



P.7 R.E. SELF STUDY LESONS SET 3

LESSON 1

THEME : WE LIVE IN THE SPIRIT OF LOVE
SUBTHEME : FRIENDSHIP FORMATION

Learning outcomes:

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

- (i) Define a friend
- (ii) Give reasons why we need friends
- (iii) State qualities of a good friend
- (iv) Give the importance of self control in maintain friendship.

Introduction

DEFINITION OF TERMS

A friend is a person with whom you relate freely

Self control is the ability for someone to manage his/her emotions

Emotions are someone's inner feelings or state of mind

FRIENDSHIP FORMATION

- True friendship is based on the desire to help one another i.e. "a friend indeed is a friend in need"
- Friendship is strengthened through self control and mutual respect between close friends.

People have different reasons why they choose to have friends in their lives.

Below are some of the reasons why we need friends:

- For encouragement during trial moments
- For companionship (to avoid boredom and loneliness)
- To get advice
- To help /support one another
- To have someone to share with more so private information.
- To learn from one another.

NOTE: Before you choose a friend, you should consider the following qualities;

- A good friend should have mutual respect
- A good friend should be considerate
- A good friend should be honest
- A good friend should be trustworthy
- A good friend should be faithful / God fearing
- A good friend should be self control

- A good friend should be tolerant, patient and enduring
- A good friend should be Sympathetic and empathetic

However, some people fail to get friends due to the following reasons:

- Poor personalities e.g. Introverts/reserved people find it hard to get friends
- Lack of self control
- Some are not good at sharing (selfishness)
- Anti social behavior such as quarreling ,drug abuse etc
- Disappointments from previous friends
- Laziness , some people do not want to associate with people who are lazy
- Poverty, poor people find it hard to get friends. Many fear to associate with them because they have a lot of problems and they live a beggary life.

Importance of self control in youth relationships

- It helps relationship to last longer
- It prevents defilement among youth relationships
- It promotes the youth against immoral behaviors such as fornication , drug abuse etc

Examples of emotional feelings

- anger
- fear
- happiness
- sadness
- joy

Effects of lack of self control among youth relationships

a) To the girls

- It may lead to early pregnancies
- It may lead to school drop outs
- It may lead to early marriages
- It may lead to going to streets
- It may lead to shame before members of the society
- Finding it hard to get a proper marriage.

b) To the boys

- It may lead to school drop outs
- It may lead to early marriages
- It may lead to shame
- It may lead to imprisonment
- It leads to acquiring STD'S

Exercise

1. Give two causes of friendship breakdown among the youth .

2. Mention two things every youth has to do in order to build strong relationships.
3. Why do some pupils at school fail to get friends?
4. State two reasons for friendship formation.

LESSON 2

THEME : WE LIVE IN THE SPIRIT OF LOVE

SUBTHEME : MARRIAGE IN ISLAM

Learning outcomes:

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

- (i) Define the terms related to Islamic marriage
- (ii) Compare and contrast Nikkah and holy matrimony
- (iii) State the conditions that can allow and fail Nikkah from taking place.
- (iv) State the Islamic laws about marriage and divorce.

Introduction

DEFINITION OF TERMS

Nikkah is the holy marriage in Islam

It can also be defined as the legal union between a Muslim man and woman as husband and wife.

Talaq is the legal separation between a married man and woman in Islam. It's the Islamic word to mean divorce.

Mahare is the amount of money or gift given to the bride by the groom before Nikkah takes place.

Characteristics of nikkah

- It takes place in the mosque
- It is officiated by an Imam /sheikh
- It involves exchange of marriage vows and rings
- It allows polygamy
- It involves payment of mahare .

