



JUNIOR SCHOOL

STUDIES

CRE NOTES

CBC

9

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STRAND 1: CREATION

SUBSTRAND: WORK

Definition of Terms

Work

- Use of energy, physical or mental, for the purpose of improving human life.
- It is any activity that requires expenditure of energy or application of skills e.g. studying, teaching, cooking, farming etc.

Vocation

- Work can be described as a vocation, profession, trade, craft, career or a job.
- Vocation is from a Latin word “Vocare” which means call.
- Christians believe that every individual has been called of God to various duties.
- Vocation is work that requires special skills, special training or a unique call or a special mission in society.

Profession

- Work that is characterized by a code of ethics, lengthy specialized training, advance knowledge and self – discipline.
- Professionals have their own set standards.
- The professionals determine entry requirements for new members and usually have machinery for dealing with errant members. E.g. Law, medicine, architecture etc

A Trade

- Refers to an occupation, a way of making a living.
- Some trades require specialized training examples hairdressing

A Craft

- An occupation which requires manipulative skills or use of the hands e.g. woodcarving, pottery, weaving.
- A craft may be a trade depending on the nature of occupation.

A Career

- An occupation that one chooses to pursue in his/her life.
- It's the general way of earning a living.

Job

- Refers to tasks performed, services rendered in return for payment of wages.
- Most jobs are temporary others casual and others permanent and pensionable.

What Determines One's Career, Vocation?

- Available opportunities for future development in a particular job
- The need to serve others especially the church and the needy
- Interests, strengths, talents, abilities
- Inclination or attraction to a certain kind of work
- Pressure from parents, peers etc

General Reasons why People Work

- It's an essential element of life
- God ordained work. Humans work for their food
- Work contributes to the development of the community
- Work is personal. It defines a person
- People work to earn a living
- People work for enjoyment, leisure
- To assist and give to the needy
- To get luxuries
- People work to raise their standards of living
- For self satisfaction and fulfillment
- For personal development
- To keep a person occupied and not idle
- To acquire wealth and status in the society
- To socialize with other members of the society
- To attain independence and not depend on someone else

Traditional African Attitude to Work

a. Importance of Work

- Work is essential to the well being of the individual and survival of the community
- Work ensured basic needs such as food, shelters etc were provided.
- In traditional African society work was divided according to the age, gender, and status e.g. chief, elder of the individual.
- Everyone was a worker. Boys assisted in herding, fishing, girls assisted in cooking fetching firewood. Women cooked, took care of babies constructed houses (maasai) etc.
- Works among the traditional African societies included pastoralist, farmers, livestock keeping, fishing, bee keeping etc
- Work was a communal affair; people would work together and assist each other
- Work was not for a wage (Money). The rewards of work-included food, communal unity, acquisition of moral values etc
- Hard work was emphasized, laziness was condemned
- There were some specific works for specialization e.g. herbal medicine men, divination, prophecy, rain making, pottery etc.
- Work involved giving prayers, offerings, and sacrifices to God
- Through work, the basic needs of the individual, community were fulfilled
- Through work potentials; talents and skills were explored, acquired and utilized.
- Work had a religious dimension as well as a social dimension. It brought people together improving their relations

Christian Teaching on Work

- The Christian teaching on work is based mainly on the interpretation of the bible, the teachings of Jesus and the teachings of the apostles.

- Some of the teachings are: -
 - God himself instituted work. He created the heavens and the earth and all in it. Since God worked man should work. (Gen. 2:1)
 - God's work of creation is good (Gen. 1:31) Christians should endeavor to produce good works
 - Work is a duty, an obligation, a command Christians are responsible for God's creation (Gen.2: 15). They are to protect it – animals, birds, plants, marine life are all under the care of man.
 - Human beings should work to acquire their basic needs (Genesis. 1:29 – 30, 3:19) God blesses the work of our hands
 - Human beings are co – creators with God (Gen.1: 28) God continue to create through human beings. Human beings glorify God through their work.
 - God reveals himself through his work of creation. God had a purpose for his creation. He is orderly, source of life, Almighty etc.
 - Work is a co – operative undertaking. Eve was created to be Adam's helper (Gen. 2:20) Christians should co – operate in their undertakings
 - Hard work is praised and laziness is looked down upon. (Proverbs 31:27). Christians should work for their daily needs and not become a burden to others.
 - Work should be accompanied with rest (Gen.2: 2) God rested on the 7th day from all his work. God commanded the Israelites to rest on the 7th day.
 - People should enjoy what they have worked for (Ecc.3: 22)
 - Work should be done for the glory of God and for the good of the society.
 - People should work honestly not steal but work to earn an honest living (Eph.4: 28)
 - Those who do not work should not eat. They should always work since God is always at a work (John 15:17)

