

JUNIOR SECONDARY

CHRISTIAN RELIGIONS

EDUCATION NOTES

TERM 1,2,3

COMPETENCE BASED

CURRICULUM

STRAND COVERED

STRAND 1- INTRODUCTION TO CHRISTIAN RELIGIOUS EDUCATION.

STRAND 2- CREATION.

STRAND 3- THE BIBLE.

STRAND 4- THE LIFE & MINISTRY OF JESUS CHRIST.

STRAND 5- THE CHURCH.

STRAND 6- CHRISTIAN LIVING TODAY

Strand 1 INTRODUCTION TO CRE

The meaning of studying CRE

- CRE involves the study of religious beliefs and practices of Christians.
- Christian Religious Education is a subject that deals with God and how he reveals Himself to human beings.
- It is the study of how human beings depend on God and how God intervenes to save human beings.
- CRE is a subject studied in Kenyan schools to develop the mind, behaviour and character of the learners.
- It is also a subject that shows God's relationship with man.

Importance of studying CRE

Studying CRE is important because:

1. It makes one understand that God the Father, the Son and the Holy Spirit operate as one.
2. It helps one dispute knowledge and attitudes to make the right decisions in life.
3. Enables one think critically and make moral decisions on challenges affecting one's life and the society
4. One becomes exposed to cultural heritage, enhancing national unity through respect for each community.
5. One develops as a whole person, body, soul and spirit
6. One becomes courageous in the study of creation one is empowered to utilise the ability to control God's creation
7. It helps you relate with each other well through care and hospitality
8. The moral values you acquire helps you to take care of the environment
9. One acquires respect for oneself and hence living a productive life
10. One acquires the principle of sharing and social justice, enabling them to coexist with others
11. One acquires the skills that enable him or her promote economic development
12. It enables one to acquire ICT skills as they search for more knowledge
13. One develops communication skills through discussion and debate with other learners.

NB

- It provides answers to life mysteries e.g. the question of life after death, the origin of mankind, etc.
- It enables students to develop vivid awareness of God and how God reveals himself.

- It is a career subject, whose learners major in Law and theological training.
 - It instils respect, protection and conservation of God's creation.
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- It highly promotes human dignity.
- It helps students to appreciate their culture as well.
- It equips the youth with life skills such as critical thinking, which enables them to face challenges wisely.
- With regard to national goals of education, it promotes national development by instilling a positive attitude towards work. It equips learners with values that promote economic development.
- It helps learners to understand themselves better.
- It enables students to see the power of God controlling their own lives. It enables students to respond adequately to God's teachings and to relate well to others.
- It is a service of natural guidance.
- It promotes cultural integration.
- It promotes social equality and justice.

How CRE helps us to relate well with others

1. It has helped developed skills as ability to listen
2. It helps acquire values such as respect for self and others
3. It helps someone to make moral decisions. This helps people to associate with the right people
4. Obedience to God's command of loving our neighbours teaches us to care about others. 5.

Moral and religious values acquired from studying of CRE

1. Humility
2. Respect
3. Hard work
4. Discipline
5. Honesty
6. Integrity
7. Responsibility
8. Unity
9. Love
10. Hospitality

Strand 2

CREATION

Accounts of Creation

The Biblical accounts of creation

First account

Second account

The first biblical account of creation

Genesis 1:1-31, 2:1-4

It gives record on what was created within the first 6 days.

Humans' beings were created last.

Day	God's creation
First	Day and light and darkness
Second	Sky/dome/firmament
Third	Earth (land, plants and water bodies)
Fourth	Heavenly bodies (sun, moon and stars)
Fifth	Sea creatures and birds
sixth	Land creatures and man
seventh	God rested and called the day Sabbath

- From the first account of creation, we learn God is all powerful because He created the universe with one command.
- He is a God of order. He created the universe and everything in it in an orderly manner.
- God is the provider. He provides for human beings to meet their needs.
- Leisure time was instituted.

The second Biblical account of creation

Genesis 2:4-25

- In the second account of creation, there was no one to cultivate the land when God created the universe.
- God took soil from the ground and formed man. God breathed life into him

- Human beings were created first.
 - Man was created out of dust
 - God breathed life into man's nostrils
 - Man was put into the Garden of Eden.
 - The tree of knowledge and life giving stood in the middle of the garden.
 - Men was commanded to use everything in the garden except tree of knowledge of good and evil
 - The forbidden fruit from the tree was not supposed to be eaten.
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- Eating from the tree would result to death.
- God gave man the responsibility to take care of the environment
- God created all birds and all animals
- Man was given the responsibility of naming all the creatures
- He named all the birds and animals, but none was suitable helper for him
- Adam became lonely.
- A woman was created out of Adam's rib for companionship and a helper.

Attributes/nature of God from the Genesis stories of creation

- God is omnipotent/ all powerful
- God is orderly and perfect
- God is omnipresent/ everywhere
- God is transcendent
- God is the sustainer/ provider
- God is the sole creator
- He is a moral God
- He is a loving God
- He is a spirit
- He is everlasting/ self-existence
- God is source of goodness
- God is Holy
- God is a worker
- There is only one God
- The sole giver of life.



Similarities in the two biblical accounts of creation

1. In both accounts, God is the sole creator
2. In both God created male and female
3. In both, human beings are special
4. In both God provides for human beings
5. In both, human beings are given domination over the rest of the creation
6. The uniqueness of human beings is brought forth in the second accounts
7. Man shares in the life of God since he is made in the likeness of God
8. Creation involves both the living and non-living things.

Differences in the two biblical accounts of creation

First account	Second account
Days on the order of creation are given as 6 and God rested on the seventh day.	There is no mention of the days on order of creation
Marriage is made for procreation	Marriage is made for companionship
Man was created last	Man was created first
There is creation of light, sun, moon and stars as well as creation of fish and creeping things	Not found in the second account
There is no planting of garden of Eden	The Garden of Eden is planted.
Man and woman were created at the same time.	Man was created first from dust of the earth. Woman was then created from man's rib.
God was pleased with His creation.	There is no mention of this in the second account.

NB

- There is a chronological order of events in the first account of creation as opposed to the second
- In the first account, male and female are created at the same time whereas in the second account man is created first then woman is out of his ribs
- In the first account, creation is out of the command "let there be", yet, in the second, man is made out of dust
- In the first account, man names what he creates as opposed to the second where man is given the opportunity to name the animals
- A Sabbath day allocated for rest appears on the first while in the second account it wasn't mentioned
- The Garden of Eden mentioned in the second account wasn't in the first
- In the second creation account are four rivers (Tigris, Euphrates, Gihon and Pishon), which were not mentioned in the first
- Man was given a responsibility to till the land in the second but not in the first
- In the second account, the forbidden tree appears but this misses in the first account
- In the first account, God created human beings for procreation while in the second account they were created for companionship
- The second account of creation is human centered while the first does not shore this. It is man centered
- In the first account God created in union with the spirit (Holy Trinity) while in the second account God is alone
- In the first account human beings were created last while in the second they came first
- The first account takes six days to be complete unlike the second where days were not mentioned

- In the first account, God appreciates everything he creates. We are not told this in the second.

Importance of learning about creation

1. Helps us to know and understand God's creation work.
2. Helps to appreciate God's great work
3. Helps us to know how the first account differs from the second
- 4.

Similarities and differences between the biblical account and African creation stories

Africans view creation

- Africans believe that creation originated from God the creator.
- Each community has a myth that explains its origin
- Africans see God as mysterious in his deeds, for they fail to explain how he created the earth.
- Africans see human beings as special and that God creates everything for them.
- God provided the first human beings with all the necessities of life.
- The first people lived happily with God and lacked nothing.
- Marriage was mainly for procreation.

Similarities – biblical account and African creation stories

- In both, God is the sole creator.
- Man is the climax of creation.
- God is supreme.
- In both, man was given a wife for company.
- God is portrayed as a potter.
- God is the provider
- Creation of human took place at the end of the creation of things.

Between the biblical account and African creation stories

1. In biblical view, the order of creation is given, while the order of creation in the traditional view is not mentioned
2. In biblical view, everything was created to benefit human beings, some communities believe that god gave specific things to specific communities
- 3.
- 4.

Christian responsibility over animals, fish and birds

Biblical teaching on responsibility given to human beings over animal's birds and fish

- Christians have stewardship over Gods creation and they should care for everything in it.
- God created human beings and gave them responsibilities over living creatures.
- Our responsibility is to take care of these creations and use them for our benefits but in a responsibly way.
- The bible teaches that God gave human beings the responsibility of taking care of all wild and domestic animals, fish and birds

Pupil's activity

Page 19-20

Ways in which Christians apply biblical teachings to protect animals, fish and birds

- According to Genesis 2:15-20 the bible teaches us that God placed man in the Garden of Eden to cultivate and guard it.
- God formed animals from the soil and brought them to man who was asked to give them names. God expected human beings to take responsibility over animals, fish and birds found in the Garden of Eden.
- In James 3:7, the Bible teaches that human beings have the ability to tame all creatures such as wild animals, birds, reptiles and fish. The bible gives human beings the responsibility and authority over God's creation. Taming animals is a show of authority over them.