Conditions to be fulfilled before nikkah takes place

- Acceptance letter from the girl's family
- The couple must be above 18 years
- Each partner must willingly accept to get married
- The groom must have paid Mahare
- The couple must be true Muslim

Conditions that may fail nikkah to take place

- When one of the partners is below 18 years of age
- When one of the partners is not a confirmed Muslim
- When the groom fails to pay Mahare
- When the partners are close relatives

Similarities between nikkah and holy matrimony

- Both Nikkah and holy matrimony are officiated by religious leaders
- Both Nikkah and Holy matrimony are legal marriages (involve signing a marriage agreement)
- Both Nikkah and holy matrimony involve exchange of marriage vows.

Differences between nikkah and holy matrimony

- Nikkah allows polygamy unlike holy matrimony
- Nikkah involves paying of Mahare unlike holy matrimony

Conditions under which a Muslim man can be allowed to marry more than one wife

- He must be able to provide equal treatment to all the wives
- He must be financially able to meet all the basic needs of the families
- He must be able to give equal love to all the wives and children

Conditions under which a Muslim is allowed to divorce

- Adultery
- Witchcraft

Exercise

1. Give two Reasons why Muslim men are allowed to marry more than one wife.
2. What is polygamy?
3. State two advantages of a polygamous marriage over a monogamous marriage
4. What are some of the disadvantages of polygamous marriages?
5. State two advantages and disadvantages of monogamous marriage.

LESSON 3

THEME : THE SPIRIT MAKES US FREE

SUBTHEME : FREEDOM AND AUTHORITY

Learning outcomes:

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

- (i) Define the term freedom and authority
- (ii) Describes the different types of authority
- (iii) Show how people exercise their freedom and authority.

Introduction

Freedom is the state of being able to do what you want without restrictions.

Authority is the state of having rightful powers to manage or control others.

All human beings are born free and

Examples of people who have authority

- Teachers
- Parents
- Prefects
- Priests
- The president
- Ministers
- Reverends

Types of authority

- Divine authority
- Apostolic authority
- Marital authority
- Civil authority
- Symbolic authority
- Satanic authority

Divine authority

- This is the type of authority possessed by God only
- It is everlasting and unquestionable
- It is the authority that God used to create everything and control all things

Apostolic authority

- This is the authority that Jesus gave to the universal church.
- It is the authority that religious leaders use to;
- To preach the word of God
- Perform miracles
- To heal the sick
- Pray for others

Marital authority

- This is the authority that husbands have over their wives and wives over their husbands

It's the authority that parents use to;

- Correct their children
- Punish their children
- Guide and counsel their children

Civil authority

This is the type of authority that leaders use to govern, lead and control others
e.g. – presidents

- Ministers
- Local council chairpersons

Symbolic authority

- This is a type possessed by some particular objects that symbolize powers
e.g. bible, Quran, constitution, coat of arms, national flag.

Satanic authority

- This is the type of authority possessed by Satan and those under his control

It is the powers that Satan uses to:

- Tempt people
- Kill people -Steal people -Counsel/bring evil into people's mind

Such powers are evil and only lead to suffering and death.

Ways people exercise their freedom

- By making their own decisions
- Belonging to a religion of your own choice
- Free expression of some one's views
- Free movement to places of your own choice
- Electing leaders of your own choice
- Getting married to a partner of your choice

Ways how freedom is misused

- Through breaking the ten commandments
- Through abusing state laws
- Disobeying leaders
- By making harmful decisions
- Spending time on unproductive activities

Mention any 4 ways school children can ensure proper use of their freedom

- By reading novels
- Through joining church choirs
- By reading the bible to know more about God.
- By playing in their free time.

Ways how authority can be misused

- When a leader participates in destroying God's creation e.g. plant and animals
- Making harmful weapons to destroy others e.g. nuclear weapons
- Killing innocent people
- Denying others their rights and freedom
- Embezzling public funds
- Mistreatment of the wives and by their husbands
- Mistreatment of children by their parents and guardians.

