

Ukrainian Orthodox Church of the USA



**Faith, Hope, and
Love**

Participant Workbook

2015

Consistory Office of Youth & Young Adult Ministry

Session One: Faith, Hope, and Love; What do they mean?

Faith, hope, and love are probably words that you've heard before, but it's important to think about what they mean in our lives and in the Orthodox Church. The lessons in this workbook will help us to learn more about what these words mean and how we can make them important parts of our lives.

Faith

We'll begin with the word faith. What words can you think of that are similar to the word faith or would be included in the definition of faith?

Now let's take a walk! With a partner, you'll take a walk around the room. But, one of you will be blindfolded, and then you will switch. As you walk around the room, think about what it takes to be a good leader and what it takes to be a good follower.

Write your group's definition of the word faith here:

The Bible tells us in Hebrews 11:6 *"But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him."*

What does this passage tell us about how important it is to have faith?

Hope

The second part of this year's theme is hope. What are some things that you hope for?

The Orthodox Study Bible defines hope as "an expectation of something desired through faith." What does this mean?

It also reminds us that "for Christians, hope is to 'look forward to the Resurrection from the dead and the life of the world to come.'" Because we believe and have faith in Christ's death for our sins and the promise that we can get into heaven, we are able to hope for it.

Love

The third part of this year's theme is love. We will learn about different kinds of love- the love you show to God, to your parents and friends, to strangers, etc.

The most important definition of love is given to us in John's first epistle (the same John who wrote one of the Gospels) in verse 1 John 4:8. Write that definition here:

How important is love? In 1 Corinthians 13:13 Saint Paul writes to the people in Corinth saying, “*And now abide _____, _____, _____, these three; but the greatest of these is _____.*” This clearly tells us that love is the most important. Read 1 Corinthians 13:1-8 to see why.

Love never fails!

There are different words for love in the Greek language and the Church uses them to show differences in types of love. The love that we show to others is also known as agape. This is the word for love that would appear if you were reading 1 John 4:8 in Greek...God is agape. Agape is love in which you do things for others to make them happy or comfortable. We are expected to show this love to anyone-family, friends, and strangers because all of those people are created in the image and likeness of God. The love between a husband and wife is called eros.

The love of friendship is known as philia. Take a look at John 15:13-15 to learn more about the love of friendship. In this passage, Jesus is talking to His disciples about their friendship. Even our Lord and Master spoke to these men as friends. This is important because He shows us that while servants follow others because they are afraid of what they will do or because they feel like they have no choice, friends listen to the leader because they want to.

As you’ve seen, each of these words has its own definition, but they often work together. For example, in order to have hope that bad situations will turn out ok, you need to have faith that God can fix any problem. Throughout this workbook there will be lots of overlap, but you’ll see three symbols to help us know when we are talking specifically about faith, hope, and love.



Faith



Hope



Love

Session Two: Tools of the Church- The Bible, Prayers, and Hymns

The Orthodox Church gives us many tools to help us grow our faith, hope, and love. In our next two lessons, we'll take a look at some of these tools. Just like tools in a toolbox, a carpenter has to think about which tool is right for the job being done. Carpenters might also think about which tools they are already skilled in using and which ones they can learn to use more efficiently.

The Bible

One of the tools that the Orthodox Church encourages us to use is the Bible. Throughout the Holy Book, we find stories about people who show us examples of faith, hope, and love, as well as words from prophets, saints, and Jesus Christ Himself that can help us to understand these words.

Read the following Bible verses to learn more about each word. Fill in the blanks provided and summarize the verse in your own words after discussing with the class and your teacher.

✝ Some of Jesus's disciples had been trying to heal a person and could not. When Jesus returned, they asked Him why they were unable to heal the person. Matthew 17:20 – *“So Jesus said to them, ‘Because of your unbelief; for assuredly, I say to you, if you have faith as a _____ you will say to this mountain, ‘Move from here to there,’ and it _____; and nothing will be _____ for you.”*

✝ Once when Jesus was visiting the city of Jericho, He passed a blind man who was begging on the side of the road. As Jesus passed the man he yelled out “Jesus, Son of David, have mercy on me!” Even though everyone told him to be quiet, the man kept yelling to show that he knew that this was Jesus and believed in His power. Mark 10:52 tells us what happens next- *“Then Jesus said to him, ‘Go your way; your _____ has made you well.’ And immediately he received his sight and _____ Jesus on the road.*



The Psalter, or Book of Psalms is used in many ways within the Church. King David, who wrote many of the Psalms wrote Psalm 111 as an Alleluia, or praise song. This particular verse is commonly used as the Communion hymn on the feast day of saints. Psalm 11:6b-7 “A _____ man shall be in everlasting remembrance. He shall not be _____ because of any evil report; his heart is prepared to _____ in the Lord.”