Pupil's activity

Page 20-21

Ways in which Christians protect and care of animals, fish and birds

- Constructing good houses for domestic animals
 - Fencing our farms well to keep away wild animals.
 - Feeding animals, fish and birds.
 - Providing clean water for them to drink or taking them to rivers and streams to drink water.
 - Protecting wild and domestic animals, fish and birds from bad people who kill them.
 - Ensuring that domestic animals are comfortable in places where they stay, eat and sleep.
 - Treating animals when they get sick.
 - Creating orphanage, game parks, game reserves and national parks for wild animals.
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- Lobbying the government to make and implement laws that protect animals, fish and birds.
- Creating sanctuaries for different types of birds.
- Educating citizens on the importance of protecting animals, fish and birds.

Reasons why Christians take care of animals, fish and birds.

To obey God's commands of taking responsibility over animals, fish and birds.

To preserve God's living creatures on land, sea and air.

To set a good example to other citizens on the need to take care of living creatures.

To ensure the preservation of animals, fish and birds so that they do not become extinct.

To ensure that animals, fish and birds are available as sources of food for human beings.

To ensure that they continue with the responsibility of being co-creators with God by conserving the environment.

Reducing conflicts between human beings and wild animals

The Kenya constitution protects animals from violence, overworking them when they are unwell, starvation, denial of water, abandonment, poisoning, careless surgery procedures, hunting and killing them.

Importance of protecting animals, fish and birds

- They provide food, clothing and income.
- Some animals provide manure for farming.
- Animals are companions and help us to work
- Their products support dairy industries, wool industries, leather and fishing industries.
- These sectors employ many people
- Birds help in the pollination of plants. As a result, human beings, animals and birds also get food.

Practising good stewardship by taking care of animals, fish and birds.

- A steward is someone who manages property on behalf of others.
- Good stewardship refers to the careful and responsible ways of taking care of something

or different situations.

- Good stewardship is important as it helps in taking care of God's creation and conserving the environment.
- Christians are called to be good stewards of God's creation.

Christian responsibility over plants

Different plants found in the environment

- Acacia
- Pawpaw
- Banana
- Maize
- Orange cassava.
- 6.
- 7.

Pupil's activity

Page 27-28

Responsibilities given to human beings over plants

Genesis 1:29, Genesis 2:15, Psalms 104:14

The bible teaches that God provided all kinds of grain and all kinds of fruits for food for human beings. He also provided grass and leafy plants as food for wild animals and birds.

The bible also teaches that God gave human beings the Garden of Eden to cultivate and guard. God makes grass for cattle and plants for human beings to use. He expects human beings to grow their own crops for food.

The responsibilities were:

They were to be in charge of the Garden of Eden

To eat from the fruits of the garden

To take care of God's creation.

- God has provided us with plants. Human being has been given the responsibility to take care of the plants to benefit themselves and animals.
- We care for plants by applying manure, weeding, watering and spraying pesticides. We also take care protecting them from animals that feed them

Applying Biblical teachings on the Care for Plants to conserve the environment.

Plants are important as they contribute to the wellbeing of people. There are different ways of taking care of plants such as:

Planting tree seedlings every rainy season.

Watering plants during the dry season.

Weeding around crops in farms and gardens.

Pruning trees so that they grow in a healthy way.

Mulching around crops so that they can keep moisture for a long time.

Avoiding cutting trees carelessly.

Planting tree seedlings to replace trees that are cut.

Reasons why Christians take care of trees/plants and animals.

To conserve the environment.

They were sources of food. Trees provide grain, fruits and other foods for people.

Plants provide shade for people and a good environment for birds.

Plants give us fresh air.

Some plants like coffee, tea and sugarcane are grown for economical use.

Some plants are used to make medicine for human beings and animals.

Other plants provided wood for construction of houses and making utensils.

Wood was used as a source of energy

Plants and animals provided materials for making musical instruments like kayamba

Animals provided skins and hides for making clothes

Some animals like dogs provide security to man.

Other were used as pack animals and others were used for transport. Example donkey

Animal horns were used for horn blowing which was means of communication.

Contribution of Responsible Use of Plants to economic growth.

Economic growth is the process of acquiring money and other resources progressively on a continuous basis.

Responsible use of plants contributes to growth of the economy in the following ways:

Cash crops like coffee, tea and sugarcane are grown and sold for money.

Food crops like maize, bananas and cassava provide food for families. The surplus (excess) is sold to bring income to individuals and families.

Fruit plants like oranges, mangoes and apples provide fruits that are important for our health. They can also be sold for money.

Some plants give us timber that is used for building and making furniture.

Plants like palms and sunflower give us oil for cooking and for industrial use.

Some plants such as neem and aloe vera are used in the making of medicine that is used to treat sick people.

Napier grass, shrubs and ordinary grass are used to feed domestic animals

Use and Misuse of natural resources as God's creation.

Natural resources are material available in the universe that can be used to meet the needs of people.

Natural resources are created by God.

Natural resources include:

Forests.

Rivers.

Soil.

Sun.

Animals and plants.

Different natural resources are found in different places where communities live.

People use some of the resources in the following ways.

Resource	Uses
Soils	Used to grow plants for food for people and animals.
Air	For breathing and keeping human beings and animals alive.
Wild animals.	Attract local and international tourists.
Minerals	Mined and sold for money and used in the manufacturing industries.
Forests	Provide trees that give firewood and timber used for furniture and building houses.

How does Human beings benefit from Natural resources?

Air is important to human beings, plants and animals as without it there is no life.

Soil provides nutrients for plants to grow.

Sunlight provides us with warmth and it is a source of Vitamin D. Plants also need sunlight to grow healthy.

Wildlife attracts tourists who bring money and contribute to the economy of the country.

Minerals provide raw material for industries.

Forests attract rainfall and clean the air we breathe. Forests act as catchment areas for rainwater and a good source of rivers and springs.

Water is important for survival of human beings, animals and plants.

Some natural resources like coal and oil provide fuel or energy to run vehicles or factories.

How People Misuse Natural resources.

- Deforestation-cutting down of trees and not planting new ones.
- Putting heaps of garbage that spoil the environment. Garbage heaps are breeding grounds for flies and other insects.
- Overgrazing-keeping many animals that eat everything in an environment leading to wind erosion and death of some animals due to droughts.
- Soil erosion due to poor farming methods.
- Burning bushes and agricultural waste. The smoke pollutes the air that we breathe.

Effects of Misusing Natural resources.

Leads to soil degradation.

This means overusing the soil making it lose its nutrients hence leading to the growing crops being unproductive.

Leads to deforestation.

This is where forests are destroyed through cutting down trees without replacing them.

Damages the ecosystem.

This refers to damage of the way plants, animals and other organisms work together to keep life going.



Leads to Water shortage.

It leads to water shortage in rivers and streams dry up due to careless cutting down of trees, thus destroying water catchment areas.

Leads to pollution of air and water.

This is through irresponsible human activities such as disposing waste into water bodies and smoke from industries.

Biblical Teaching on good use of Gods creation.

The bible teaches us on good use of God's creation, for example:

1. Genesis 2:15 teaches us to cultivate land in a good way and take care of it.
2. Exodus 23:10-11 teaches that we need to give land a period of rest after cultivating it for a period of time. During the time the land is resting, the poor people and animals should be allowed to eat whatever plants grow on it.
3. Deuteronomy 20:19 teaches that we should not cut down or destroy fruit trees but to eat fruits

Ways in which Africans promoted care and conservation of all types of plants

1. The Africans protected plants by weeding, pruning, mulching, shading, trapping and scaring away animals that fed on the plants.
 2. They also preserved seeds of the plants to last longer during dry periods and to protect them from small such as rats and weevils. This conservation ensured that Africans had seeds to plants during the rainy seasons.
- Preserved seeds and plants served as source of food during drought.
 - Africans used fire to make plants sprout out more serving as food for the animals.

How Africans promoted health of animals

- Africans cared for and protected domestic animals against wild animals by fencing their compounds and sleeping in the same place with the animals.
- They scared away wild animals that predated on their domestic animals by using different methods. Eg use of scarecrows, fire, noise.
- In the events of disease. Africans treated their animals using selected plants such as *Aloevera* while making them healthier by providing lick stones with mineral salts.
- They knew how to take care of animals during birth which ensured the growth in population.
- Animal products such as meat were preserved to last long for use during drought. Preservation was a way of ensuring food was not wasted.
- Young animals were left to suckle up to a time when they could eat grass and other types of vegetation.

Strand 3

THE BIBLE

FUNCTION OF THE BIBLE

The Bible is the inspired word of God.

How the Bible is used in different places and occasions

1. The Bible is used when taking oaths in courts of law.
2. It is used in schools and colleges for learning, during graduation ceremonies, prayers and research.
3. It is used in statehouse or during state functions, during the swearing in ceremonies and prayers.
4. It is used in churches and during crusades for preaching.
5. It is used at home for personal use during prayer time and home study
6. In hospitals when praying for the sick
7. Some Christians use the Bible before travelling to pray for journey mercies

Importance of Bible in the society today

John 1:1-2, Proverbs 30:5-6

- It contains the word of God
- It gives hope to Christians
- It helps us to understand biblical truths
- The Bible helps a person to discover the will of God
- God speaks to people through the scriptures
- The Bible corrects people when they are wrong and teaches them to do right. Christians should live exemplary lives.
- God protects those whose seek his protection and rebukes liars
- The Bible is the word of God and it was written by people who inspired by the spirit of God.
- The Bible unites people of God, strengthens the faith of the believers and outlines values for quality Christian living.