Exercise

1. How is freedom different from authority?
2. Give two ways school children exercise their freedom.
3. How do parents exercise their authority?
4. Which type of authority is possessed by religious leaders?
5. Which type of authority did God use to create the universe?

LESSON 4

THEME : THE SPIRIT MAKES US FREE

SUBTHEME: BIBLICAL TEACHINGS ABOUT FREEDOM AND AUTHORITY

Learning outcomes:

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

- (i) State biblical teachings about freedom and authority
- (ii) Give God's purpose for freedom and authority
- (iii) Give examples of human rights as contained in the constitution.

According to the bible; Romans 13:1-6, both freedom and authority is God given .Read the bible scripture to understand this more.

Key lessons to note:

- No authority exists without God's permission
- All power is ordained by God
- All people should be submissive to those with authority
- When we obey those with authority ,we are serving the will of God
- Leaders should give freedom to those they lead.

Lessons we learn from Jesus' perfect use of freedom and authority

- He never used authority and freedom to benefit himself.
- He showed us that freedom and authority means serving others
- He never used his freedom and authority to run away from difficulties
- Leaders should serve others selflessly

God's purpose of freedom and authority

- To guide people when doing their work
- To enable leaders serve their people
- To avoid violating other people's freedom while enjoying your rights.

Ways we can submit to those in authority

- By obeying state laws
- By listening to their advice

- By fulfilling our responsibilities

Examples of human rights and freedoms as contained in the Uganda national constitution

- A right to life, liberty and security
- A right to freedom of movement
- A right to freedom to own property
- A right to freedom of press

Importance of human rights and freedom

- To enable people to make their own decisions
- To enable people live in harmony with one another
- To enable people to express their views and ideas freely
- To enable people choose leaders of their own interest.

Human rights protecting bodies

These are the organizations that fight for the rights of all human beings.

- Uganda human rights commission
- Uganda human rights initiative
- Amnesty international based in Britain
- The human rights watch dog in U.S.A
- FIDA - Federation of women lawyers

Exercise

1. Why should leaders have more powers than those they lead?
2. Why does the bible command us to obey those with authority?
3. State two reasons why wives should submit to their husband
4. State two reasons why children should obey their parents
5. What does the bible teach us about freedom and authority?
6. Give two ways religious leaders promote and protect human rights.

LESSON 5

THEME : IN THE SPIRIT WE PRAY

SUBTHEME : PRAYER LIFE IN THE OLD TESTAMENT.

Learning outcomes:

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

(i) Read, spell and write the following words correctly :

- Meditation
- Petition -Sacrifices
- Offertories -Tithe
- Belief -Believers
- Deliverance -Guidance
- Forgiveness

- (ii) Give ways people in the Old Testament communicated with God.
- (iii) State ways God communicates to his people today.

Ways in which Old Testament believers communicated to God

- Through prayers
- Through Prophets
- By offering sacrifices
- Through priests
- Face to face

Ways in which God communicated to Old Testament believers

- Through visions
- Through dreams
- Through Prophets
- Face to face

Ways in which believers today communicate with God

- Through Prayers
- Through fasting
- Through prophets
- Through reading the Bible
- Through meditation

Ways in which God communicates to believers of the present Church

- Through visions
- Through dreams
- Through priests

Reasons why people communicate to God

- To ask for protection
- To give thanks to God
- To ask for guidance
- To ask for deliverance and courage
- To ask for knowledge and wisdom.
- To ask for forgiveness
- To present their requests to God

Exercise

1. Give two ways the Old Testament believers were different from believers of present church in terms of communication with God.
2. How does God communicate to us today?
3. Why is it important for us to pray all the time?
4. Why do Christians repent during prayer?

LESSON 6

THEME : IN THE SPIRIT WE PRAY

SUBTHEME : TYPES OF PRAYERS

Learning outcomes:

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

- (i) Names the types of prayers
- (ii) Mention the moments of prayer in a Christian life
- (iii) State the importance of prayer in a Christian life.