Psalms 119-133 are known as odes of ascent. That means to climb up. They were often repeated by the people of Israel when they traveled great distances to celebrate the major feasts. They are now part of the services of Great Lent as we make our “journey” to Pascha. You may have heard Psalm 129 sung at Presanctified Liturgy (Read the whole psalm to see). Psalm 129:6b-7a “*My soul hopes in the Lord. From the morning watch until night. From the morning watch until night, let Israel hope in the Lord. For with the Lord there is mercy.*”



Psalm 143 was written by David as he prepared to fight Goliath. Goliath was arrogant and didn’t have faith in God. Psalm 143:1-2 “*Blessed is the Lord my God, who trains _____ for battle, my fingers for war; He is my mercy and my refuge, my _____ and my deliverer, my protector in whom I _____.*”



In his first epistle, John reminds his audience that God loved us so much that He sent His Son Jesus into the world. Even though God knew that people would crucify Jesus, He sent Him so that He could conquer Satan and allow us into heaven. 1 John 4:11- *“Beloved, if God so _____ us, we also ought to love one _____.”*



In his first epistle John tells his audience that it is not enough to just love God. 1 John 4:20- *“If someone says, ‘I love God,’ and hates his brother, he is _____; for he who does not love his brother whom he has seen, how can he _____ God whom he has not seen? And this commandment we have from Him: that he who loves God _____ love his brother also.”*



When asked which of the commandments was most important, Jesus answered the people, speaking about love. Mark 12:29-31 *“Jesus answered him, ‘The first of all the commandments is: ‘Hear, O Israel, the Lord our God, the Lord is one. And you shall _____ the Lord your God with all your _____, with all your _____, with all your _____, and with all your _____.’ This is the first commandment. And the second, like it, is this, ‘You shall love your neighbor as _____.’ There is no other commandment _____ than these.”*

Prayers and Hymns

The many prayers and hymns that we sing and recite at home and in church help us to grow in faith, hope, and love. Think about it, it's hard to be mad at someone or make a choice that wouldn't please God if we are saying a prayer, or singing a song from church in our head. Practicing prayers and songs until we know them by heart can be like putting on armor for battle. We know that people and things in the world will try to lead us away from God, but the armor of prayer can help us to ignore those things, or to fight against them if we must.

Take a look at the prayers below. You may recognize many of them from your daily prayers at home, from church services, or from prayers at our camp.

Place the symbols for faith, hope, or love below the prayer to show which word you think the prayer connects to. You may add more than one symbol, and be prepared to explain why you chose each symbol.



Third Prayer by St. Makarius the Great

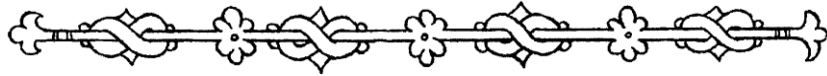
Master, Lover of Mankind, having risen from sleep I hasten to You. Through Your Loving-Kindness I strive to do Your work and I pray; Help me at all times and in everything, delivering me from every evil of the world and every attack of the devil, leading me into your Eternal Kingdom. For you are my Creator, the Giver and Guardian of all that is good. All my hope is in You, O God, my Father, my Lord, and my King.

A New Commandment



A new commandment I give to you that you love each other, even as I have loved you. By this all men will know, that you are my disciples, if you have love for each other.