How the Bible is used to spread the word of God

The Bible is used in spreading the word of God in the following ways:

1. Christians songs are composed using Bible messages
2. The Bible is distributed to individuals to read the word of God

3. It is used for instructing and teaching new converts of Christian doctrine
4. It is used to take oaths therefore, increasing the faith of those who participate
5. Christians translate the Bible to vernacular so that many people can read and understand.
- 6.

The role of the Bible for holistic growth

Holistic growth involves physical, emotional, social, moral, intellectual and spiritual growth and development in all aspects of a person's life.

The Bible helps Christians to grow holistically for example:

- The Bible promotes spiritual growth when we read and meditate on the Word of God, worship with others and pray.
- The bible promotes moral growth by teaching us right from wrong and good from evil such as obeying our parents or guardians and other authorities and avoiding sin and its consequences.
- On social growth, the bible teaches us how to relate well with one another through observing values such as love, respect, humility and peace.
- Emotionally, the bible teaches us to uphold positive emotions such as joy, love and happiness. We also learn to manage negative emotions such as anger, fear, jealousy, envy and greed.
- In physical growth, the bible teaches us that God created us in His own image and likeness. It also teaches that we should maintain our bodies holy because they are the temples of Holy Spirit. It teaches us to avoid sins like sexual immorality, drunkenness and greed which can destroy our bodies.

How the Bible promotes spiritual growth

Spiritual growth includes

1. Increasing your knowledge and understanding of the word of God
2. Increase in faith and trust in God
3. Developing Christ-like qualities

How God's word inspires different services among Christians

Christian service is demonstration of who we are in Christ.

- The Bible teaches people to love God and humankind. Helping the needy in the society improves a person's relationship with God.
 - Service offered to others is part of Christian living and makes the world a better place to live. Serving others makes one happy and enriches other people's lives.
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- The word of God has inspired different services among Christians. For example, Christians visit the orphans, give them food, clothes and even take them to school.
 - Christians donate food, money and medicine to help people suffering when disasters like floods, accidents earthquakes, drought and famine occur
 - Christians support refugees by counselling, educating and giving medical care. They also offer shelter, food and sometimes employment.
 - For people who are unable to attend church service, the gospel is taken to them through crusades and public rallies.
 - Offering guidance and counselling to the youth.
 - Taking care of the environment as part of God's creation.

Divisions of the Bible

The Bible has 2 divisions

1. Old testaments – 39 books
2. New testaments – 27 books

Why are there two divisions of the Bible

- The two divisions were written at different times in human history
- The two divisions were addressed to different people and individuals
- The messages contained in the two testaments address different issues that were of specific concern to the people addressed.

Importance of Knowing the books of the Bible.

- It makes it possible to identify the order of the books.
- It makes referencing easy.
- It makes it possible to relate a Biblical theme with the book in which it is found, for example, the theme of creation is found in the book of Genesis.

Importance of the two divisions of the Bible to Christians

- The old testaments talk about how the world was created, the Exodus of Israelites and Ten Commandments given to Moses by God.
 - The testaments also include real life stories.
 - The function of this testament is to teach Christians through the experiences of other people throughout history.
 - Several books also foretell the arrival of the Messiah and the end of the world.
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- The New Testament focuses more on the life and teachings of Jesus and the early church.
 - The stories are narrated through gospels and emphasise the importance of the sacrifices of Jesus.
 - The function of the New testaments is to lead people to follow the example of Jesus more closely. The other books, written by various authors also talk about the end of the world.

OLD TESTAMENT

It was originally written in Hebrew.

It was written before Jesus Christ came to exist physically.

It was later translated to Greek and other languages.

The following are groups of books in the Old Testament respective of their appearance.

1. Torah/Pentateuch/law/mosaic.
2. Historical books.
3. Major Prophets Books.
4. Minor prophet

books.

Torah/Pentateuch/law

They were written by Moses.

Books	Author
1. Genesis	Moses

2. Exodus	Moses
3. Leviticus	Moses
4. Numbers	Moses
5. Deuteronomy	Moses

Genesis means origin or beginning

Exodus means coming out or departure

Numbers means census

Leviticus explains rules and regulation of priests.

The Ten Commandments (Decalogue) are found in the book of exodus and Deuteronomy.



Historical books.

Contains the history of what happened to the Israelites and its neighbours.

They are 12 books in this group written by different authors

BOOK	WRITER
Joshua	Joshua
Judges	Samuel
Ruth	Samuel
1 Samuel	Samuel
2 Samuel	Gad and Nathan
1 kings	Jeremiah
2 kings	Jeremiah
1 Chronicles	Ezra
2 Chronicles	Ezra
Ezra	Ezra
Nehemiah	Nehemiah
Esther	Mordecai

Poetic/wisdom books

They are also known as the writings or the wisdom books.

There are five in number.

BOOK	WRITER
Job	Actual author unknown
Psalms	David
Proverbs	Solomon
Ecclesiastes	Solomon
Song of Solomon	Solomon

Prophetic books

They are 17 in number.

They are subdivided into major prophets' books and minor prophets.

The terms major and minor are used to refer to the amount of content in the books.

Therefore, major prophetic books have more content than the minor prophet books

MAJOR PROPHETS BOOK	WRITER
Isaiah	Isaiah
Jeremiah	Jeremiah
Lamentation	Jeremiah
Ezekiel	Ezekiel
Daniel	Daniel

Minor prophetic books

Book	writer
Hosea	Hosea
Joel	Joel
Amos	Amos
Obadiah	Obadiah
Jonah	Jonah
Micah	Micah
Nahum	Nahum
Habakkuk	Habakkuk
Zephaniah	Zephaniah
Haggai	Haggai
Zechariah	Zechariah
Malachi	Malachi

NB:

- ☐ Genesis is the first book of the Bible and the Old Testament.
- ☐ Malachi is the last book of the Old Testament.
- ☐ The books of the New testaments according to classification
- ☐ The New Testament is the period after Christ is born, it is the fulfilment of tthe old testament prophecies of Jesus.

NEW TESTAMENT

- It was originally written in Greek.
- Written after Christ.
- The 27 books in the new testament are classified into four groups:
 - The Gospels.
 - Historical books.
 - The Epistles.
 - Prophetic books.

□ **Gospel books**

They explain the events in life of Jesus from birth to his ascension in Bethany.

BOOK	WRITER
Matthew	Matthew
Mark	John Mark
Luke	Luke
John	John

☐ Gospel books are divided into two groups:

Synoptic books

Non-synoptic book.

Synoptic Books

They explain full life history of Jesus

They are:

- o Matthew.
- o Mark
- o Luke.

Non-Synoptic Book.

It does not explain full history of Jesus.

It is the book of John.

☐ **Historical book**

Acts of apostle

The writer of acts of apostle was St. Luke.

The book of Acts explains the life of believers in the early church.

☐ **Letters or Epistles**

These are letters which were written by Paul while he was in prison.

It comprises of 21 books. 13 of which were written by Paul while other were written by different authors.

	Book	Author
1	Romans	St. Paul
2	1 Corinthians	St. Paul
3	2 Corinthians	St. Paul
4	Galatians	St. Paul
5	Ephesians	St. Paul
6	Philippians	St. Paul
7	Colossians	St. Paul
8	1 Thessalonians	St. Paul
9	2 Thessalonians	St. Paul

10	1 Timothy	St. Paul
11	2 Timothy	St. Paul
12	Titus	St. Paul
13	Philemon	St. Paul
14	Hebrews	Unknown
15	James	James the brother to Jesus
16	1 Peter	Peter
17	2 Peter	Peter
18	1 John	John
19	2 John	John
20	3 John	John
21	Jude	Jude

Prophetic books

An example is the book of Revelation.

It is also called Apocalypse of John meaning revelation to John.

It was written by John after having a vision on Patmos Island.

Revelation contains the writings about the last days.

NB;

Matthew is the first book of the New Testament.

Revelation is the last book of the Bible and the New Testament.

Bible translation

To translate means to express spoken or written words in a language that is different from one that was initially used.

It also means the process of changing written or spoken information from one language to another.

A version refers to the style of the language used in the translation of Bible text.

Old testament was translated from the original Hebrew language into Greek in the 3rd century BCE (Before Christ Era).

This translation is called **septuagint** because it was translated by 70 scholars.

Later in the 4th century, the Old testament was translated into Latin. This translation was called **Vulgate**.

In the 16th century, the Bible was translated into different European languages for example the German Lutheran Bible and the English King James version.

During the missionaries period in Africa, the Bible was further translated into many African languages, for example Johan Ludwig Krapf translated parts of the Old testament and New Testament into Kiswahili.

During the 20th century the Bible was translated into many Kenyan languages such as:

- a.) kikuyu-1951
- b.) kikamba-1956.
- c.) Dholuo-1963.
- d.) Kimeru-1964.
- e.) Kalenjin-1969.
- f.) Pokomo-2005.
- g.) Rendille-2018.

