

**A SHORT CATECHISM
OF THE
ABYSSINIAN OUTREACH MINISTRIES CHURCH**

1. What is a Catechism?

A Catechism is a book of Christian instruction written in the form of questions and answers.

2. Why is Christian instruction necessary for us?

Christian instruction is necessary for us, because it leads us to God, to salvation, and to happiness.

3. How can we draw near to God?

We can draw near to God by thought, by wish, and by deed.

4. Who draws near to God by thought?

He who rightly believes in God draws near to him by thought.

5. Who draws near to God by wish?

He who prays to God draws near to him by wish.

6. Who draws near to God by deed?

He who lives according to God's will and law draws near to him by deed.

7. Where can we learn how to believe in God?

We learn how to believe in God in the Creed.

8. Where can we learn how to pray?

We learn how to pray in the Lord's Prayer.

9. Where can we learn how to live according to God's will and law?

We learn how to live according to God's will and law in the Ten Commandments.

10. Where can we learn how to achieve Christian happiness on earth and in heaven?

We learn how to achieve Christian happiness on earth and in heaven in the Beatitudes.

THE CREED

1. I believe in one God the Father Almighty, maker of heaven and earth, and of all things visible and invisible;
2. And in one Lord Jesus Christ, the only-begotten Son of God, born of the Father before all ages, light of light, very God of very God, begotten not made, consubstantial with the Father, through whom all things were made;
3. Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary, and was made man;
4. And was crucified for us under Pontius Pilate, and suffered, and was buried;
5. And the third day he rose according to the Scriptures;
6. And ascended into heaven, and sitteth at the right hand of the Father;
7. And he shall come again with glory to judge the quick and the dead, and his kingdom shall have no end.
8. And I believe in the Holy Spirit, the Lord and life-giver, who proceedeth from the Father, who with the Father and the Son is worshipped and glorified, who spake by the Prophets.
9. I believe in one Holy, Universal and Apostolic Church.
10. I confess one Baptism for the remission of sins.
11. I look for the resurrection of the dead;
12. And the life of the world to come. Amen.

Catechism numbering resumes at number 11.

11. What is the Creed?

The Creed, or Symbol of Faith, is a statement of the principal doctrines of the Eastern Orthodox Church, drawn up by the first Ecumenical Council of Nicea in 325 A.D. and the second Ecumenical Council of Constantinople in 381 A.D.

12. What is an Ecumenical Council?

An Ecumenical Council is a convention of Prelates representing all the self-governing Patriarchates and all the Autocephalous Churches of the Eastern Orthodox Faith.

13. Are the decisions of an Ecumenical Council binding to all the self-governing Patriarchates, to all the Autocephalous Churches of the Eastern Orthodox Faith, and to all their members?

Yes. The decisions of an Ecumenical Council are binding to all the self-governing Patriarchates, to all the Autocephalous Churches of the Eastern Orthodox Faith, and to all their members.

14. Which are the self-governing Patriarchates and the Autocephalous Churches of the Eastern Orthodox Faith?

The self-governing Patriarchates and Autocephalous Churches of the Eastern Orthodox Faith are the following: (a) The Patriarchate of Constantinople;

(b) The Patriarchate of Alexandria ; (c) The Patriarchate of Antioch; (d) The Patriarchate of Jerusalem; (e) The Patriarchate of Russia; (f) The Patriarchate of Romania ; (g) The Patriarchate

of Serbia; (h) The Patriarchate of Bulgaria; (i) The Autocephalous Church of Georgia; (j) The Autocephalous Church of Cyprus ; (k) The Autocephalous Church of Sinai ; (l) The Autocephalous Church of Greece ; (m) The Autocephalous Church of Albania; (n) The Autocephalous Church of Poland; (o) The Autocephalous Church of Czechoslovakia; and (p) all other Autocephalous Churches responsible directly to the Lord Jesus Christ.

15. How is the Creed divided?

The Creed is divided into twelve articles.

16. What is the first article of the creed?

The first article of the Creed is as follows: "I believe in one God, the Father Almighty, maker of heaven and earth and of all things visible and invisible."

17. What doctrines are contained in the first article of the Creed?

The doctrines contained in the first article of the Creed are the following: (a) God is one in essence and in three persons. (b) God the Father is the first person of the Holy Trinity. (c) God made heaven and earth and all things visible and invisible. (d) God is almighty, sustaining and governing the universe by his power.