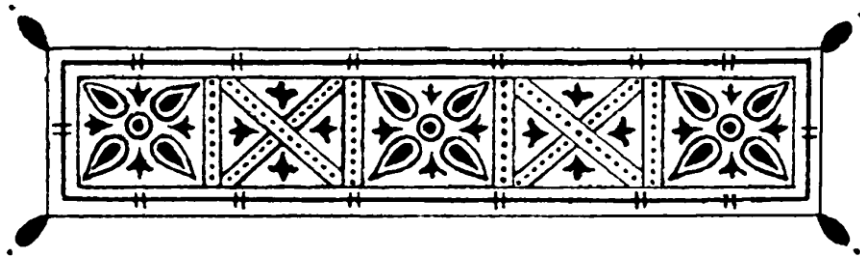




Daily Prokimen for Tuesday – 7th Tone

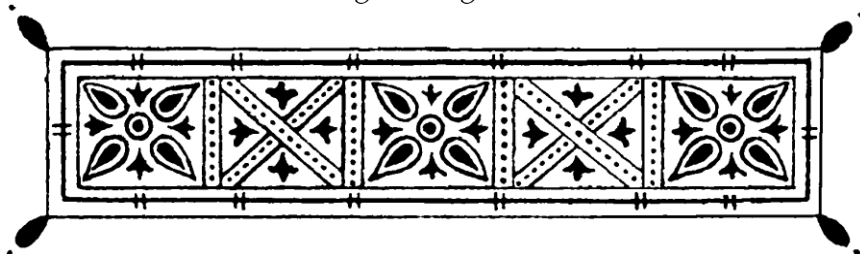
*THE RIGHTEOUS WILL REJOICE IN THE LORD,
AND WILL SET HIS HOPE ON HIM.*

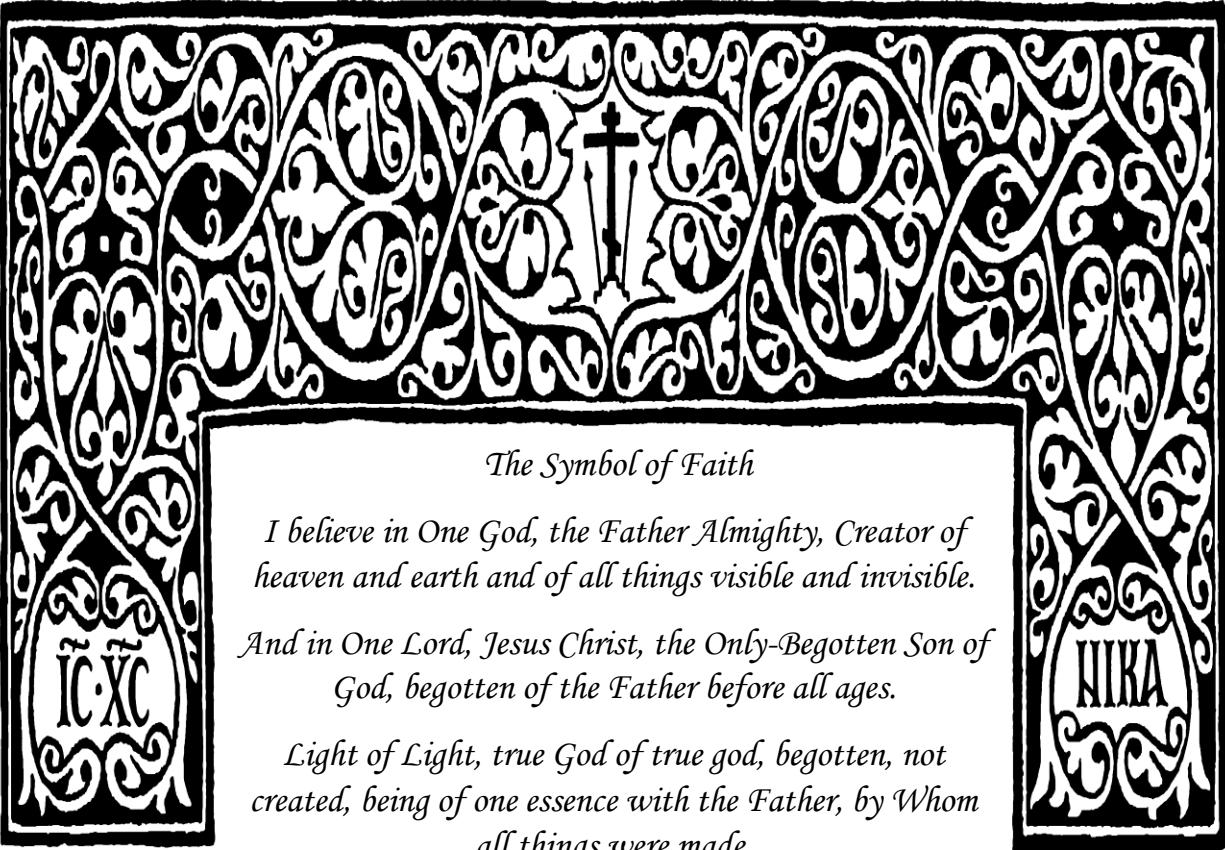
Verse: Hear my voice, O God, when I pray to You.