The Bible Society of Kenya (BSK) continues with the work of translating the Bible.

CHRISTAINAS IN Kenya use different versions of the Bible.

Some versions are easy to read and understand while other are difficult.

The following are examples of the Bible versions;

- Good News Bible.
- Revised Standard Version (RSV)
- New International Version (NIV)
- The African Bible.
- The Youth Bible.
- New King James Version (NKJV)

- New Living Translation Bible Version.
- King James Bible.
- The Jerusalem Bible.
- The Gideon International Bible.
- The Holy Bible.
- The New English Bible.
- The Jerome Bible.
- The Common Bible.
- The New Life Version.
- The Authorized Bible

How people benefited from different translations of the Bible

Spread of the word of God and the general growth of the church.

Higher demand for formal education in Africa so as to read the Bible.

It increased the number of Africans in church leadership.

Unity of mankind, especially through ecumenism.

It made African Christians more active than passive.

Africans learned foreign languages e.g. English.

Many missionaries were able to learn African languages.

African languages developed from oral to written form.

Introduction of new concepts and terms into local languages.

Development of African theology.

Many employment opportunities. For instance, people are employed to work for the Bible Society of Kenya.

Emergence of African indigenous churches.

Africans rediscovered their culture and developed confidence in it.

Fast growth of the printing industry.

Establishment of Bible societies in Africa e.g. the Bible society of Kenya

Reasons that led to the translations of the Bible into local languages

To enable the word of God to reach more people.

To train local people to take leadership skills.

To facilitate the expansion of the church.

To indigenise Christianity.

To establish local translation society for example Kenya's Bible society.

To enable the local people read the bible and understand it.

To encourage development of local languages.

The different translations of the Bible

- ❑ When missionaries began to evangelise in African there was a need to translate the Bible into local languages of the local people to have the scripture in a language they could understand.
- ❑ Today the Bible has been translated into local languages.
- ❑ In Kenya, the Bible society of Kenya is the main body mandated to translate the Bible.
- ❑ Some of the translated Bibles include Kamba, Swahili, kikuyu, Kimiiru/kimeru, Somali, Samburu, Borana, Luhya Bibles.

Social effects of the translation of the Holy Bible into local languages

It has enabled the spread of the word of God to local communities.

People can now read the Bible in their local languages and understand it better

It has deepened the faith of individual Christians.

It has made it possible for individual Christians to be actively in church activities like teaching Sunday school and conducting Bible studies.

It enabled Africans to rediscover their own cultural identity. This is because through reading the Bible, they are able to differentiate between biblical Christianity and western culture.

It enhanced establishment of African independent churches and schools.

It offered job opportunities for example, people are employed as Bible translators, copy typists, secretaries etc.

It enabled growth of business such as bookshops and printing press.

Improving the standards of living among the local people. This is made possible through employment opportunities and establishment of businesses.

Improving money circulation. This happens through buying and selling of items related to Bible translation.

It has led to the development of African independent churches

It has led to the development of local languages which have been put down in written form.

Africans have become leaders in their established churches as catechists, priests, pastors and deacons.

Leadership in the Bible: Moses

Exodus 2:11-13, exodus 3:1-2, Exodus 6:12

- ☒ During the call of Moses, God told Moses that he had heard the cry of his people (Israelites).
- ☒ God wanted to send Moses to the king of Egypt so that he could lead his people out of the country

Characteristics of a good leader

- ☐ God fearing.
- ☐ Ready to serve
- ☐ Hardworking
- ☐ Good decision maker
- ☐ Gentle
- ☐ Have respect
- ☐ Honest
- ☐ Humble
- ☐ Loyal
- ☐ Loving
- ☐ Peaceful

□ Be a role model

□ Have integrity

How God prepared Moses for Leadership

Exodus 2:11-13, Exodus 3:1-2, Exodus 6:12

In the society leaders are prepared to take up their position in different ways, for example through training.

Like today leaders, God prepared Moses for leadership in different ways.

Speaking from a miraculously burning bush, God says he will send Moses to lead His people from Egyptian slavery.

This mission was overwhelming to Moses. He responded to God's call with doubt. He did not see himself as the best person to free the Jews or an appropriate leader for the task. However, God often calls the most unlikely people to accomplish his greatest tasks.

- God prepared Moses for leadership by making him witness the suffering of the Hebrews under the Egyptians.
- God prepared Moses to solve conflicts among his people and the Israelites.
- Life in the desert made Moses bold and ready to face hardship.
- As a shepherd, Moses learnt to be keen and responsible in leading Israelites

The Roles performed by Moses during the Exodus.

Moses was the prophet who led Israelites out of slavery in Egypt and brought them to the edge of the promised land.

Moses played various roles during the exodus.

- ☞ Encouraging the Israelites not to be afraid of the Egyptians.
- ☞ Assuring the people of Israel that God would fight for them
- ☞ Guiding the Israelites through crossing the Red sea and in the desert.
- ☞ Responding to the needs of the people when they needed water to drink.
- ☞ Praying to God for help when the Israelites complained.
- ☞ Delegating some of the leadership responsibilities to capable men according to their abilities.
- ☞ Teaching the Israelites God's commands on how to live and what to do.
- ☞ Preparing Joshua to succeed him as a leader of the people.

- ☞ Warning the Israelites on what would happen to them if they disobeyed God.
- ☞ Mediating between God and the Israelites.

Leadership Qualities of Moses that Christians can emulate

☞ Humility

Moses showed humility because he sought God's guidance before making a decision. He also took advice from his father-in-law Jethro.

Christians learn that it is important to be humble in order to succeed in their responsibilities.

☞ Courage.

Moses showed courage as he led the Israelites to cross the Red sea and through the wilderness.

Christians should be courageous in their work.

☞ Empathetic.

Moses identified himself with the problems of the people he led and sought solutions.

Christians learn that it is important to show empathy to other people.

☞ Prayerful.

Moses prayed to God whenever he faced problems in his leadership.

Christians too should be prayerful in order to overcome the challenges that they face.

☞ Obedience.

When he was called by God, Moss showed obedience.

Christians learn that obeying God is important.

☞ Mentorship

Moses prepared Joshua to succeed him as a leader.

Christians learn that it is important to prepare other people for future leadership.

Advantages of choosing good leaders in the society

A good leader, among other qualities should be God fearing, trustworthy, a team player, obedient, responsible, and humble.

Good leadership promotes peace, love, unity and development of many nations

Leaders should follow the example of Moses.

Strand 5 THE LIFE AND MINISTRY OF JESUS CHRIST.

BACKGROUND TO THE BIRTH OF JESUS CHRIST

Prophecies about the coming of Jesus Christ

- The coming of Jesus Christ as **messiah** was predicted by many prophets in the Old testament such as Isaiah and Jeremiah.
- The word Messiah comes from the Hebrew word ‘**Meshiach**’ which means the **anointed one**.
- A prophecy is a prediction of what will happen in the future.
- It is declared by a prophet who is inspired by the spirit of God.
- Some of the roles played by prophets included:
 - ✓ *Communicating God’s message to his people.*
 - ✓ *Condemns evils in the society.*
 - ✓ *Give hope to people.*
 - ✓ *Anoint kings.*
 - ✓ *Teach people the ways of God.*

Isaiah’s prophecy about the coming of Jesus Christ

Isaiah’s prophesy acts as an announcement of the birth of Jesus Christ, his righteousness, his earthly government and His just Kingdom which would be everlasting.

Isaiah 9:6-7

Isaiah prophesied that

□ The messiah shall be called

- ***Wonderful counsellor.***

- *Mighty God.*
- *Eternal father.*
- *Prince of peace.*

- The messiah shall sit upon the throne of David and shall rule with justice and righteousness forever.
- The kingdom established by the prophesied King would have the following characteristic.

- ☞ *It would be powerful and continue to grow.*
- ☞ *It would always be at peace.*
- ☞ *The king would rule well and exercise justice.*
- ☞ *It would last forever.*

Jeremiah prophecy about the coming of Jesus Christ
Jeremiah 23:5-6

Jeremiah prophesied that

- The messiah would be a righteous king from the house of David.
- The messiah shall execute justice and righteous in the land.
- He shall guarantee security and safety in the land of Israel.
- He shall be called “the lord of righteousness”
- He would bring salvation upon Judah.
- He would reign as a king.
- He would rule wisely.
- The king would ensure that Judah is a safe from all her enemies and Israel lives in peace.

Ways in which the Old Testament prophecies about the coming of Jesus Christ were Fulfilled.

Mathew 1:18-23, Jeremiah 23:5-6, Isaiah 9:6-7

Old testament prophecies	How they were fulfilled
The Messiah would be a descendant of David	Joseph, the Father of Jesus was a descendant of King David.
He would bring salvation upon Judah	Jesus brought salvation to the whole world
The messiah would rule on the throne of David forever	Joseph, the father of Jesus was descendant of king David
A virgin will become pregnant and have a son and He will be called Immanuel	Mary conceived as a virgin

Since the birth of Jesus Christ, the title Messiah and King were used several times to refer to Him. The word ‘Christ’ is a Greek word which means Messiah or savior.

