

### Lesson 1

# So What Am I Supposed To Do?



### Pray Together

Hanoon Hor, yev Vortvo, yev Hokvooyn Surpo, Amen.

Guard us, O Christ our God, under the shadow of your holy and venerable cross in peace. Deliver us from enemies visible and invisible. Make us worthy to give thanks to you and to glorify you with the Father and with the Holy Spirit, now and forever and unto the ages of ages. Amen.

## Quick Quiz

Write the correct answer in the space.

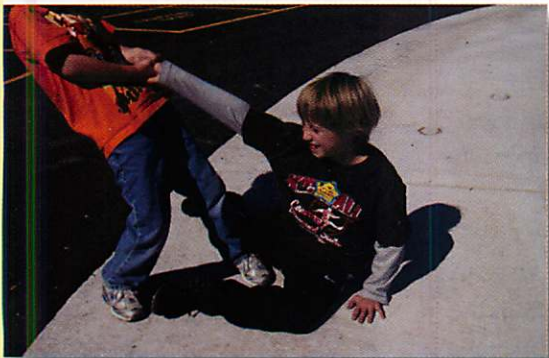
1. "Soorp Badarak" means \_\_\_\_\_.
2. The Fourth Commandment tells us to remember the Sabbath day, to keep it \_\_\_\_\_.
3. In Matthew 26:26-28, Jesus tells the disciples, "This is my blood of the new covenant, which is poured out for many for the \_\_\_\_\_ of sins."
4. In the book of \_\_\_\_\_, God gave Moses detailed instructions on how worship is to be conducted.
5. One of the most important ways we can keep Jesus in our minds, hearts and bodies is by receiving \_\_\_\_\_.

Words to Live By

"Be still and know that I am God!"

Psalm 46:10





## What Do I Really Know About God?

Our understanding of God can be described as “head knowledge” but also “heart knowledge.”

What is the difference?

Where did you first learn about God or Jesus?

What can you do to know him better?

How often do you think about God or Jesus outside of church or Sunday School? Many times a day? Not at all? Once a day? On Sunday morning?

## Actions Speak Louder than Words

Jesus’ work on the Cross is the sole source of our salvation. By themselves, even our best actions would not be enough to gain salvation on their own. Because we are not perfect, there would always be some little sin to separate us from God, even if we were very good people. As the Bible says in Romans 3:23 “for all have sinned and fall short of the glory of God.”

We participate in good works because we are commanded to do so by God, and because good works are a reflection of our true love for Christ. Filled with the Holy Spirit, we follow his commands to serve others. We may even attract others to him when they see us happily perform deeds that show the positive effect his love and mercy have on us.

Scripture has plenty to say about the connection between faith and deeds. Read the following verses:

Matthew 5:16

---

James 2:14-19

---

1 Peter 2:12

---

Psalms 34:12-16

---

For each Scripture passage, rewrite its message as if you are going to explain it to kindergarteners.



## Did You Know?

There is an interesting legend concerning Psalm 46 and William Shakespeare. He was 46 years old when the King James Version of the Bible was released. If you count 46 words in from the beginning of the Psalm [in that translation], you get to the word “shake.” If you count 46 words back from the end of the Psalm [excluding the final word “selah” which was a choral instruction], you come to “spear.” Hmm...did Shakespeare have a hand in the translation and did he slip his name into the text?



## Revisiting St. Gregory of Narek

There is a great difference between knowing about God and actually knowing God. There are highly educated individuals who can quote endless factoids about God and the Bible, but they have no idea of the real message. There are also people who can't even read who are excellent examples of Christian love and service.

When we think of someone who devotes his or her life to serving God, we usually think of a person who serves the poor or sick. Christians can also serve in other ways. God gave us many talents, and they can all be used for his glory. One example of such a person is St. Gregory of Narek (c.945-1003). In a previous lesson, we learned that he had little interest in anything the world had to offer; he was only interested in seeking God.

Gregory of Narek was very conscious of the sinful state of humanity. He strongly felt the unhappiness that comes from being apart from the Lord. Toward the end of his life, he wrote a long poem we call the Lamentations. Gregory opened his heart to God in this series of 95 prayers. Today, we still look to his writings as we seek God. This was Gregory's way of letting his works speak of his true love for the Lord.

The following website has the Lamentations in an easy-to-use format:  
<http://www.stgregoryofnarek.am/>



## Hey, Coach!

Can you think of anyone living today who would be a good mentor to those who wish to follow Christ? Anyone who lived in the past? What is it about them that shows they are followers of God?

## Our Armenian Way



Most churches have a very complicated process of canonization, which is when a person is officially recognized as a saint. As a result of the Armenian Church's refusal to recognize the Second Council of Nicaea, which was held in 787 AD, our path to sainthood is more streamlined. We generally follow the ancient tradition of considering as a saint any person who has suffered death in the name of Jesus. A bishop or primate of the area where the martyrdom occurred must verify the event. A few people have been recognized as saints even though they were not martyred, but because they lived sanctified lives, lives of unusual holiness. Saints Mesrob Mashtots and Sahag are just two examples of many such individuals canonized by the Armenian Church. The faith and godly behavior of the saints stand as an inspiration to today's believers as we navigate the confusion and complexity of modern life.