Magnification of the Holy Trinity

*My hope is the Father, my refuge is the
Son, my shelter is the Holy Spirit. O Holy
Trinity Glory to You.*





The Symbol of Faith

I believe in One God, the Father Almighty, Creator of heaven and earth and of all things visible and invisible.

And in One Lord, Jesus Christ, the Only-Begotten Son of God, begotten of the Father before all ages.

Light of Light, true God of true god, begotten, not created, being of one essence with the Father, by Whom all things were made.

Who for us men and for our salvation came down from heaven and was incarnate of the Holy Spirit and the Virgin Mary and became Man;

Who was crucified for us under Pontius Pilate and suffered and was buried; And on the third day He rose from the dead in accordance with the Scriptures;

And ascended into heaven and sits at the right hand of the Father; And He will come again with glory to judge the living and the dead; and His Kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father, Who together with the Father and the Son is worshipped and glorified, Who spoke through the prophets.

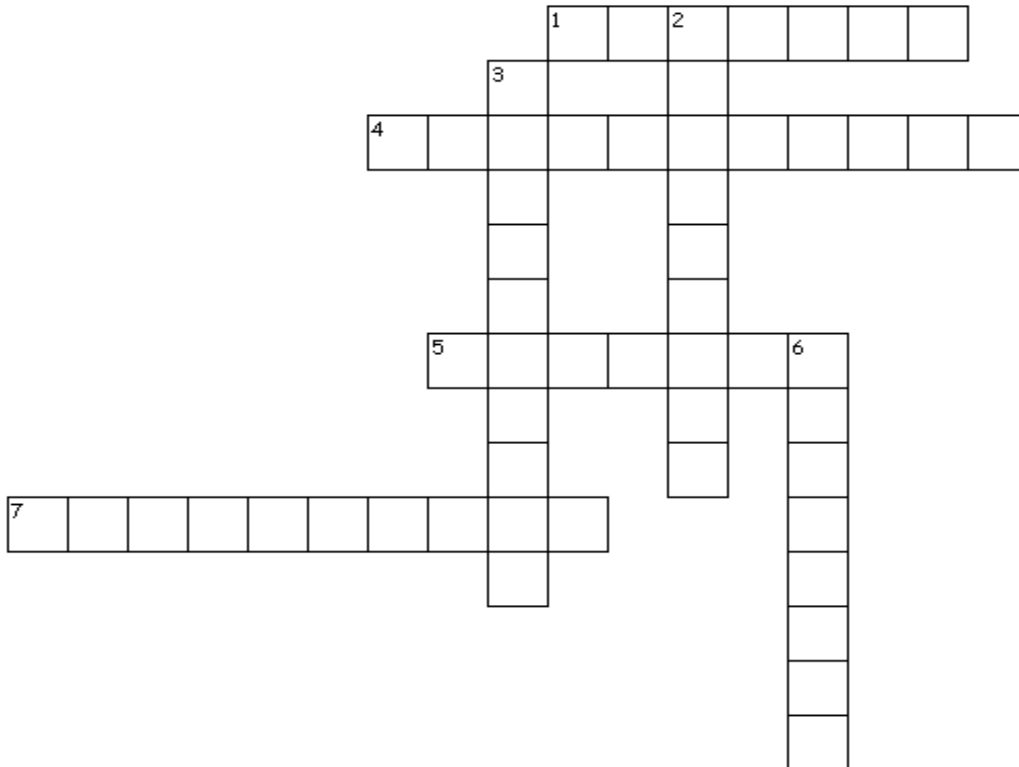
In One, Holy, Catholic and Apostolic Church.

I acknowledge one Baptism for the remission of sins.

I look for the resurrection of the dead and the life of the age to come. Amen.

