy Spirit to stay with them and accomplish the mission he had left with them. He told them not to leave Jerusalem until the Holy Spirit comes.

The Pentecost Day

This is the day when the Holy Spirit appeared to the disciples.

The Pentecost day marked the beginning of the church of Jesus Christ. This is because, after the baptism of the Holy Spirit, the disciples got the power to:

- Preach the word of God without fear and more people were added to them.
- They prayed for the sick and demon-possessed and they were delivered.
- They started churches wherever they went to preach God's word.
- The Holy Spirit gave them the power to write the bible.

Reasons why Jesus sent the Holy Spirit

- The disciples had become fearful.
- They were not strong enough to carry out his work.

The disciples were in the upper room of the temple in Jerusalem when they received the Holy Spirit where it appeared in different forms like fire flames on their heads and strong wind.

Events of Pentecost (the baptism of the Holy Spirit)

- While the disciples were waiting together in the upper room of the temple they received the Holy Spirit.
- He came in like the rushing mighty wind and filled up the house where they were sitting.
- Disciples started speaking in different languages.
- The first church was formed (Acts: 2:14)
- When the Holy Spirit came upon them so many things happened.

These were:-

- Noise from the sky which sounded like a strong wind.
- They started talking other languages.
- They preached the gospel strongly and many people converted.

Note: The apostles led by Peter, started preaching the word of God to the rest of the people in the crowd.

- Many people turned back to God on that day.

Exercise

1. On which day did the disciples receive the Holy Spirit?
2. Mention two strange happenings on the Pentecost day.
3. Outline three reasons why Jesus sent the Holy Spirit to the disciples.
4. Name the town where the apostles were on the Pentecost day.
5. State two signs of the Holy Spirit as experienced on Pentecost day

LESSON TEN

THEME: CHRISTIANS GROW IN JESUS CHRIST

SUB – THEME: JESUS' GIVES US THE HOLY SPIRIT

Learning outcomes

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

- i) Give the roles of the Holy Spirit in the early church.
- ii) State the roles of the Holy Spirit in the church today.
- iii) Read and spell these words correctly:
 - received
 - preach
 - boldness
 - perform
 - miracles

How the Holy Spirit helped the early Christians

- They got the courage to preach God's word
- They received power to perform different miracles
- He enabled them to love one another
- They became more united
- He inspired them to write the bible
- He helped them to share material things

How the Holy Spirit helps and guides Christians today

- The Holy Spirit guides Christians to choose right from wrong
- The Holy Spirit helps us to understand the bible
- The Holy Spirit teaches us how to pray
- The Holy Spirit gives strength to Christians to obey God
- The Holy Spirit unites Christians
- The Holy Spirit helps Christians to preach the word of God with boldness

Exercise

1. Name the helper Jesus promised to his disciples
2. On which day did the disciples receive the Holy Spirit?
3. Mention any two apostles who started preaching the gospel after the Pentecost day?
4. Write down any two roles of the Holy Spirit in the church today.
5. Why is it good for you to read the bible every day?