18. What is the second article of the Creed?

The second article of the Creed is as follows: "And in one Lord Jesus Christ, the only-begotten Son of God, born of the Father before all ages, light of light, very God of very God, begotten, not made, consubstantial with the Father, through whom all things were made."

19. What doctrines are contained in the second article of the Creed?

The doctrines contained in the second article of the Creed are the following: (a) Jesus Christ, only-begotten Son of God, is the second person of the Holy Trinity. (b) He is consubstantial and co-eternal with the Father. (c) He was born, but not made, and all things were created through him.

20. What is the third article of the Creed?

The third article of the Creed is as follows: "Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary; and was made man."

21. What doctrines are contained in the third article of the Creed?

The doctrines contained in the third article of the Creed are the following: (a) The Son of God came down from heaven; assumed the nature of man, namely a reasonable soul and human flesh; became a perfect man without ceasing to be God; and dwelt on earth where he was called Jesus Christ. (b) He was incarnate of the Holy Spirit and the Virgin Mary, who rightly is called the Mother of God. (c) He came on earth to save men from sin, in which they are born and live, and from death, to which they have been condemned ever since the fall of Adam.

22. What is the fourth article of the Creed?

The fourth article of the Creed is as follows: "And was crucified for us under Pontius Pilate, and suffered, and was buried."

23. What doctrines are contained in the fourth article of the Creed?

The following doctrines are contained in the fourth article of the Creed: (a) Jesus Christ, the Son of God, was nailed to a Cross, suffered, died, and was buried like a mortal man. (b) He endured this martyrdom not for himself but for all men, in order to save us from sin and death.

24. What is the fifth article of the Creed?

The fifth article of the Creed is as follows: "And the third day he rose according to the Scripture."

25. What doctrines are contained in the fifth article of the Creed?

The following doctrines are contained in the fifth article of the Creed: (a) Jesus Christ rose from the dead by the power of his divinity on the third day after his death, as had been foretold by the Prophets. (b) He defeated death by his death and opened to all true believers the way to resurrection and everlasting life.

26. What is the sixth article of the Creed?

The sixth article of the Creed is as follows: "And ascended into heaven, and sitteth at the right hand of the Father."

27. What doctrine is contained in the sixth article of the Creed?

The following doctrine is contained in the sixth article of the Creed: Jesus Christ on the fortieth day after the resurrection ascended into heaven and sits at the right hand of God the Father, as his equal in power and glory.

28. What is the seventh article of the Creed?

The seventh article of the Creed is as follows: "And he shall come again with glory to judge the quick and the dead, and his kingdom shall have no end."

29. What doctrines are contained in the seventh article of the Creed?

The following doctrines are contained in the seventh article of the Creed: (a) Jesus Christ shall come again on earth in glory. (b) He shall judge the living and the dead. (c) His everlasting kingdom will follow the Last Judgment.

30. What is the eighth article of the Creed?

The eighth article of the Creed is as follows: "And I believe in the Holy Spirit, the Lord and life-giver, who proceedeth from the Father, who with the Father and the Son is worshipped and glorified, who spake by the Prophets."

31. What doctrines are contained in the eighth article of the Creed?

The following doctrines are contained in the eighth article of the Creed: (a) The Holy Spirit is the third person of the Holy Trinity. (b) He proceeds from the Father. (c) He is entitled to the same worship and glory which belong to the Father and the Son as Lord and God. (d) He has inspired the Prophets and the Apostles to declare God's will to men and to write the Holy Scriptures. (e) He gives spiritual life and divine grace to men.

32. What is the ninth article of the Creed?

The ninth article of the Creed is as follows: "I believe in one Holy, Universal, and Apostolic Church."

33. What doctrines are contained in the ninth article of the Creed?

The following doctrines are contained in the ninth article of the Creed: (a) There is only one true Christian Church. (b) It is Holy because it has been founded by our Lord and Savior. (c) It is Universal, because it comprises all the Orthodox believers of all countries, of all peoples, and of all times. (d) It is Apostolic, because it has been transmitted to us by the Apostles and their legitimate successors without any break, change, or deviation. (e) The Eastern Orthodox Church has all these characteristics.

34. What is the Church?

The Church is the congregation of all Orthodox Christians united in the same faith, the same Divine Mysteries of the Holy Spirit, and the same hierarchy.