Session Three: Tools of the Church- Sacraments

The Orthodox Church believes that every act that is part of our life in the Church can be considered holy or sacramental, although there are seven sacraments that are usually recognized. See how many you can name, then share with a partner.



Across

1. Usually celebrated during Holy Week people receive both physical and spiritual healing through the anointing of holy oil.
4. The gift of the Holy Spirit is received by being anointed with holy oil called chrism.
5. Christians "put on Christ" after washing away their sins. This often happens to infants, but can happen at any age.
7. The act of telling the sins you are sorry for to God and asking for forgiveness.

Down

2. The Holy Spirit is called down to turn water and wine into the Body and Blood of Christ during the Divine Liturgy.
3. In this sacrament men become deacons, priests, and bishops through the laying on of hands.
6. The uniting of a man and woman as husband and wife.

Some sacraments are done once in a lifetime, such as baptism, but others like communion and confession can happen daily. Participation in all of these sacraments requires faith, hope, and love. In each sacrament, God blesses and sanctifies, or makes holy, some aspect of our lives that we know about, but can't see.



Marriage

The sacrament of marriage is a good example of the idea that sacraments cause a change that can't be seen, but that we know is true. For example, when a husband and wife are married, we have faith that God has blessed their relationship to each other and to Him in a special way, even though they don't look particularly different after the ceremony. Other than their wedding rings, they haven't changed physically from the beginning of the ceremony to the end. They don't magically look alike, or have a halo, or anything else like that. But we know that through the actions of the wedding ceremony, they have been changed. We hope that together they will be able to help each other get closer to the Kingdom of Heaven, rather than each working alone. Love is obviously an important part of marriage too. Not only does the couple have love for each other, they now share their love for God and help each other make that love even stronger.



·MARRIAGE·



Confession

Most of you have completed your First Holy Confession. You know that confession is a sacrament in which we tell our sins to God to take responsibility for them. Then we talk to God about how sorry we are that we did not follow the rules and guidelines He has asked us to follow. Sometimes it can be uncomfortable to tell others what we have done wrong, but going to

confession is like taking a big weight off of our shoulders. And remember, the priest is there to guide us, not to judge us or to tell others about our sins.

At the end, the Priest says the Prayer of Absolution and God erases those sins that we are truly sorry for. Taking away those sins gives us another chance to start over with a clean slate, trying to do what God wants us to do, and not just what we want to do. This sacrament gives us great hope because God doesn't give us just one chance to get it right, or even two chances, but we can have as many chances as we need. We see in the prayer read at the end of our confession that God forgave even Peter who pretended not to know Jesus when He was being crucified. This gives us hope that we can be forgiven too.

The Prayer of Absolution

May God who pardoned David through Nathan the prophet when he confessed his sins, and Peter weeping bitterly for his denial, and the woman weeping at His feet, and the publican and the prodigal son, may the same God forgive you, (Name) all of your sins through me a sinner, both in this world and in the world to come, and set you uncondemned before His dreaded judgment seat. Have no further care for the sins that you have confessed depart in peace.

May Christ through the prayer of his holy Mother and of all the saints have mercy upon us and save us for He is good and loves mankind.



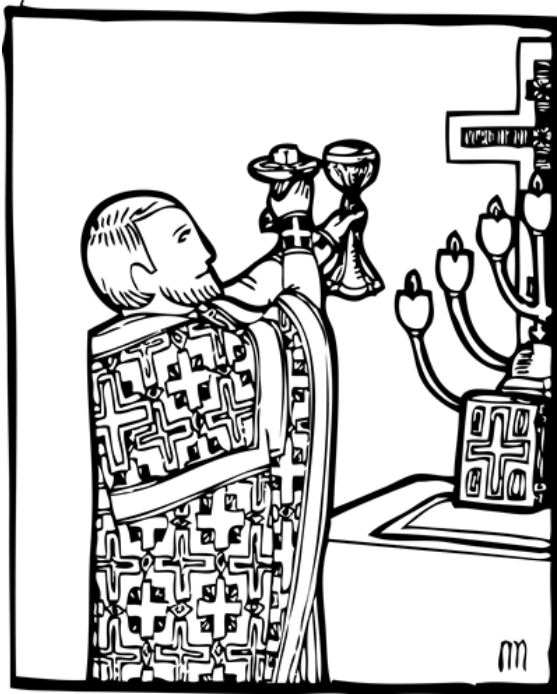


Communion

Communion is also called the Eucharist, which means giving thanks. Jesus gave us the example of giving thanks during His last supper with His disciples. Read Luke 22:19-20 and fill in the blanks below:

“And He took bread, gave _____ and broke it, and gave it to them, saying, ‘This is My body which is given for you; do this in _____ of Me.’ Likewise He also took the cup after supper, saying, ‘This cup is the new _____ in My Blood which is shed for you.’”