Roles of Professional Ethos, Ethics and Codes in the Society

Definitions

- Professional ethics –: principles of behavior / conduct that guide members of a particular profession.
- What workers are allowed to do and not to do.

Professional Ethos

- The group identity of members of a profession, their unique custom or character e.g. what identifies doctors, lawyers etc.
- Profession codes or code of ethics Collection of laws arranged systematically according to major concerns and core functions of the profession.

Roles

- To regulate the behavior of professional (workers)
- Enables professionals to understand their role
- Ensures professionals provide quality of services to their clients
- To encourage respect among professionals
- Give guidance on how professionals should relate to one another
- They safe guard professionals against being compromised / misused
- They determine expected level of performance
- They serve as a measure of competence

- Act as a measure of quality service
- They protect the professionals
- They provide a reference point for disciplining (used to discipline the errant professional)
- They inspire respect and high esteem for professionals
- Through professional codes, ethics, ethos, professional earn public trust

Virtues Related to Work

Definition

- A virtue is a good human habit. It's a moral principle, moral quality or goodness of character and behavior.
- Examples of virtues related to work
 - i. Diligence – hardworking
 - ii. Honesty, integrity – ability to be relied upon (Integrity) Honest is being truthful.
 - iii. Faithfulness – being trustworthy and loyal
 - iv. Responsibility – ability to make decisions and take action independently. Being mindful of other people's welfare
 - v. Tolerance – ability to bear with others or with difficult situations

Moral Duties and Responsibilities of Employers and Employees

- Employers include government, non – governmental organization, private sector, individuals, company, self-employment.
- Employers have several duties and responsibilities towards their employees.
- They are:
 - To organize and conduct business efficiently for the benefit of the institution, employer, community
 - To respect the employee, treat them with dignity
 - Pay a fair wage to the employee
 - Ensure good healthy and safe working conditions
 - Provide social welfare for the employees e.g. time off, leave days, time for recreation
 - Grant leave as required by law or the terms of contract
 - Take care of the welfare of the employees give medical cover, pension scheme etc
 - To motivate their employees
 - To reward employees
 - Compensate employees made redundant

Rights of the Employer

- Employers have a right to / are entitled to
 - Get profits from their businesses
 - Carry out their businesses without unfair taxation
 - Form association with other employers
 - Obtain and conduct business
 - Hire, dismiss employees in accordance with the requirements of their firms and contract
 - Demand a fair day's work
 - Conduct business without subjection to unfair conditions and competitions

Moral Duties of the Employees

- Carry out their duties to the best of their ability without supervision
- Respect and protect the property of the employer
- Encourage peaceful solutions to any problems encountered in their work place
- To work diligently for self – fulfillment and development
- To respect their employer and fellow employees
- Observe terms of contract with employer
- Be loyal, honest, respect to the employer

Rights of the Employees

- To receive fair wages
- To have a reasonable work load
- Have reasonable hours of work
- Have safety and protection at work
- Right to join a labor union
- Right to further individual training and development education
- Rights to retirement, terminal benefits
- Rights to a fair opportunity for provision
- A right to time for rest
- Right to Favorable working conditions

Christians Approaches to Issues Related to Employment

Wages and Industrial Action (Strikes)

- A wage is payments for work done.
- Payment is in modern times done according to hours, weeks or days that one works.