35. What is a Christian?

A Christian is a person who is baptized, who believes in our Lord and Savior Jesus Christ, and who lives according to his teaching.

36. What is an Orthodox Christian?

An Orthodox Christian is a Christian who believes in the doctrines formulated by the seven Ecumenical Councils, as they are interpreted by the Eastern Orthodox Church.

37. What are the seven Ecumenical Councils?

The seven Ecumenical Councils are those of (a) Nicea One, 325 A.D.; (b) Constantinople One, 381 A.D.; (c) Ephesus, 431 A.D.; (d) Chalcedon, 451 A.D.; (e) Constantinople Two, 553 A.D.; (f) Constantinople Three, 680 A.D. ; (g) Nicea Two, 787 A.D..

38. What is the tenth article of the Creed?

The tenth article of the Creed is as follows: "I confess one Baptism for the remission of sins."

39. What doctrine is contained in the tenth article of the Creed?

The doctrine contained in the tenth article of the Creed is the following: Every true believer must receive once the Divine Mystery of Holy Baptism.

40. What is a Mysterion?

A Mysterion is a divine service through which divine grace is transmitted to the recipient of the Mysterion.

41. How many Mysterions are there?

There are an infinite number of Mysterions. Seven of these are major Mysterions, namely:

(a) Baptism; (b) Confirmation; (c) Communion; (d) Confession/Penance; (e) Ordination; (f) Matrimony; (g) Holy Unction.

42. What is Baptism?

Baptism is a Mysterion which cleanses us from original sin, gives us a new life of grace, makes us Christians, children of God, and heirs of the kingdom of heaven.

43. How is Baptism administered?

Baptism is administered by a triple immersion in water in the name of the Father, Son, and Holy Spirit.

44. What is confirmation?

Confirmation is a Divine Mysterion through which we receive all the gifts of the Holy Spirit and become more and more like God as our Christian walk day-by-day matures; grows in wisdom.

45. How is Confirmation administered?

Confirmation is administered by anointing with Holy Chrism oil consecrated by the Bishop.

46. What is Communion?

Communion is the Divine Mysterion through which we are united with our Savior Jesus Christ and become partakers of eternal life.

47. How is Communion administered?

Communion is administered in the form of bread and wine which have been changed into the Body and Blood of our Lord and Savior in the Divine Liturgy by action of the Holy Spirit of God.

48. What is Penance?

Penance is the Divine Mysterion through which the sins committed after Baptism are forgiven by God accompanied by our desire to fully repent of such sins.

49. How is the Divine Mysterion of Penance administered?

The Divine Mysterion of Penance is administered through the confession and the absolution of sins by and through the Divine Grace of the High Priest Jesus Christ transmitted through an apostle's, bishop's, or a priest's prayers for the penitent. If, however, the officiating clergy see clearly that the penitent is not sincere about either the confession or a proposed act of repentance, then such Divine Mysterion shall be withheld until such time that the penitent is truly sincere and weeping bitter tears of remorse and contrition over the sins committed in word, deed, or thought.

50. What is Ordination?

Ordination is a Divine Mystery through which clergymen receive the grace and authority from the Holy Spirit of God to perform their sacred ministries of apostles, prophets, bishops, priests, and deacons.

51. How is the Divine Mystery of Ordination administered?

The Divine Mystery of Ordination is administered through the laying-on of the apostle's or bishop's hands upon the candidate for ordination. Candidates for ordination are elected by the people in the community whom he or she serves. A candidate will not be considered for such ordination unless he or she is tested for chastity and piety; and devotes his or her whole life of service to the Lord Jesus Christ.

Note: Married candidates are welcome indeed! It is possible for a married candidate to be chaste and pious within the framework of married life; as indeed married life is a continuous Divine Mystery that flows minute-by-minute; even second-by-second; or from moment to moment. The same is true of the ordained servant of God. Such is lived as a continuous Divine Mystery that flows minute-by-minute; even second-by-second; or from moment to moment by the Power and Grace of the Holy Spirit of God.

52. What is Matrimony?

Matrimony is the Divine Mystical Grace of the Holy Spirit of God through which a Christian man and Christian woman are united in lawful marriage.

53. How is the Divine Mystery of Matrimony administered?

The Divine Mystery of Matrimony is administered by exchanging the rings, by crowning the couple, by offering them the common cup, and by blessing their union.

54. What is unction?

Unction is a Divine Mystery through which we obtain the grace of spiritual and physical healing.