We see in this passage that Jesus set the example by giving thanks and asked us to continue in remembrance of Him. In communion, again our faith tells us that a change has happened even though it’s hard to see. Bread and wine go into the chalice, but during the Divine Liturgy, the priest asks the Holy Spirit to come down and turn them into the body and blood of Christ. When we come to the chalice to receive communion, things may not look different, but our faith tells us that God can make anything possible.



Can you fill in the blanks of this Communion Hymn?

Receive the Body of _____

Taste the _____ of Immortality

_____,

_____,



Ordination

If you've attended any Divine Liturgy of the Orthodox Church, it's pretty easy to tell who is leading the service. Everyone has an important role in the services-singing, praying, lighting candles, etc. are all necessary, but to make sure that things follow the proper order and time, a priest, bishop, or sometimes a deacon or reader leads the service. Because these jobs are so important, readers, deacons, priests, and bishops go through special training and are given their jobs through the sacrament of ordination.

A special element of ordination in the Orthodox Church is the laying on of hands. The bishop must lay his hands on the person being presented for ordination. This is taken from the example of the Apostles. As they traveled around the world teaching others about Jesus and the Orthodox Faith, they realized that when they left to travel to a new city or country, they needed to leave a leader in charge to lead services, teach others, and answer questions.




"Therefore brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business; but we will give ourselves continually to prayer and to the ministry of the word."
-Acts 6:3-4

The Apostles needed help, and laid hands on those who were worthy to lead. Although the bishop does the laying on of hands in an ordination, everyone present chants "Axios, Axios, Axios!" This means that we agree that the person being ordained is worthy of the job.




Session Four: Examples of the Saints

The lives of the saints can teach us a lot about faith, hope, and love. In today's lesson, you'll learn a little bit more about saints whose faith was tested, but they still showed strong faith, hope, and love towards others. Each class will study the life of a saint, and prepare a small skit to teach the others about their life. After the performances, fill in the boxes below with information about how each saint may have shown their faith, hope, and love in their life.




Skit #1

Saints Name:	
	
	
	

Skit #2:

Saints Name:	
	
	
	

Skit #3

Saints Name:	
	
	
	

Session Five- Ways to Show Faith, Hope, and Love to Others and Ourselves

In this lesson we will learn a little more about showing faith, hope, and love to others. We'll take a look at some situations where faith, hope, and love can help us. We'll also talk about our own faith, hope, and love towards ourselves, which we don't always think about.

In the following scenarios, you'll be asked to think about ways that faith, hope, and love can be useful. Think about the tools the church has given us to show faith, hope, and love. Also think about the lives of the saints that we discussed. What would they do? Use the symbols below as you brainstorm answers.



Faith
Love



Hope

Scenario #1:

You are worried about a friend whose family member is very sick. You know that your friend loves their family member, and you don't want anything bad to happen. How could faith, hope, and love help this situation?

Scenario #2:

You made a mistake-you went to Holy Confession, but kept something you were embarrassed about to yourself. You know that you should have mentioned it during your confession, but you were worried that the priest would be mad or would tell your parents. How could faith, hope, and love help in this situation?

Scenario #3:

You love your siblings, but sometimes they make you really mad, really really mad. Even though you have asked them many times to stay out of your things, you find something missing again. You know that it's not the worst thing in the world, but for some reason you are ready to scream! How could faith, hope, and love help in this situation?