Christian Teachings on Wages

- Human beings have the right to work for a decent living (Matt.20:1 – 16) they should be paid for their work.
- Workers should be paid wages to the amount and value of their work (1 Timothy 5:18)
- Wages should be paid as agreed upon (Mathew 20:13)
- Employers should not take advantage of the poverty of the employee (Deuteronomy 24: 14 – 15)
- Human beings should not be enslaved to work (Ex.5:22 – 23)
- Employers who degrade their workers in wages are condemned (Deut.24:14 – 15, Jer.22:13)
- Oppression is condemned (Amos 5:18, 8; 4)
- Workers wages should never be withheld (James 5:4)

Industrial Action

- Also commonly called ‘Strike’ this is an effort by workers to stop work in protest by boycott go-slow sit – ins or refuse to work.
- There has been increase of industrial action in the recent past in most countries of the world.

Reasons for Industrial Actions

- Due to increased awareness of workers’ rights
- Exposure to global trends through the media
- Formation of trade unions that fight for the rights of workers

- Due to poor working conditions
- Underpaying workers
- Threatening workers with unjustified dismissals
- Suspending the workers / interdiction – unjustly
- A hostile working environment

Results of workers strikes (industrial / action)

- Pay cuts
- Demotions
- Loss of jobs
- Employers suffer losses
- Inflation
- Injuries even death when confronted by police
- Victimization of some individuals
- Bitterness among the workers and employers

Christian approaches towards strikes

- Christians recommend a peaceful co – existence between workers and employers
- There should be fairness, justice, love among workers, employees
- There should be an open communication channel across the ranks from top to bottom
- Employees should not destroy property
- Working conditions should be better and improved
- Employees to be human when dealing with employees

Child Labour

- A child is a person below 18 years. A child does not have an identity card, does not vote (in Kenya).
- According to International Labor Organization the minimum employment age is 14 years.
- Child labor is engaging a person below the age of 14 years in wage / paid employment.

Reasons why children are Employed

- To provide cheap labor
- They cannot fight for proper terms
- They are easily hired and fired

Disadvantages of Child Labor

- Children are not yet mentally and physically prepared to do adult jobs.
- This leads to
 - Exploitation of children
 - Children paid less, taken advantage of
 - It inhibits the growth of a child and denies them a chance to enjoy their childhood
 - It deprives them of their right to basic education
 - It exposes children to hazards (dangers) from machines, chemicals
 - Heavy workload deprives children of social educational, moral, psychological, physical rights

Places where Children are Employed

- Plantations – coffee, tea
- Domestic services – homes
- Tourism sector
- Industries
- Children are trafficked and employed as commercial sex workers

Causes of Child Labor – Reasons why Children Work

- Lack of money / poverty
- Death of parents
- Dropping out of school due to pregnancy, indiscipline, (truancy), poor academic performance or lack of school fees.
- Those who never went or taken to school
- Lack of good role models e.g. coast province Mombasa; Malindi has several of the financially stable people being school dropouts, engaged in drug trafficking, commercial sex etc.
- Influence of cultural values e.g. circumcision of boys in some communities is done later in life and one is declared an adult e.g. the kikuyu circumcising at 13 years, or 12 years
- Children being lured by employers
- Greed for material benefits
- Being homeless ending up as a street child

Position of Church in Dealing with Child Labor

- The church condemns it
- It has put up homes for poor children (orphanages)
- It provides guidance, counseling to both parents and children
- Children are blessing from God hence should be loved and cared for
- Parents have the responsibilities to protect their children from harm.

Unemployment and Self-Employment

Unemployment

- When people are capable and willing to work but are unable to find a viable income or occupation it is referred to as unemployment.

Causes of unemployment

- Preference for prestigious white collar jobs (Office jobs, non – manual jobs)
- Corruption, tribalism, nepotism, bribery denying jobs to the qualified in preference for the unqualified.
- Unequal distribution of wealth – some regions are more resourceful than others. Industries, good infrastructure concentrated in some areas.
- Inadequate resources for self – employment (lack of capital, skills)
- Limited job opportunities – probably due to high population growth
- Few international investors in Kenya, probably due to high crime rate, insecurity

Response of Christians to issues of unemployment

- They encourage self – employment in cases of unemployment
- They have set up vocational training, polytechnics to train people towards jobs that are for self – employment

Christians condemn idleness

Self-employment

- Self-employment is an economic activity initiated, controlled by an individual.
- It is an occupation in which a person initiates a personal enterprise and manages it with the help of others.