55. How is Unction administered?

Unction is administered by anointing with Holy Oil and through the prayers of the apostles, bishops, and priests, assisted by their deacons. Divine Grace of Healing power is channeled through the apostle or bishop or priest who invokes the Lord Jesus Christ to heal the sick following the anointing.

56. Who can perform the Holy Mysteries?

The following can perform the Holy Mysteries:

(a) An apostle and a bishop can perform all Divine Mysteries. (b) The priest can perform all Divine Mysteries except Ordination. (c) The deacon assists the apostle, bishop, and/or the priest in performing the Divine Mystical Services.

57. What is the eleventh article of the Creed?

The eleventh article of the Creed is as follows: ``I look for the resurrection of the dead."

58. What doctrine is contained in the eleventh article of the Creed?

The doctrine contained in the eleventh article of the Creed is the following: All the dead will rise again at the end of the world and become immortal.

59. What is the twelfth article of the Creed?

The twelfth article of the Creed is as follows: "And the life of the world to come."

60. What doctrine is contained in the twelfth article of the Creed?

The doctrine contained in the twelfth article of the Creed is the following: After the general resurrection there will be an eternal life of blessedness for the just, and an everlasting life of suffering for the unrepentant sinners.

61. How is the Creed concluded?

The Creed concludes with the word ``Amen."

62. What does "Amen" mean?

"Amen" is a religious affirmation which means: So be it.

THE LORD'S PRAYER

- I. Our Father who art in heaven;
- II. Hallowed be thy name;
- III. Thy kingdom come;
- IV. Thy will be done on earth as it is in heaven;
- V. Give us this day our daily bread;
- VI. And forgive our trespasses as we forgive those who trespass against us;
- VII. And lead us not into temptation;
- VIII. But deliver us from evil.
- IX. For thine is the kingdom, and the power, and the glory, Father, Son, and Holy Spirit, always, both now and forever, and for ages to come. Amen.

63. Why is this prayer called the Lord's Prayer?

This prayer is called the Lord's Prayer because our Lord and Saviour himself taught it to his Apostles and to his followers.

64. How is this prayer divided?

The Lord's Prayer is divided into nine parts, namely the preface, the seven petitions, and the doxology.

65. What is the preface?

The preface is the following: "Our Father who art in heaven."

66. Why has our Lord taught us to call upon God as our Father?

Our Lord taught us to call upon God as our Father because he is our Creator and we are his children.

67. What is the first petition of the Lord's Prayer?

The first petition of the Lord's Prayer is the following: "Hallowed be thy name."

68. What do we pray for in the first petition of the Lord's Prayer?

In the first petition we ask God to help us keep his name holy in our minds and hearts and glorify him in our thoughts and in our deeds.

69. What is the second petition of the Lord's Prayer?

The second petition of the Lord's Prayer is as follows: "Thy kingdom come."

70. What do we pray for in the second petition of the Lord's Prayer?

In the second petition we pray that God will hasten the coming of his kingdom and the triumph of the Christian ideals of peace and justice among all the peoples of the world.

71. What is the third petition of the Lord's Prayer?

The third petition of the Lord's Prayer is the following: "Thy will be done on earth as it is in heaven."

72. What do we pray for in the third petition of the Lord's Prayer?

In the third petition we ask God to help us subordinate our will to his will and enable us to do his will on earth, as the Angels and Saints do it in heaven.

73. What is the fourth petition of the Lord's Prayer?

The fourth petition of the Lord's Prayer is as follows: "Give us this day our daily bread."

74. What do we pray for in the fourth petition of the Lord's Prayer?

In the fourth petition we pray that God will give us each day all that is necessary to support the physical life of our bodies and the spiritual life of our souls.

75. What is the fifth petition of the Lord's Prayer?

The fifth petition of the Lord's Prayer is as follows: "And forgive us our trespasses as we forgive those who trespass against us."

76. What do we pray for in the fifth petition of the Lord's Prayer?

In the fifth petition we pray that God will pardon the sins which we have committed against him as we forgive the sins which our fellow men have committed against us.

77. What is the sixth petition of the Lord's Prayer?

The sixth petition of the Lord's Prayer is as follows: "And lead us not into temptation."

78. What do we pray for in the sixth petition of the Lord's Prayer?

In the sixth petition we ask God to help us overcome all sinful temptations.

79. What is the seventh petition of the Lord's Prayer?

The seventh petition of the Lord's Prayer is as follows: "But deliver us from evil."