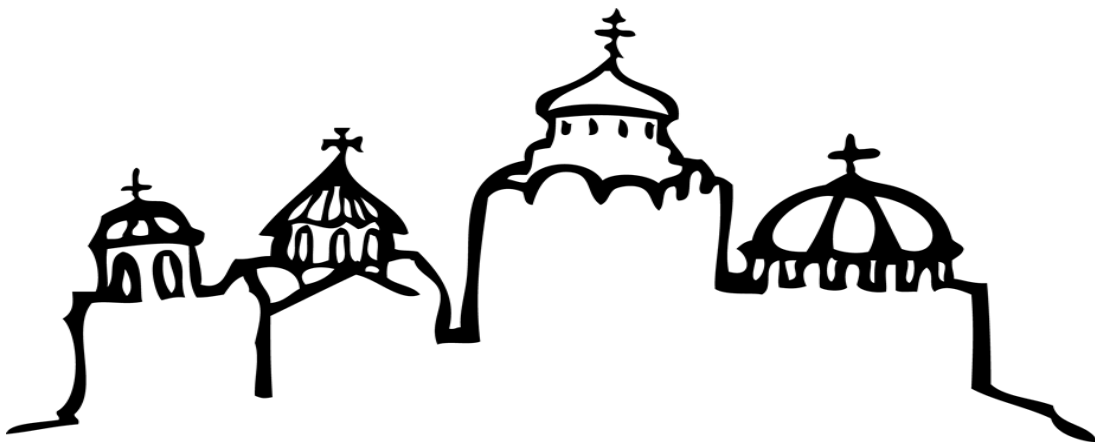
Our own Faith, Hope, and Love

Faith

What questions do you have about your Orthodox faith? What do you wonder about that could be explained by the church?

Who will you ask to get your questions answered?

What tools have we talked about that could help you? Think about the prayers we've learned about, the Bible passages we've studied, the sacraments, lives of the saints, etc.



Hope

Hope is not just something that's nice to have. Being truly hopeless means that we don't believe that anything is possible with God, or that He has the power to change things. It's like putting a wall up between you and God.

Take a minute to make a list of things that make you hopeful, and remind you of God's power. Think about people, places, and things in your daily life and the tools that we learned about last week. It's important to keep these things in mind for times when you might feel down or not so hopeful.

Love

[5 minutes](#)

As we've mentioned, it can be really easy to love those who are nice to us, but what about those who are more challenging. Think of a person, or group of people that you would like to try harder to show love to. Who is it? What tools can you use to help you?

Session Six- Waiting for Heaven

Work in groups to fill in the blanks of the following Bible verses.

*“Nevertheless we, according to His promise, look for new _____
and a new earth in which righteousness dwells.” 2 Peter 3:13*

*“My sheep hear My voice, and I know them, and they follow Me. And I give
them _____, and they shall never perish;”
John 10:27-28*

*“For we know that if our earthly house, this tent, is destroyed, we have a
building from God, a house not made with hands, eternal in the
_____.” 2 Corinthians 5:1*

*“Most assuredly, I say to you, he who believes in Me has
_____.” John 6:47*

The goal of every Christian’s life is to join God in heaven. No matter what we do here on Earth, the most important things are to prepare for heaven and live a life that shows God we want to be with Him. What does this have to do with faith, hope, and love? Let’s read 1 Thessalonians 5:8 to find out.

The people in Thessalonica had been asking about what would happen when Jesus comes again. They came up with a lot of “what ifs” and “maybes” and a lot of things that didn’t really answer the question. In one of his letters, Saint Paul tells them not to worry so much about what exactly will happen on that day, because God hasn’t told us. We don’t know the answer yet! Instead, Paul tells them that we do know that God has told us what’s important if we want to go to heaven with Him on that day. Rather than guess what might happen, he tells them to get ready for that day.

“But let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation.”

What does it sound like Saint Paul is asking the people to prepare for?

Preparing for a Marathon

How difficult was it to stay on the path? What might have made it easier? What might have made it more difficult?

If you stepped off and had to try again, how did that feel?

This was just a short exercise, but the Church teaches us that getting to heaven is like running a race. And because it takes our entire life, it's more like a marathon, not a sprint. As we read above, Saint Paul tells us not to sit back and wait for Jesus to come to us, we need to get ready and run to Him. How could faith, hope, and love help us in this journey?



Session Seven- Examples Today

We've talked about many ways that we can show faith, hope, and love in our daily lives and looked at the lives of the saints for inspiration. There are also many people who we can look to as examples today. After looking at some of the images your teacher has and discussing with your class, make a list of new thoughts about faith, hope, and love.



We hope when you get home you'll tell your family and friends, at home and at church, what you learned this week. What are the top three things you learned?

- 1.
- 2.
- 3.