Introduction

The term prayer means a humble way of talking to God.

People perform different types of prayers at different times.

Below are the types of prayers in Christianity:

- ❖ **Liturgical Prayers:** this is a type of prayer said by Christians from memory as a congregation.e.g. the Lord's Prayer.
- ❖ **Petition prayers:** This is a prayer said by Christians to make personal requests to God.
- ❖ **Thanksgiving prayers:** This is type of prayer Christians perform to appreciate God for what he has done for them.
- ❖ **Intercessional prayers:** This is a type of prayer where Christians request God to meet other people needs e.g. Prayer for the sick.
- ❖ **Praising prayers:** This is a type of prayer said by Christian to glorify his name.
- ❖ **Supplication prayer:** This is a type of prayer said by Christians to make very humble requests
- ❖ **In vocational prayer:** This is a type of prayer Christians make to seek for protection and help from God.

Moments of prayer in a Christian's life

- During moments of danger
- During moments of happiness
- During moments sorrow
- During moments of sickness

- During moments of fear
- During moments of failure
- During moments of success
- When one has sinned
- When one is enneed

The table below shows the types of prayer, when they are said and reasons why.

No.	Types of prayers	When to say it	Why to say it
1.	Petition prayer	<ul style="list-style-type: none"> • When one is in need • During moments of suffering 	To make personal requests to God.
2.	Thanks giving prayer	<ul style="list-style-type: none"> • During moments of success. • During moments of happiness. 	To give thanks to God.
3.	Supplication prayer	<ul style="list-style-type: none"> • During moments of failure. • During moments of sorrow 	To make very humble requests to God.
4.	In vocational prayer	<ul style="list-style-type: none"> • During moments of danger • During moments of fear 	To seek for protection and help from God.
5.	Liturgical prayer	<ul style="list-style-type: none"> • During fellowship • During church services 	For communication with Jesus Christ and Saints.
6.	Confessional Prayer	<ul style="list-style-type: none"> • When one has sinned 	To ask for forgiveness from God
7.	Praising prayer	<ul style="list-style-type: none"> • During moments of success. • During moments of happiness. 	To glorify God

Importance of Liturgical prayers

- It enables Christians to communicate with Jesus Christ.
- They promote unity among believers.
- They enable us to unite with God the father, son and the Holy Spirit.
- It enables Christians to make requests to God.

Reasons why Christians are encouraged to live a prayerful life

- It enables Christians to overcome temptations
- To stay in union with God the father, the Son and the Holy Spirit
- To stay in union with God
- It enables Christians to seek for protection from God.

Values of having family prayers

- It enables family members to request their needs from God
- It unites family members.
- It enables family members to seek for protection and help from God.
- It enables family members to get to know God better

Time in the day when a Christian can pray.

- After walking up
- Before having a meal.
- After having a meal.
- Before travelling.
- After travelling.

Exercise

1. State two Reasons why Christians pray?
2. How are Christians different from Muslims in terms of prayer?
3. Apart from prayer, mention other two ways Christians worship God.
4. How did the Old Testament people communicate with God?
5. Name any two people in the Old Testament who lived a prayerful life.

LESSON 7

THEME : IN THE SPIRIT WE PRAY

SUBTHEME : PRAYERLIFE IN THE OLD TESTAMENT

Learning outcomes:

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

- (i) Mention prayer moments in Jesus' life
- (ii) Give reasons why Jesus lived a prayerful life
- (iii) State the lessons we learn from Jesus' prayerful life

Introduction

Jesus' prayer life

- ❖ Jesus lived a prayerful life
- ❖ He prayed to His Father in Heaven whenever he wanted help from him.
- ❖ **Below are some of the prayer moments in Jesus' life**
- Jesus prayed before his arrest i.e. in the garden of Gethsemane.