80. What do we pray for in the seventh petition of the Lord's Prayer?

In the seventh petition we pray that God will always protect us from all physical and spiritual harm.

81. What is the doxology of the Lord's Prayer?

The doxology of the Lord's Prayer is as follows: "For thine is the kingdom, and the power, and the glory, Father, Son, and Holy Spirit, always, both now and forever, and for ages to come. Amen."

82. Why do we add this doxology after the Lord's Prayer?

We add this doxology after the Lord's Prayer so that we not only ask mercies from God, but also offer him that glory which is his by right.

THE TEN COMMANDMENTS

- I. I am the Lord thy God; thou shalt have no other Gods before me.
- II. Thou shalt not make unto thee any graven images; and thou shalt not bow to them, nor serve them.
- III. Thou shalt not take the name of the Lord thy God in vain.
- IV. Remember the Sabbath day, to keep it holy.
- V. Honor thy father and thy mother.
- VI. Thou shalt not kill.
- VII. Thou shalt not commit adultery.
- VIII. Thou shalt not steal.
- IX. Thou shalt not bear false witness against thy neighbor.
- X. Thou shalt not covet thy neighbor's goods.

83. What is the first commandment?

The first commandment is as follows: "I am the Lord thy God; thou shalt have no other gods before me."

84. What are we ordered to do in the first commandment?

In the first commandment we are ordered to offer to God alone the supreme worship we owe him.

85. What are we forbidden to do in the first commandment?

In the first commandment we are forbidden to offer to a person or object the honor and worship due to God alone.

86. Are we allowed to venerate the Angels and the Saints in the first commandment?

In the first commandment we are allowed to venerate the Angels and the Saints as the chosen servants of God, who intercede with him for the salvation of our souls.

87. What is the second commandment?

The second commandment is as follows: "Thou shalt not make unto thee any graven images; and thou shalt not bow to them nor serve them."

88. What are we ordered to do in the second commandment?

In the second commandment we are ordered not to worship idols representing pagan divinities.

89. Are we forbidden to venerate the icons of our Lord, of Saint Mary, and of the Saints in the second commandment?

In the second commandment we are not forbidden to venerate the icons, because we consider them as symbolic memorials of our Lord, of Saint Mary, and of the Saints. Veneration is not an act of worship.

90. Are we forbidden to venerate the relics of the Saints in the first commandment?

In the first commandment we are not forbidden to venerate relics, because they are the bodies of the Saints, the chosen servants of our Lord. Veneration is not an act of worship.

91. What is the third commandment?

The third commandment is as follows: "Thou shalt not take the name of the Lord thy God in vain."

92. What are we ordered to do in the third commandment?

In the third commandment we are ordered to speak reverently of God, of his Saints, of his Church, of His Divine Mysteries, and to keep strictly the oaths and vows we make in his name.

93. What are we forbidden to do in the third commandment?

In the third commandment we are forbidden to use the name of God and of his Saints in curses, blasphemies, profanities, and careless oaths.

94. What is the fourth commandment?

The fourth commandment is as follows: "Remember the Sabbath day, to keep it holy."

95. What are we ordered to do in the fourth commandment?

In the fourth commandment we are ordered to work five days in the week for our worldly needs and to set apart the seventh day especially for rest and the first day for divine worship.

96. What is the Christian day of worship?

The Christian day of worship is Sunday, the first day of the week, because on Sunday our Lord rose from the dead, and on Sunday the Holy Spirit descended upon the Apostles.

97. What are we forbidden to do in the fourth commandment?

In the fourth commandment we are forbidden to do all unnecessary servile work, which requires labor of body rather than of mind.

98. What kind of work or labor is allowed on Saturday and Sunday?

The kind of work or labor allowed on Sunday is that which is imposed by necessity or by charity.

99. What other days are we ordered by the Church to keep holy?

We are ordered by the Church to keep as holidays: (a) the Feasts of our Lord and Savior Jesus Christ; (b) the Feasts of St. Mary, the blessed Mother of God; (c) The Feasts of the Saints; (d) The Four Seasons, the Lenten Days, and the Total Fast Days.

100. How are we ordered by the Church to worship God on Sundays and holidays?

We are ordered by the Church to worship God on Sundays and holidays by attending the Divine Liturgy regularly.