According to Matthew 1:18-23, the coming of Jesus Christ fulfilled the Old Testament prophecies about the Messiah in the following ways:

- The old testament prophecy that Messiah would be born in the lineage of David was confirmed when God sent Angel Gabriel to a young man named Joseph who was engaged to Mary the mother of Jesus Christ. Joseph came from the lineage of King David.
 - Jesus was born of a virgin. He was conceived through the power of the Holy Spirit as prophesied by prophet Isaiah.
 - Isaiah’s prophecy that the Messiah would be named Immanuel is fulfilled in Angel Gabriel’s message to Joseph that Mary’s son would be called Immanuel (Matthew 1:23)
-
- The promise of a son was fulfilled when Mary bore a son and named Him Jesus.
 - The title given to the promised Messiah by prophet Jeremiah which is ‘The Lord Our Salvation’ is fulfilled when the promised son is given the name Jesus which means Saviour because He would save his people from sins.

The annunciation and the birth of John the Baptist

Luke 1:5-25

- * To announce means to make known.
- * The old testaments said that John the Baptist was to prepare the way for the Messiah.
- * Angel Gabriel announced the birth of John the Baptist during the reign of king Herod the

Great.

- * In the kingdom there lived an old couple Zechariah and Elizabeth. Zechariah mean God has remembered while Elizabeth means God has sworn. They were good and God fearing but they did not have a child because Elizabeth was a barren which was shameful and humiliating situation for a woman among the Jews.
- * Zechariah was a priest from a priestly family of the Levites called Abijah. As a priest his duty was to burn incense at the altar.
- * As Zechariah was doing his duty Angel Gabriel appeared to him and stood at the right side of the altar. The rest of the people were outside praying. Zechariah was afraid upon seeing the angel. The angel said to him, "Don't be afraid, Zechariah! God has heard your prayer, and your wife Elizabeth will bear you a son. You are to name him John," (Luke 1:13)" the name John means "Gods is gracious".
- * ***The angel informed Zechariah that John the Baptist would have the following roles:***
 - ✓ *He would be great in the sight of the Lord. This implies that he would be a great prophet filled with the Holy spirit.*
 - ✓ *He would be a nazirite. Among the Israelites, a nazirite was a person who fully dedicated himself to God by taking a vow to serve him. A nazirite was bound by the vow not to cut his hair and not to drink wine or strong drink.*
 - ✓ *He would have the qualities of prophet Elijah. Some of these qualities are courage, faith, loyalty, prayerfulness and simplicity.*
 - ✓ *He would bring back the people of Israel to the Lord their God.*
 - ✓ *He would prepare the way for the coming of Jesus Christ.*
- * Zechariah could not believe the angel's message since he was an old man and his wife was also old and barren
- * When he doubted the angel, he was struck dumb and he remained so until the baby was born.
- * Meanwhile when he came out he could not speak to people who were waiting for him, they realized that he had received a vision in the temple.
- * After sometime his wife conceived and she remained indoors for five months.

Relating the birth of John the Baptist to the coming of Jesus Christ

Luke 3:16, John 1:29-30

The birth of John the Baptist relates to the coming of Jesus Christ as the Messiah in the following ways:

a.) Baptism.

During his preaching, John the Baptist reminded his listeners that someone greater than him was coming whose sandals he was not worthy to untie. This person was Jesus Christ. While John baptized them with water, he said that Jesus Christ would baptize them with Holy spirit and fire.

b.) Repentance.

John the Baptist prepared the way for Jesus Christ by preaching repentance, though repentance, the people were prepared to receive Jesus Christ.

c.) Recognizing Jesus as the Messiah.

John the Baptist recognized that Jesus Christ was the promised Messiah and “Lamb of God” who takes away the sin of the world” (John 1:29) this meant that John the Baptist was not the Messiah but a forerunner of the Messiah.

John the Baptist	Jesus Christ
John baptized people with water but said Jesus would be greater	Jesus Christ was greater than John the Baptist
John introduced Jesus as the lamb of God	Jesus Christ came to where John was baptising as the lamb of God
John said Jesus came to forgive sins	Jesus Christ came to forgive sins
John baptized people with water	Jesus Christ would baptize people with the holy spirit and fire

Ways in which Christians apply the message of John the Baptist in their lives today

When John the Baptist started preaching, he went to the whole of Jordan and the surrounding region proclaiming the Kingdom of God.

People of all walks of life came to listen to him and to undergo baptism, which was his main message.

John the Baptist Message.

□ **Message to the crowd.**

John the Baptist urged his listeners to have a total change of heart and confess their sins so that God would forgive them.

He warned them against God’s judgement. They assumed that since they were the descendants of Abraham, God could not punish them. John emphasized that the mere fact of being children of Abraham, was not sufficient for the Jews to escape Gods punishment.

He urged those who have to share with those who don't have. "whatever has two shirts must give one to the man who has none, and whoever has food must share it"

□ **Message to the tax collectors.**

He advised tax collectors not to collect more than what was required of them.

□ **Message to the solders.**

He advised solders not to take money from anyone by force.

Not to accuse anyone falsely.

To be content with their pay.

How do Christian apply John the Baptists message in the modern day society?

All the evils condemned by John the Baptist are still present in the current modern day society.

Christians apply the message of John the Baptist in their lives today in the following ways.

- ❑ Christians share what they have with those who are in need.
- ❑ They repent their sins to God.
- ❑ Christians are expected to be honest in what they do and obey the laws that govern them.
- ❑ Christians should not take what belongs to other people by force.
- ❑ Christians should not accuse others falsely.
- ❑ Christians should be content with what they are paid.

Values that Christians need to avoid evils condemned by John the Baptist.

Courage- Christians should make up their minds not to engage in evils practices and stand up for what they believe even in the face of strong condemnation.

Kindness- Christians should be friendly, generous and considerate of others especially in times of need and difficulties.

Honesty- Christians should be truthful and sincere in their interaction with others.

Social justice- Christians should promote fairness and equity across all aspects of society.

Creative Thinking-Enables one to have ideas on how to avoid evil.

Critical thinking- Enables one to make an informed judgement not to commit sin.

Decision making -Helps us to make moral decisions that are appropriate.

Self-esteem- Have a feeling of self worth

Assertiveness- Express one's actions with confidence.

The birth and childhood of Jesus Christ

Events that took place during the annunciation and the birth of Jesus Christ

Luke 1:26-38

An event is something that takes place and it is of importance.

The annunciation of the birth of Jesus Christ was important.

During the sixth month of Elizabeth's pregnancy. Angel Gabriel was sent to a virgin woman named Mary, who was engaged to Joseph, a descendant of King David.

Mary was troubled and he (the angel) told her not to be afraid for she had found favour in the Lord.

The angel announced the following concerning Jesus to Mary.

He shall bear a son.

He shall be called Jesus.

He will be great.

He will be called the son of the Most High God.

He will rule over the house of Jacob forever.

The Lord would give Him the throne of his Father, David.

His kingdom would last forever.

He will be conceived through the power of the Holy Spirit.

Events that took place during the Birth of Jesus Christ

Luke 2:1-20

a.) God sends Angel Gabriel to Mary.

- ☐ God sent angel Gabriel to a town in Galilee called Nazareth. The angel was to deliver a message to Mary, a young woman who was engaged to Joseph.
- ☐ Joseph was a descendant of King David.

b.) The angel appeared to Mary and gave her special greeting.

- ☐ When the angel appeared to Mary he greeted her, “peace be with you! The Lord is with you and has greatly blessed you!” (Luke 1:28)

c.) Mary was deeply troubled.

- ☐ Mary was greatly troubled by the angel’s greetings.
- ☐ She wondered what is meant

d.) Angel Gabriel delivers God’s message to Mary.

- ☐ The angel told Mary that she would become pregnant, give birth to a son and name him Jesus.

e.) Description of Mary’s son.

- ☐ Angel Gabriel described Mary’s unborn child who would be the Messiah as follows
 - Jesus was going to be great and would be called the son of the Most High.*
 - He would be given the throne of His father David.*
 - Jesus was going to be an everlasting king and his kingdom would have no end.*

f.) The angel explains his message to Mary.

- ☐ Mary wondered how she would conceive as she was still a virgin.
- ☐ The angel explained to her that she was going to conceive through the power of the Holy spirit.
- ☐ To confirm that this would be possible. Angel Gabriel told Mary that her relative Elizabeth who had been barren was six months pregnant

g.) Mary submits to the will of God.

- ☐ Mary finally accepted the angel’s message and submitted herself to God’s will. “I am the Lord’s servant,” said Mary; “may it happen to me as you have said.” (Luke 1:38)

The birth of Jesus Christ took place in Bethlehem, in Judea, during the rule of Emperor Augustus Caesar.

Mary and Joseph travelled to Bethlehem, the birth place of Joseph, who was a descendant of King David. People were supposed to be counted from their original home areas.

While in Bethlehem, the time came for Mary to have her child. There was no place available to rest for rooms in the inns were fully booked. The baby was, therefore, born where Joseph and Mary had settled in for the night. Mary wrapped him in clothes and laid him in a manger.