Examples

- Small businesses enterprises, Jua kali sector, music industry, entertainment (e.g. comedians), community work, agriculture etc

Problems / Challenges

- Some lack sufficient capital to start a business and keep it running
- Lack of necessary skills to run the business
- High taxation leading to some business closing down
- Small scale traders face undue competition from larger firms

STRAND 2: THE BIBLE

SUBSTRAND: CHRISTIAN MORAL VALUES

a. Human Sexuality and responsibility

- This is a sacred gift from God.
- It was given to Adam and Eve.
- Human sexuality is that which makes us male or female.
- It is our biological or physiological differences associated with the state of being male or female.
- It is part of our biological make up.
- Males and female have different body structures, features, appearances and biological characteristics.
- In terms of physical strength more men are stronger than females.

- Besides the biological make up, we have an emotional side, which includes our attitudes, and feelings.
- Females are said to be more emotional and talkative than males.
- Human sexuality is also in our brain and mind and it is what makes us human beings.
- If you look at animals they also have different physiological features based on sexual differences.

b. Christian Teaching on Human Sexuality.

- Males and females are God's creation.
- Men and women were created for many reasons.
- These are
 - i. to be fruitful and to multiply;
 - ii. for companionship.
- In Genesis we learn that men and women share the image of God because God intended man and woman to play complementary roles and both are equal before God.
- Sex in marriage is a sign of love and it is sacred.
- In marriage man / and woman become one flesh.
- Both of them have the ability to control their sexual desires.
- Christian teaching forbids: sex before marriage, adultery or unfaithfulness, and other unnatural sexual behaviors like lesbianism, homosexuality or being gay, and incest.
- God created human body and it is to be kept holy.
- Chastity is encouraged while unfaithfulness in marriage is discouraged.
- Husbands / wives are to respect one another and give to each other in mutual love.

c. Traditional African understanding of Human Sexuality.

- Human sexuality is highly valued in traditional African communities.
- It is understood in terms of marriage and parenthood.
- Procreation was the sole purpose of sex.
- Sex was to be practiced in marriage and it was regarded as another sacred duty.
- Adultery was discouraged and offenders punished.
- Irresponsible sexual relationships were forbidden.
- Virginity before marriage was highly valued.
- If a girl lost her virginity before marriage, she was treated with scorn and punishment.
- If a boy impregnating a girl, he was fined.
- In traditional African society it was a taboo to discuss openly sex matters.
- Grandparents taught sex education to their grandchildren.
- Sex education was taught during initiation stages.
- Free mixing of girls and boys was not allowed except under supervision.
- Girls were married off immediately after initiation to avoid temptation of engaging in pre-marital sex.
- To reinforce self – discipline in relationships between the opposite sexes the African traditional society instilled the fear of supernatural curses through myths, marital status.
- Husbands and wives were expected to relate to each other, their parents, and in laws according to the community customs.
- Conflicts between a husband and a wife were resolved through intervention of relatives.

d. Gender Roles.

- There are specific chores and duties for either male or female in African traditional societies.
- Roles were therefore according to gender.

- Boys went hunting, herding, while girls fetched firewood, and helped in cooking.
- At an early age, girls and boys would mix freely as they played together.
- Mature boys and girls however, were restricted from mixing freely without supervision by elders.
- But there was gender identification.
- The boys identified with their fathers and other male adults, while girls identified themselves with their mother and other female adults.

Education

- Children belonged to the community and not just to their biological parents.
- At the adolescent stage; 13 – 18 years education was given to the adolescents and intensified at initiation stage.
- Boys and girls were taught traditional rules and secrets of the society during initiation.
- Learning was informal.
- Knowledge was communicated through songs, stories and riddles among other forms of presentations.
- All adults acted as parents to the young ones.