101. What are the Four Lent Seasons?

The Four Lent Seasons are the following: (a) Paschal (Easter) Lent, which consists of the five weeks preceding the Pascha of the Lord; (b) St. Peter's Lent, which consists of the days intervening between the Sunday of All Saints after Pentecost and the festival of St. Peter and St. Paul, on June 29; (c) St. Mary's Lent, which consists of the two weeks preceding the festival of St. Mary's Assumption, August 15; (d) Christmas Lent, which consists of the forty days preceding Christmas, December 25.

102. What are the Lenten Days?

The Lenten Days are the following: (a) All Wednesdays and Fridays, with the exception of those falling within Easter Week or within the twelve days intervening between Christmas, December 25, and Epiphany Eve, January 5; (b) Epiphany Eve, January 5; (c) Holy Cross Day, September 14; (d) Beheading of St. John the Baptist, August 29.

103. How are we ordered by the Church to observe the Four Lent Seasons and the Lenten Days?

We are ordered by the Church to observe the Four Lent Seasons and the Lenten Days by taking only one full meal a day and by abstaining from all animal foods, including milk, dairy products, oil, and wine, with the following exceptions: (a) Fish and oil are allowed on Palm Sunday; on Transfiguration Day, August 6; on St. Mary's Presentation, November 21; and on St. Mary's Annunciation, March 25. (b) Milk and dairy products are allowed in Dairy Week, namely the first week of the Paschal (Easter) Lent.

104. What are the Total Fast Days?

The Total Fast Days are the following: (a) the first three days following Dairy Sunday; (b) the first three days of Holy Week; (c) Good Friday and Holy Saturday.

105. How are we ordered by the Church to observe the Total Fast Days?

We are ordered by the Church to observe the Total Fast Days by total abstinence from all foods.

106. How many Lenten Days are we ordered by the Church to observe before receiving Holy Communion?

We are ordered by the Church to observe at least three Lenten Days and twelve hours of Total Fast before receiving Holy Communion.

107. Who are obliged to observe the Four Lent Seasons, the Lenten Days, and the Total Fast Days?

All Christians seven years of age or over are obliged to observe the Four Lent Seasons, the Lenten Days, and the Total Fast Days unless they are excused or dispensed.

108. What is the fifth commandment?

The fifth commandment is as follows: "Honor thy father and thy mother."

109. What are we ordered to do in the fifth commandment?

In the fifth commandment we are ordered to respect and obey our parents and our lawful superiors, namely our apostles, prophets, bishops, priests, deacons, school teachers, benefactors, and the officials of our city, state, and country.

110. What are we forbidden to do in the fifth commandment?

In the fifth commandment we are forbidden to disobey our parents and our lawful superiors unless their commands are clearly forbidden by the Lord God.

111. What is the sixth commandment?

The sixth commandment is as follows: "Thou shalt not kill."

112. What are we ordered to do in the sixth commandment?

In the sixth commandment we are ordered to respect our lives and the lives of others.

113. What are we forbidden to do in the sixth commandment?

In the sixth commandment we are forbidden to commit murder and suicide. This includes the act of seeking and obtaining an abortion.

114. What is the seventh commandment?

The seventh commandment is as follows: "Thou shalt not commit adultery."

115. What are we ordered to do in the seventh commandment?

In the seventh commandment we are ordered to be chaste in thoughts, words, and deeds. This means that we flee from the thought, word, and deed sins of adultery and fornication and incest and sexual immorality. Same sex unions are absolutely forbidden by the Seventh Commandment.

116. What are we forbidden to do in the seventh commandment?

In the seventh commandment we are forbidden to be unchaste in thoughts, words, or deeds. Fornicators and divorced persons are treated as married persons and are not eligible for the Divine Mystery of Matrimony. Widows and widowers are eligible for Matrimony if such have been chaste since their spouse had departed this life.

117. What is the eighth commandment?

The eighth commandment is as follows: "Thou shalt not steal."

118. What are we ordered to do in the eighth commandment?

In the eighth commandment we are ordered to respect the property of others.

120. What is the ninth commandment?

The ninth commandment is as follows: "Thou shalt not bear false witness against thy neighbor."

121. What are we ordered to do in the ninth commandment?

In the ninth commandment we are ordered to be truthful with our neighbors.

122. What are we forbidden to do in the ninth commandment?

We are forbidden to slander or tell lies about our neighbors.

123. What is the tenth commandment?

The tenth commandment is as follows: "Thou shalt not covet thy neighbor's goods."