In the countryside close by, there were shepherds who lived in the fields, an angel of the Lord appeared to them and they were afraid. The angel calmed them down and informed them the Savior had been born.

The angel also gave them signs so as to identify the baby. They would find the baby wrapped in clothes and lying in a manger. Soon after this, a choir of other angels appeared singing praises to God.

After the angel's message, the shepherds went to visit the baby. They found the baby lying in a manger as they had been told. They repeated what the angel had told them about the baby and all who heard it were surprised. The shepherds then returned, praising God for all they had heard and seen.

The Dedication of Jesus.

Events that took place during the dedication of Jesus Christ

In obedience to the Law of Moses, Mary and Joseph took Jesus to the temple in Jerusalem to dedicate him to the Lord.

They also went to offer a sacrifice if a pair of doves or two young pigeons as required by the law of the Lord.

A good, God fearing man named Simeon led by the Holy Spirit, went into the temple when the parents of Jesus brought him for dedication. Simeon took Jesus into his arms and gave thanks to God.

Anna, an 84 years old prophetess, who never left the temple; fasting and praying also arrived and gave thanks to God. She spoke about Jesus to all who were waiting for God to set Jerusalem free.

Mary and Joseph were amazed at the things Simeon said about Jesus. He blessed them.

Simeon prophesied that Jesus was chosen by God for the destruction and the salvation of

many in Israel. He said many people would speak against him and his mother would face some of the suffering.

Importance of the dedication of Jesus.

The dedication of Jesus was important in the following ways:

Obedience to the Law of the Lord.

The dedication of Jesus Christ was important because it was an act of obedience to the Law of the Lord. “Every firstborn male is to be dedicated to the Lord!”. (Luke 2:23).

By doing so, Mary and Joseph fulfilled their obligation as it was the requirement of every parent to observe the Law.

Jesus Christ was recognised as the promised Messiah.

Jesu Christ was recognised as the promised Messiah through Prophet Simeon who was led by Holy Spirit.

Prophetess Anna also affirmed that indeed Jesu Christ was the promised Messiah.

A show of Humility.

The parents offering of a pair of doves during the ceremony was a sign that Jesus Christ was born in a poor family. This was important because Jesus praised humility and despised the proud throughout his ministry. From the time of his birth, he was a humble king. For example. He was laid in a manger and visited by the shepherds who were considered the poorest among Israelites.

Prophecy about Jesus Christ’s mission.

Simeon foretold that Jesus Christ had been chosen by God for the destruction and salvation of many in Israel.

Prophecy about Jesus Christ’s rejection.

Simeon also foretold Jesus Christ’s rejection which would cause great sorrow to His mother.

The Boy Jesus with Elder at the Temple.

When Jesus Christ was 12 years old, He went with His parents to Jerusalem for the Passover festival.

After the festival, the parents began walking back to Nazareth. When they had travelled for a day, they realized that Jesus Christ was not among them. They looked for Him among their relatives and friends and did not find Him.

They went back to Jerusalem to look for Him. They found him on the third day in the temple sitting with the Jewish teachers and asking them questions.

All those who heard Him were amazed by His intelligence. When Mary and Joseph saw Jesu, they were astonished. His mother asked Him why He had caused them so much anxiety. Jesus answered them: “ Did you not know that I must be in my Father’s house?” This meant that Jesus was already aware of His unique relationship with God. He knew he was Christ whose mission was to bring salvation to human kind.

Jesus Christ went back to Nazareth with His parents where He was obedient to them. He grew in wisdom and favour with God and people.

Values Christians learn from the birth and childhood of Jesus.

Responsibility- parents should raise children in a Godly way like parents of Jesus.

Obedience- Christians should obey their parents like Jesus Christ obeyed His parents.

Respect

Love

Integrity

sharing

Selected Forms of Worship

Biblical teaching on selected forms of worship.

The bible teaches about different forms of worship such as:

- * Music.
- * Singing.
- * Dancing.
- * Fasting.
- * Prayer.

For example, we learn from the Bible texts that:

Miriam the prophetess, sister to Aaron and Moses, and the women of Israel took tambourines to sing and dance in celebrations of God's victory over the Egyptians through Moses.

God has taken away the mourning of His people and has made their hearts to dance with joy.

The Psalmist calls people of God to sing to the Lord a new song; a song that proclaims the goodness of the Lord to all.

The Psalmist invites people to praise God for His greatness, strength and the mighty things He has done. They are encouraged to do this with musical instruments like cymbals, trumpets, harps, lyres, flutes, drums and dancing.

As we worship God, we should praise, make music, sing and dance using various musical instruments.

Importance of Prayer and fasting to Christians.

Prayer is talking to God requesting help or expressing gratitude for favours received.

Fasting is abstaining from food or drink in order to purify oneself before God.

Prayer is important in a Christians life because:

- It makes us to be like Jesus and reveals to us the heart and mind of God.
- It enables us to have an intimate relationship with God.
- Prayer is an act of obedience to God because God asks us to pray all the time.
- Fasting is an act of worship that increases our desire for God.

□ Fasting strengthens our faith in God.

Lesson Christians learn from the Bible verses on Fasting and Prayer.

Jesus had returned from Jordan full of the Holy spirit and was led by THE Spirit to the desert where He fasted for forty days and forty nights. Jesus was hungry after the forty-day fasting.

There were some prophets and teachers in the church at Antioch. Barnabas, Simeon (called the Black), Lucius (from cyrene) Manaen (who had been brought up with Herod the governor) and Saul.

While they were serving Lord and fasting, the Holy spirit asked them to set apart Barnabas and Saul for Him, to do the work that He had called them to do.

The prophets and teachers fasted and prayed, placed their hands-on Barnabas and Saul and sent them off.

That Jesus taught the Lords Prayer to the disciples.

We should be joyful always, pray at all times and be thankful in all circumstances as this is what God requires from our lives in union with Christ Jesus.

Ways in which Christians apply the teachings of Jesus Christ on prayer and fasting.

Through praying before meals.

Praying during crusades.

Praying with the family before going to bed.

Fasting to purify ourselves before prayer.

Fasting for 40 days during lent to imitate Jesus' fasting in the wilderness.

Praying in church and at home fellowships with others.

Fasting when we want to defeat temptations form the devil.

The Role of the Church in Education and Health.

Education is the process of acquiring knowledge, skills, attitudes and values through institutions of learning and from life.

The church has contributed towards education in the following ways:

- Introduced western formal education by starting schools as a means of spreading the Gospel of Jesus Christ.
- The church has taught Africans literacy and numeracy.
- It has encouraged local communities to send their children to school.
- It has translated the bible into local languages.
- It has taught Africans vocational skills in agriculture, masonry, cookery and carpentry.
- It has helped to develop local languages into written forms.
- It has developed textbooks, dictionaries and story books and other learning materials.
- It has provided bursaries to needy students for learning.
- It has established schools, colleges and universities as institutions of learning.
- It has promoted social, moral and spiritual development of learners.
- It has provided well trained workers for the church and government.
- It has promoted character building in learners.

Reason why the church established schools in Kenya.

To spread the Good news of Jesus Christ or evangelization.

To teach Christians Religious Education.

To teach people how to read and write, numeracy and technical skills like carpentry, joinery, masonry, agriculture, hygiene and domestic science.

The role of the church in Health.

Health is the state of being free from illness or injury.

It is also the state of complete well being physical, socially. Mentally and spiritually.

The church plays the following roles in health:

Employment of health workers.

Establishment of clinics and hospital especially among the needy.

Providing chaplaincy services to the sick.

Training medical personnel like nurseries, midwives, doctors and laboratory technicians.

Providing medical equipment and medicine.

Preaching to patients through provision of healthcare.

Barriers to effective church mission work in health and education.

The church currently faces the following challenges in its mission works:

Cultural interference.

- Some cultures do not support formal education and medical services.

Political interference.

- Government agencies sometimes frustrates the church's effort to participate in education and health care.

Cults and religions.

- Such as Kavonokya which discourages its congregants from seeking formal education and health care services.

Lack of support.

- From some parents or guardians as key stakeholders in their children's education and wellbeing.

Insufficient funds.

□ To sponsor and cater for the majority of poor and less fortunate.

Examples of Values demonstrated by the church when contributing to education and health.

Love.

Social justice.

Responsibility.

Respect.

Strand 6 CHRISTIAN LIVING TODAY

Human sexuality.

Meaning of Human sexuality

Human sexuality refers not only to the physical-sexual characteristics of male and female; but to the whole personal development of a girl and a boy as they grow towards manhood and womanhood.

Sexuality makes us human. It influences how we behave towards the opposite sex and what we feel about ourselves.

Besides maturing physically, boys and girls develop inwardly in mind, feelings or emotions and in spiritual understanding. The changes that boys and girls experience are normal and they should be taken positively.

Changes that boys and girls experience at adolescence.