- He prayed before his transfiguration
- During fasting in the Wilderness.
- While on the cross
- Before performing miracles
- During the last supper

Places where Jesus prayed from

- Garden of Gethsemane
- On mountain tops
- On the cross of Golgotha
- At the graveyard of Lazarus
- At Jairus' home
- In the Wilderness

Reasons why Jesus prayed

- To overcome temptations
- To endure suffering / pain
- To ask for forgiveness of his enemies
- To ask for divine power
- To ask for the needs of others

Jesus' teachings about prayer

- Prayer must be said with faith i.e. never doubt when praying.
- Prayer can be said from anywhere at any time.
- Prayer can be said alone or in a group.
- Personal prayer should be said privately.
- One must humble himself/herself before saying a prayer.
- One must dedicate all his soul, mind and body to God when saying a prayer.
- Prayer must be said meaningfully.

NOTE: Jesus taught us how to pray through the Lord's Prayer.

He wanted us to:

- Know how we are ought to pray.
- Learn the principles of prayer.
- Avoid using meaningless words while praying

Requests we make to God through the Lord's Prayer

- Request for daily bread
- Request for protection
- Request for guidance
- Request for deliverance

Exercise

1. Why did Jesus live a prayerful life?
2. Why do we humble ourselves before we pray?
3. Give two reasons why we pray before and after eating food.
4. Which type of prayer did Jesus perform in the garden of Gethsemane?
5. State three reasons why Christians are encouraged to live a prayerful life.

LESSON 8

THEME : IN THE SPIRIT WE PRAY

SUBTHEME : PRAYER LIFE IN THE EARLY CHURCH

Learning outcomes:

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

- (i) Describe the characteristics of the early church.
- (ii) Name the types of creeds
- (iii) Give reasons why the Apostle introduced creeds to the believers of early church.

Introduction

Definition of terms

Early church: the term early church is used to refer to the believers of early church

A creed is an official statement that summaries the main beliefs in Christianity.

A monk is a male person in a religious group who devotes his whole life to serve God.

A nun is a female person in a religious group who devotes her whole life to serve God.

A monastery is a building in which monks live together.

A convent is a building in which nuns live together.

Characteristics of monks and nuns

Monks and nuns were people who separated themselves from the worldly things to show their devotion and service to God.

- They lived a solitary life.
- They live in monasteries
- They don't own material possessions.
- They don't marry
- They devoted their lives to serving God
- They lived a prayerful life.

The work/ services of monks and nuns

- Collecting offertories
- Helping priests in conducting church ceremonies
- Helping priests in conducting prayers

Lessons that a Christian today learns from the life of the monks and nuns

- We learn not to put our trust in material things
- We learn to live a prayerful life
- We learn to submit our lives to the ministry of God

Types of Creeds

- Nicene creed
- Apostle's creed
- Athanasian creed

Apostle's creed is the commonest creed said by most Christians. It was named so because:

- (i) It contains the main beliefs in Christianity.
- (ii) It was taught by the Apostles to the early Church.

Importance of creeds to today's Christians

- They strengthen our faith in God
- They draw us nearer to God
- They remind us about our main beliefs in Christianity

The main beliefs declared in the Apostles' Creed

The belief in God the Father as the creator

The belief in the incarnation and re incarnation of Jesus Christ

The belief in the Holy Spirit

The belief in the Communion of saints

The belief in the resurrection of the body

Exercise

1. What was the work of monks and nuns?
2. Why do Christians recite the Apostle's creed?
3. Mention any three beliefs contained in the Apostle's creed.
4. Give two characteristics of believers of the early church.
5. Write down the lord's prayer

LESSON 9.

THEME : IN THE SPIRIT WE PRAY

SUBTHEME: THE ROLE OF SACRAMENTS IN THE PRESENT CHURCH

Learning outcomes:

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

- (i) Define a sacrament
- (ii) Mentions the material symbols of sacraments
- (iii) Gives examples of sacraments and their importance

A sacrament is the visible sign of the invisible grace of Jesus Christ.