124. What are we ordered to do in the tenth commandment?

In the tenth commandment we are ordered to be content with our lot in life and to rejoice in our neighbors' prosperity.

125. What are we forbidden to do in the tenth commandment?

In the tenth commandment we are forbidden to entertain any unlawful desire of acquiring our neighbors' possessions.

THE BEATITUDES

I. Blessed are the poor in spirit, for theirs is the kingdom of heaven.

II. Blessed are those who mourn, for they shall be comforted.

III. Blessed are the meek, for they shall inherit the earth.

IV. Blessed are those who hunger and thirst after righteousness, for they shall be filled.

V. Blessed are the merciful, for they shall obtain mercy.

VI. Blessed are the pure in heart, for they shall see God.

VII. Blessed are the peacemakers, for they shall be called the children of God.

VIII. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

IX. Blessed are ye, when men shall revile you, and persecute you, and say all manner of evil against you for my sake; rejoice and be glad, for great is your reward in heaven.

126. What is the first Beatitude?

The first Beatitude is as follows: "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

127. Who are the poor in spirit?

The poor in spirit are the humble believers.

128. What is the second Beatitude?

The second Beatitude is as follows: "Blessed are those who mourn, for they shall be comforted."

129. Who are those who mourn?

Those who mourn are those who are sorry for their sins and shortcomings.

130. What is the third Beatitude?

The third Beatitude is as follows: "Blessed are the meek, for they shall inherit the earth."

131. Who are the meek?

The meek are the innocent and kind-hearted.

132. What is the fourth Beatitude?

The fourth Beatitude is as follows: "Blessed are those who hunger and thirst after righteousness, for they shall be filled."

133. Who are those who hunger and thirst after righteousness?

Those who hunger and thirst after righteousness are those who strive for Christian justice.

134. What is the fifth Beatitude?

The fifth Beatitude is as follows: "Blessed are the merciful for they shall obtain mercy."

135. Who are the merciful?

The merciful are those who perform the spiritual and corporal works of mercy.

136. What are the spiritual works of mercy?

The spiritual works of mercy are the following: (a) to admonish the sinner; (b) to instruct the ignorant; (c) to counsel the doubtful; (d) to comfort the sorrowful; (e) to bear wrongs patiently; (f) to forgive all injuries; (g) to pray for the living and the dead.

137. What are the corporal works of mercy?

The corporal works of mercy are the following: (a) to feed the hungry; (b) to give drink to the thirsty; (c) to clothe the naked; (d) to visit the imprisoned; (e) to visit the sick; (f) to shelter the homeless; (g) to bury the dead.

138. What is the sixth Beatitude?

The sixth Beatitude is as follows: "Blessed are the pure in heart, for they shall see God."

139. Who are the pure in heart?

The pure in heart are those whose desires are pleasing to God.

140. What is the seventh Beatitude?

The seventh Beatitude is as follows: "Blessed are the peacemakers, for they shall be called the children of God."

141. Who are the peacemakers?

The peacemakers are those who live in harmony with their neighbors and who try to reconcile them with each other.

142. What is the eighth Beatitude?

The eighth Beatitude is as follows: "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven."

143. Who are those who are persecuted for righteousness' sake?

Those who are persecuted for righteousness' sake are those who suffer for Christian justice.

144. What is the ninth Beatitude?

The ninth Beatitude is as follows: "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely for my sake; rejoice and be glad, for great is your reward in heaven."

145. Who are those who are reviled for the sake of our Lord?

Those who are reviled for the sake of our Lord are the martyrs who suffer and die for Christian ideals.

MISCELLANEOUS

146. What are the three divine virtues?

The three divine virtues are the following: (a) Faith; (b) Hope; (c) Charity.

147. Why are these three virtues called divine?

These virtues are called divine because they have God for their object.

148. What is Faith?

Faith is the virtue by which we firmly believe all the truths revealed by God.

149. What is Hope?

Hope is the virtue by which we firmly trust that God will give us his blessings on earth and eternal happiness in heaven.

150. What is Charity?

Charity is the virtue by which we love God and our neighbor as ourselves.

151. What are the seven gifts of the Holy Spirit?

The seven gifts of the Holy Spirit are the following: (a) Wisdom; (b) Understanding; (c) Counsel; (d) Fortitude; (e) Knowledge; (f) Piety; (g) Fear of God.