Physical	<ul style="list-style-type: none"> i. Hair grows under the armpits and pubic areas. ii. Genitals grow bigger. iii. Breasts development for girls. iv. Menstruation begins fir girls. v. Girls hips become bigger and the waist may get smaller. vi. Boys’ voice grows deeper. vii. Boys’ grow hair on their faces and on their legs. viii. Boys experience wet dreams.
Emotional	<ul style="list-style-type: none"> i. Feelings of confusion, anger and fear. ii. Feelings of sadness and depression.
Mental	<ul style="list-style-type: none"> i. Feelings of uncertainty about one’s future and role in the family. ii. Desire to form friendship with the opposite sex. iii. Feeling conscious about oneself. iv. Experiencing sexual feelings. v. Feeling sensitive about one’s appearance. vi. Searching for independence and identity.
Social	<ul style="list-style-type: none"> i. Formation of friendship with peers. ii. Desire to be with friends more than one’s family. iii. Taking more responsibilities in the family. iv. Formation of romantic relationships with the opposite sex. v. Attraction to and of social media.
Spiritual	<ul style="list-style-type: none"> i. Acquisition of values that guide one’s life. ii. Love for God and neighbours. iii. Being connected to one’s faith community like church iv. Participating in Christian worship. v. Volunteering to help those in need. vi. Developing a prayerful life.

Healthy and unhealthy relationships.

	Healthy relationships		Unhealthy relationships
1	Healthy relationships are based on trust for one another.	1	Being dishonest, jealous and wanting to control the other person and what they do.
2	In a healthy relationship each person values and respects the other.	2	Being disloyal and deliberately ruining the reputation of another.
3	Trust for one another and giving each other the benefit of doubt.	3	Failure to take responsibility for one's actions.
4	Good communication by speaking honestly and truthfully.	4	Making the other feel guilty for your actions.
5	Ability to control one's anger.	5	Manipulating the other person in order to control them.
6	Having self-confidence.	6	Speaking ill of the other person behind his or her back.
7	Being a role model to other.	7	Being unable to control one's sexuality.
8	Avoiding sex before marriage.	8	Engaging in sex before marriage.
9	Being able to control one's sexuality.	9	

Relationships between boys and girls are normal especially when they reach adolescence. This is the period between 10-19 years.

During this time, boys and girls grow in every way: physically, mentally, emotionally, socially and spiritually.

Young people want to be in the company of the opposite sex and those with whom they share common interests. This is also a period of searching for identity or trying to understand who one is.

Adolescents love socializing and pursuing interests in sports, academics and interacting with interactive media like television, video games, computer and smartphones. They also love dressing up, going to church and helping others.

It is very important to be in a healthy relationship that is affirming and can help you grow. Unhealthy relationships should be avoided.

What are the life skills needed to maintain healthy relationships?

Assertiveness.

Decision making.

Critical thinking.

Problem solving.

Communication.

Answer the following question.

What circumstances leads to unhealthy relationships?

Dishonesty.

Controlling others.

Jealousy.

▪

Avoiding sexual temptations

Sexual temptation is being persuaded or seduced into engaging in sexual acts.

Sexual temptation leads to sexual immorality.

As a Christian, in order to lead a godly life, it is important to avoid temptations and tempting places.

Christians can avoid temptation by:

Praying to God for strength to withstand any temptations.

Making a decision to always do the right thing.

Keeping good and supportive friends.

Engaging in productive and interesting leisure activities.

Remove the temptations.

Listen to the guidance of the Holy spirit.

Teachings from Bible verses on Sexuality. 1 Corinthians 6:9,18

Children of God who have been filled with the Holy spirit should be physically and spiritually pure.

They should avoid sexual immorality because the sexually immoral will not inherit the Kingdom of God.

We should flee from sexual sin.

Sexual immorality unlike other sins affects the bodies.

Those guilty of sexual immorality sin their own bodies.

We should use our bodies to glorify God.

Consequences of engaging in sex before marriage.

Sex before marriage is a sin.

Sex before marriage decreases one's chance of getting marriage.

One risk getting sexually transmitted diseases and HIV & AIDS.

Sex before marriage distracts one from other important areas of life like studying and pursuing a career.

Christian Marriage and Family.

Marriage is a union between a man and a woman who decide to have lasting relationship.

Family is a special group that is made up of parents and their children,

It is the basic social unit of a society.

A family has its foundation in marriage.

There are different types of families in Kenya as follows.

- Nuclear family.
- Single parent family.
- Extended family.
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- Step family.
- Grandparent family.
- Child headed family.

Biblical teachings on Marriage.

1. Marriage was ordained by God.
2. Marriage is for companionship, so a man and a woman will leave their parents and be joined together in marriage.
3. Marriage is between a man and a woman.
4. Married couples are encouraged to be faithful to each other and to jealously guard their love.
5. Christian husbands are the leaders of families and should love their wives like Christ loves the church.
6. Wives should respect or submit to their husbands as they would to Christ.
7. Both husbands and wives should respect each other without being abusive.

Some of the Requirements of a Christian marriage are:

Loving each other unconditionally.

Respecting each other.

Treating each other with dignity.

Bearing and raising children in a godly way.

Complementing and supporting each other.

Both parties must be adult at the time of the marriage.

Bible teaches that:

- Children should respect their parents so that God may give them long lives.
- Children are a gift from God and are a blessing. They offer protection to parents from enemies.
- Children should be taught right from wrong by their parents and look to Christ alone for their salvation.

- Parents should not provoke their children to anger. Instead, they should bring them up with Christian discipline and teachings.

Ways through which Christians promote values among young people before Marriage.

- Taking them through courtship seminars.
- Teaching them what the Bible teaches about marriage and family.
- Encouraging virtues and values among young people.
- Teaching young people skills of resolving conflicts within marriages.
- Teaching young people to model good behavior to their children.
- Teaching them how to manage finances and investments in marriage.

Why it is important for marriages and families to have harmonious relationships.

- God intends marriages and families to be based on love and companionship.
- God wants children to be raised in peaceful and harmonious marriages and families.
- Marriages and families should be based on respect for one another.
- Without peace, love and harmony, marriages and families would break up easily.
- Children should grow up in a nurturing environment where their emotional, mental, spiritual and social needs are met.
- Children learn how to treat others and solve conflicts depending on the ways they were raised.

Skills young people need to contribute towards families.

- Be firm and friendly.
- Make right choices or decisions.
- Solve problems peacefully.

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- Think creatively before you act.
 - **Alcohol, Drugs and Substance Use.**

Types of Drugs commonly abused by youth in Kenya today.

- Alcohol refers to a chemical substance found in drinks such as beer, wine and liquor.
- It is made through chemical process known as fermentation that uses sugar and yeast.
- A drug is any substance which when taken into living organisms may alter some of their functions.
- Alcohol, drugs and substances use refers to the consumption of alcohol, drugs and other illegal substances.
- Abuse refers to wrong or inappropriate use of something.

Common drugs abused in Kenya are as follows.

- a.) **Tobacco**-it is usually taken in form of cigarettes or snuff.
- b.) **Khat or Miraa**-this is a wild growing shrub whose leaves and stalks are chewed to induce excitement.
- c.) **Clue sniffing**- this is a volatile drug that makes the consumer intoxicated.
- d.) **Cocaine**- this is a narcotic drug derived from coca plant leaves.
- e.) **Morphine**-this is a narcotic drug obtained from opium.
- f.) **Bhang**-it comes from a plant known as Indian hemp. Bhang is also known as *marijuana* or *cannabis sativa*.
- g.) **Heroin**-it is a substance made from morphine which is highly addictive.

Reasons why young people abuse drugs today.

People today abuse alcohol, drugs and other substances because of various reasons. Some of the reasons are:

- o **Idleness**-when people have too much time for themselves with nothing constructive to do, they might experiment with alcohol and drugs to get excitement and they get addicted.
 - o **Frustrations**-During difficult frustrating moments, some people indulge in alcohol and other drugs in order to cope. Example of frustrating situations include family disputes and failing to do well in school.
 - o **Having too much money**-when young people receive more money than they need , they get tempted to buy alcohol and drugs which they abuse with time and become addicted.
 - o **Financial stress**- people with little or no money for their basic needs feel insufficient, troubled and miserable. Such people might get tempted to become peddlers, pushers and users of drugs so as to get money.
 - o **Bad examples from adults**-young people from homes and environment where parents and other people abuse drugs are likely to be influenced to use and abuse drugs.
 - o **Negative peer influence**-in social gatherings, a person may be sidelined if they do not do what others are doing. Young people start abusing alcohol and other drugs because they fear to appear primitive and to lose friends.
 - o **Availability of Drugs in the Kenyan markets**- some drugs are readily available and also affordable thus making it easy for those interested to access them.
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- o **Media influence**-commercial advertising and movies promote use and abuse of alcohol and drugs because they link success and power to their consumption.
 - o **Parental neglect of children**-some parents are not available for their children and this makes the children to feel neglected and unloved. Sometimes such children may indulge in alcohol and drugs use as a way of getting their parents attention.
 - o **Permissiveness and decline in moral values**-some young people feel that they have the right to do whatever pleases them regardless of the opinions of their parents or guardians and other authorities. They go against the regulations that govern good morals in the family and society. Some of them end up becoming alcohol, drugs and substance abusers.