Characteristics of Sacraments

- It should have a material sign/ symbol in which it is celebrated e.g. water, bread and wine.
- It should have a clear and permanent way in which it is celebrated.
- It should fulfill the purposes of representing God's power and presence.

Materials / signs/ symbols in which sacraments are celebrated

- ✓ Water
- ✓ Bread
- ✓ Wine
- ✓ Holy rings
- ✓ Holy cross
- ✓ Anointing oil

Examples of sacraments

- Baptism
- Confirmation
- Holy communication/ Holy Eucharist
- Holy Matrimony
- Ordination / Holy Orders
- Penance
- Anointing of the sick

Sacraments and their Spiritual meanings

Sacrament	Spiritual meaning
Baptism	<ul style="list-style-type: none">- Washing away the original sins.- Initiation into God's family/ kingdom of God- Forgiveness of all our committed sins- Union with Jesus' death and resurrection.
Confirmation	<ul style="list-style-type: none">- Receiving of the Holy Spirit

	- Growth in faith
Holy Communion	- Union with Jesus' blood and body which was shed for forgiveness of our sins. - The bread of life which symbolizes eternal life.
Holy Matrimony	- Union of a Christian man and woman into holy marriage
Ordination	- Initiation into priest hood.
Penance	- Forgiveness of committed sins after baptism.
Anointing of the sick	- Healing/ recovery from major illness. - Preparation of very ill person for life after death.

Exercise

1. How do Christians benefit from the following sacraments?
 - i. Penance
 - ii. Ordination
 - iii. Baptism
 - iv. Confirmation
2. What is the role of sacraments in the present church?
3. When does a Christian receive the sacrament of penance?
4. Why do Christians receive the sacrament of Holy Communion?
5. What is ordination?

LESSON 10

THEME : IN THE SPIRIT WE PRAY

SUBTHEME: REVISION TEST

LEARNING OUTCOMES:

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

- (i) **Study your notes and attempt the revision test given below correctly.**
 1. State two Characteristics of the universal church.
 2. Mention two lessons we learn from Jesus' examples of suffering.
 3. Give two ways in which a Christian or Muslim can overcome suffering.
 4. State any two reasons why Muslims perform the five daily prayers?
 5. Give the reasons why the bible regards injustice as a social evil?
 6. State two ways of promoting justice in society.
 7. Mention any two prophets who preached against injustice.
 8. How do Muslims differ from Christians in terms of practices?
 9. Give two ways in which believers of ATR showed that there is life after death.
 10. Mention any two promises God made to Jacob.
 11. Give two reasons why Christians ask for forgiveness.

12. What was the Promised Land in Exodus?
13. Name the food that the Israelites fed on during the Exodus.
14. Who led the Israelites to the Promised Land of Canaan?
15. Who led the Israelites out of Egypt?
16. How many plagues did God send in Egypt?
17. Name the last plague God sent to the Egyptians.
18. Name any two plagues which affected the crops in Egypt.
19. Name any one plague which affected the water in Egypt.
20. Why did God rescue the Israelites out of Egypt?
21. What does the name Moses mean?
22. Who helped the Israelites to cross the Red sea?
23. Who led the Israelites to the Promised of Land?
24. Name two people who reached the Promised Land
25. Who was Moses' spokesman?
26. Name any two challenges faced by the Israelites during the Exodus
27. How did God protect the Israelites during the Exodus?
28. Write short notes about the following prophets
 - a) Prophet Jonah
 - b) Prophet Jeremiah
 - c) Prophet Ezekiel
 - d) Prophet Isaiah
 - e) Prophet Amos
 - f) Prophet Micah
 - g) Prophet Zechariah
 - h) Prophet Job
 - i) Prophet Elijah
 - j) Prophet Joel
29. How is Zakat different from Sadaq?
30. What are shariah laws?