152. What are the nine fruits of the Holy Spirit?

The nine fruits of the Holy Spirit are the following: (a) Love; (b) Joy; (c) Peace; (d) Long-suffering; (e) Kindness; (f) Goodness; (g) Faith; (h) Meekness; (i) Continence.

153. What are the seven principal sources of sin?

The seven principal sources of sin are the following: (a) Pride; (b) Greed; (c) Lust; (d) Anger; (e) Gluttony; (f) Envy; (g) Sloth.

154. What are the four last things to remember?

The four last things to remember are the following: (a) Death; (b) Judgment; (c) Paradise; (d) Hades; (e) Lake of Fire (Gehenna).

155. What are the principal commandments of the Church?

The principal commandments of the Church are the following: (a) to attend divine services on all Sundays, on Christmas Day, and on New Year's Day; (b) to observe the Four Lent Seasons, the Lenten Days, and the Total Fast Days; (c) to confess our sins at least four times a year; (d) to receive Holy Communion at least four times a year, after the Four Lent Seasons; (e) to contribute to the support of the Church; (f) to observe the laws of the Church concerning marriage; (g) to pray for the souls of our dead relatives and friends; (h) to pray every morning and evening; (i) to pray before and after each meal.

156. What sin does an Orthodox Christian commit who through his own fault misses Divine Liturgy on a Sunday, or great holiday?

An Orthodox Christian who through his own fault misses Divine Liturgy on a Sunday, or great holiday commits a mortal sin.

157. What is a mortal sin?

Mortal sin is a grievous offense against the law of God.

This sin is called mortal, or deadly, because it kills the Christian grace of the soul.

159. Who are not bound by this rule of Church attendance?

The following are not bound by this rule of Church attendance: (a) those who must care for the sick; (b) those whose illness does not permit them to go outdoors; (c) those who live a considerable distance from a Church; (d) those who must give immediate attention to urgent work.

160. What is the punishment provided by Eastern Orthodox canon law for anyone who without a valid excuse repeatedly misses Divine Liturgy on Sundays or great holidays?

Excommunication is the punishment provided by Eastern Orthodox canon law for anyone who without a valid excuse repeatedly misses Divine Liturgy on Sundays or great holidays.

161. What are the prayers that every Orthodox Christian should know by heart?

The prayers that every Orthodox Christian should know by heart are the following: (a) The Lord's Prayer; (b) The Creed; (c) The Thrice-Holy Hymn.

162. How should we begin and end each prayer?

We should begin and end each prayer by making the sign of the Cross.

163. What is the Eastern Orthodox way of making the sign of the Cross?

The Eastern Orthodox way of making the sign of the Cross is the following: (a) We join the first three fingers of the right hand, namely the thumb and the two first fingers at the tips, as a symbol of the Holy Trinity. (b) We close the two remaining fingers of the right hand, namely the fourth and fifth fingers, on the palm, as a symbol of the two natures of Christ as God and man. (c) Then, with the fingers arranged in this position, we touch our forehead, our chest, our right shoulder, and our left shoulder, as a symbol of dedicating our mind, our heart, our soul, and our strength to the service of God.

164. How should we greet a bishop or a priest?

We should greet an apostle, prophet, bishop, or a priest by prayerfully bowing before him, by receiving his blessing, and kissing his hand. The reason for this is that the apostle, prophet, bishop, or priest at ordination received special gifts of the Holy Spirit of God whereby the Divine Graces flow from the Holy Spirit through the apostle, prophet, bishop, or priest. These Divine Graces Bless us from God and the source of these Blessings is directly from God by His Holy Spirit of God.

Note: All apostles, prophets, bishops, priests, and deacons are subject to the temptations of sin and they do, through life, commit sins in word, deed, and thought, known, and unknown, visible and invisible. Ordained servants of God, such as these and other servants who hold offices in the Church, such as an Abbot, Abbess, Evangelist, Members of the Church Council, etc., are required to confess their sins regularly before other apostles, bishops, and priests and receive spiritual guidance and prayers of forgiveness via the Divine Mysterion of Confession/Penance and/or the Divine Mysterion of Holy Unction.

165. What should every Orthodox American pray for especially?

Every Orthodox American should pray especially for the American Orthodox Church of the future, which will unite all Orthodox groups, and which will enable them to fulfill their evangelic mission in the United States of America for the glory of our Lord and Savior, Jesus Christ.