Effects of alcohol, drugs and substance use on individual and families.

a.) Effects on Individuals

Alcohol, drugs and substance abuse have negative influence on individuals and families. These negative influences include the following:

- **Poor health**-many drugs users do not eat well either because they lack appetite or they buy drugs instead of food stuffs. Some consume alcohol on an empty stomach and this can affect the liver and the digestive system.
- **Lack of concentration in school and at work**-this happens because alcohol and drugs destroy brain cells.
- **School dropouts**-if the abuse of alcohol and drugs is not curbed on time, the user might eventually fail to complete their education courses.
- **Vulnerable to risky behavior**-alcohol and drugs abusers lower a person's ability to make proper moral decisions. As a result, some people engage in sexual activities and contract HIV & AIDS and other sexually transmitted diseases.
- **Violence and unruly behavior**-some people get drunk and disorderly and thus commit crimes such as robbery and violence.
- **Imprisonment**-one can be imprisoned for being a drug and substance dealer or for committing crimes from the result of using alcohol, drugs and substances.

b.) Effects on Families.

- **Misuse of family resources**- this affects family projects negatively as resources are spent on alcohol, drugs and substances abuse rather than on development.
- **Financial strains**-when family income is spent on alcohol, drugs and substances, the family strains financially.
- **Family conflicts**-this could be as a result of negligence, misuse of family resources and violence by alcohol, drugs and substance users. Consequently, family members are deprived of peace and harmony.
- **Poverty and poor living standards**-this can happen as a result of inability to work well or use of family resources for medication and rehabilitation of an addicted family member.
- **Separation and divorce**-when conflicts withing the family are too much; they lead to separation of family members or divorce.

□ **Juvenile delinquency**-this is a situation where young child gets involved in criminal activities. It can happen as a result of lack of proper parental guidance or disobedience from children. Young children who are alcohol and drug abusers can also get involved in the crime. This affects family

stability.

Biblical teachings on alcohol, drugs and substance use.

Getting drunk with wine destroys a person.

It is better to seek to be filled with the Holy spirit than to drink wine.

Drinking too much makes one foolish and stupid.

Our bodies are the temple of God and so they should not be contaminated with alcohol and drugs.

God is not happy with those who destroy their bodies with alcohol, drugs and substances abuse.

Alcohol, drug and substance abuse can make someone to miss the Kingdom of God.

Values needed to avoid alcohol, drugs and substance use.

Obedience-young people to obey instructions and guidance of their parents and authorities.

Respect-people to respect themselves and others

Responsibility-it helps one to make right decisions and take the right actions to avoid alcohol and drugs.

Diligence-hardworking people are not idle and they are able to earn what they need for their use hence avoid being lured into illegal practices.

Perseverance- helps you to bear with hard situations.

Patience-this is ability to wait for something to happen or a situation to change. It helps someone to avoid alcohol and drugs.

Skills that would help to avoid alcohol, drugs and substance use.

Self-awareness.

Self-esteem.

Self-confidence.

Coping with emotions.

Assertiveness.

Decision making.

Effective communication.

Critical thinking.

Gambling as a form of addiction.

Gambling means taking part in any game or activity in which one risks loss of money or valuable items in order to win money.

Types of Gambling.

There are three types of gambling.

1. **Commercial gambling** for example lotteries and number games.
2. **Sports betting** such as horse betting, poker and other card games.
3. **Electronic gambling**; gambling using machines.

Biblical teaching on Gambling.

Wealth that is easily acquired is also easily lost.

Honest people are blessed by God with a happy life. However, those who are in a hurry to get rich suffer ruin.

The urge to get rich leads to temptations and this leads to a disaster.

Causes of Gambling in the Society.

Desperation to get money easily.

Curiosity to know about gambling.

Desire to have a thrilling experience of winning.

Urge to be a successful gambler.

Using gambling as a means of coping with daily stresses and life.

Drug or alcohol addiction.

Media influence through advertisements by betting companies.

Bad influence from adults especially parents.

Effects of Gambling on individual and families.

Effects of gambling on individual and families are both physical and mental. Many

individual and families have trouble coping with the effects.

Effects of Gambling on individuals include:

Depression, for example, when an individual cannot cope with piling debts resulting in lack of sleep, ulcers, headaches and anxiety.

Low self-esteem when one feels judged by others.

Isolation from family and friends due to constant blaming and condemnation.

Engaging in criminal behaviours like stealing to get more money for gambling.

Suicide when one cannot repay debts or cope with the loss of money.

Violence against the family, for example, when a child or spouse asks for money for household use.

Feelings of shame, hurt, anger and fear.

Loss of friends due to constant borrowing of money.

Effects of Gambling on Families include:

Loss of family wealth, property and other possessions.

Emotional problems like shame, anger and distrust of the person concerned.

Physical and emotional abuse of spouse and children.

Families struggling to pay bills.

Health problems among family members like depression, ulcers, lack of sleep, headaches and muscle pains.

Isolation of family from other relatives and friends due to shame.

Measures taken by Christians and the Government to help young people overcome gambling.

Establishment of recovery and rehabilitation centres to help those who are addicted to gambling.

Provision of psycho-social support to those who express the desire to be cured

from addiction to gambling.

Provision of guiding and counselling services.

Spiritual support through Bible reading and prayers.

Medical help to treat mental and emotional disorders.

Family therapy to enable family members cope with the situation.

Awareness creation on the dangers of gambling through the school curriculums.

Bible teachings on Gambling.

The bible encourages us to work hard to acquire wealth instead of looking for easy ways like gambling.

Love of money is a source of all types of evil.

Those that are very eager to acquire money like gamblers, forget their faith and become sorrowful in the process.

The bible encourages us to keep our lives free from the love of money and to be satisfied with what we have.

It also affirms that God never abandons us. This means that we should avoid earning money through gambling.

The bible advises us to exercise self-control over any evil that pull over our minds and body.

We should be faithful and stand up for God's way.

What strategies can an individual use to overcome gambling?

Find activities that will distract one from the temptation to gamble.

Be focused on what is important in your life.

Set new goals for yourself every in order to overcome gambling urge.

Find a healthier activity to replace gambling.

Remind oneself that gambling results in losses not winnings.

Journal one's experience and successes every day.

Be thankful to God for life and support to overcome gambling.

Join a support group that will support one, during difficult moments.

Values of leading a free gambling life.

Living a healthy life free from anxiety, depression and stress.

Living a successful and peaceful family life free of violence.

Experiencing financial wellbeing for an individual and the family.

Having healthy interpersonal relations with family and friends.

Having positive use of leisure time.

Skills and values that can help a person to avoid Gambling.

Self-awareness.

Assertiveness.

Decision making.

Integrity.

Responsibility.

Critical thinking.

Love.

Respect.

Social Media.

- Social media platforms are channels through which individuals and groups create and share information over the internet.

Examples of social media platforms used by young people today.

Instagram.

Snapchat.

WhatsApp.

Messenger.

Twitter.

Telegram.

TikTok.

YouTube.

Facebook.

Answer the following Question

What are the way of using Social media responsibly?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Dangers of Chatting or Meeting with online strangers.

They can pose dangers like kidnapping, raping and killings.

They can introduce us to antisocial behaviours like cyber bullying.

They can recruit us to criminal groups, for example terrorism.

They can cause distress to our family members.

They can introduce us to drug and substance use.

They may convince us to drop out of school.

They may introduce us to age inappropriate content online.

They may introduce us to ungodly groups.

They may lure us into subscribing to inappropriate sites.

They may lead us to steal from our parents in order to buy more data bundles.

Way in which social media is misused today.

☆ Cyber bullying.

This is sending threatening, frightening or upsetting messages through social media

platforms.

☆ **Stalking.**

This is repeatedly monitoring another person online for purpose of harassment or invading their privacy.

☆ **Time depletion.**

A lot of time is spent online at the expense of studies or work especially where one is addicted to social media.

☆ **Perpetuating criminal activities.**

Such as kidnapping, extortion, fraud, child pornography and terrorist activities.

☆ **Trolling.**

This is abusing or commenting negatively on other's posts on social media platforms and causing them distress.

☆ **Clout chasing.**

This is the desperation to gain popularity or following on social media through all means including sharing immoral contents.

☆ Spreading fake news.

The spread of false and malicious information is very rampant on social media.

☆ **Gossip.**

This is discussing or talking ill of other people.

☆ **Impersonation.**

This is pretending to be someone else and opening pseudo accounts in their names for criminal purposes.

☆ **Pornography.**

Some youth are introduced to sex related content through social media sites.

Response or Reactions to or in case of Cyber bullying.

Do not respond to cyber bullying. If you do, the bullying becomes a cycle and worsens instead of solving.

Do not bully them back or retaliate. Maintain your cool nature and do not allow anger to lead you to sin.

Tell a trusted adult like a teacher, parent or guardian, close relatives or friends.

Tell the cyber bully that it hurts you, therefore, they should stop it.

Block the cyber bully from accessing your social media platforms.

Save evidence by taking screenshots of events where you are bullied.

Do not take their actions to heart to prevent it from lowering your self-esteem.

Christian values to apply while using different Social media platforms.

Love.

Respect.

Humility.

Responsibility.

Integrity.

Skills to apply while using different Social media platforms.

Assertiveness-to be firm when saying no to strangers and negative social media influence.

Critical thinking-analyse content and the consequences of sharing it before posting it on social media platforms.

Empathy-to consider other's feelings before sharing information on social media platforms.