Socialization:

- Men were socialized to be superior, while women were socialized to accept their subordinate position and role.
- Everyone knew and accepted what he/she was culturally supposed to do.
- Division of labor was based on sex.
- In the African communities, despite their differences, there were many common customary roles, rules, regulations, taboos and beliefs that governed the practices related to male – female relationships from early childhood to old age.
- These traditional African practices relating to male – female relationships existed at various levels.
- In all of them, man held superior positions when compared to those of women.

Age:

- Old women and men were accorded respect.
- They were consulted for advice and counsel.
- Kinship system was emphasized.

e. Christian Teaching on Male- female Relationships

- We learn that the husband is the head of the house and should love his wife like Christ loved the church.
- Once a wife is loved, she should submit to her husband.
- We also learn that both male and female are equal and co-creators with God.
- Adam and Eve were created to complement each other.
- Likewise men and women should love each other.
- Jesus taught that each man should have one wife and vice versa.
- Once married, the husbands' body belongs to the wife and hers belong to him.
- If that is the case, wife and husband should avoid immorality.
- Males and females are to relate freely.
- But the youth are to avoid the passions of youth.
- These are sexual sins.
- There are no specific chores or duties for either male or female.

- Relationship between sexes should be governed by love, chastity, respect, self-control, and self-discipline.
- Parents are to love their children, while children are to obey and honor their parents.
- Parents are asked to bring up their children in a Godly way.

Christian Teaching about Human Sexuality

a. Christian Teaching on Responsible Human Sexuality

- Christianity teaches us about responsible sexual behavior.
- Being responsible means that one is exercising self control or self-discipline in matters of sexual behavior.
- Self-discipline is necessary when we have a relationship with the opposite sex (Read, 1 Cor.7: 9 1 Peter 5:8).
- It is called responsible sexual behavior, which is obedience to God's commands.
- Christians promote healthy social relationship between boys and girls, men and women, and husbands and wives.
- Responsible sex is between male and female.
- Sexual intercourse is allowed only between married couples (1 Cor.7: 3 – 5).
- Married couples are obliged to be sexually faithful to one another (Heb.13: 4) adultery is condemned (exodus 25:14).
- Relationship between a husband / wife should be one of respect faithfulness, love, care, mercy, submission, tolerance, and forgiveness

b. Christian Teaching on Irresponsible Sexual Behavior

- There is much irresponsible sexual behaviour.
- They include among others all acts and forms of: perversion, misuse, and abuse of sex, incest, rape, fornication, adultery, homosexuality, lesbianism or gay, prostitution, concubine, masturbation, bestiality and child marriages among others.
- These irresponsible sexual behaviors are against God's will for humanity.
- Christians are to shun irresponsible sexual behavior.
- This is because their bodies are the temples of the Holy Spirit, thus whatever Christians do with their bodies, it should be for the glory of God.
- Let us now discuss in brief some of the irresponsible sexual behaviors

(I) Incest

- Which is a sexual relationship between people who are closely related by blood.
- For example, sex between a brother/sister, father / daughter.
- Incest is condemned in the Bible.
- It was punishable by death in the Old Testament. Read Leviticus 18:6 – 8.

ii) Rape

- Rape cannot be justified and it is condemned in The Bible.
- Rape is an act of forcing another person to have sexual intercourse without his or her consent.
- It is sexual violence and a crime against humanity.
- It is also a denial, and a violation of human rights of the victims who are sexually assaulted.
- Victims of rape include boys, men, girls, women, and babies especially girls.

- Rape is an expression of hatred toward the opposite sex.
- In traditional African society rape was abhorred and culprits were punished by death.
- In Kenya rape is punishable by 20 years imprisonment.
- Indecent assaults or sexual abuses such as touching a person of the opposite sex without their permission or use of vulgar language are both punishable by up to 5 years imprisonment.

iii. Fornication

- This is consensual sexual intercourse between unmarried people.
- It is condemned by both African and Christian teachings and punishment in African traditional society was by either payment of fines, stoning, and ritual cleansing.
- In the Old Testament, men were forced to marry the girl.
- Jesus said that fornication was due to people's evil thoughts.
- Abstinence for the youth is encouraged and preached.
- Reasons why youth engage in premarital sex include:
 - sexual curiosity
 - proving manhood
 - human weakness,
 - lack of self control
 - testing fertility
 - fear of being jilted / rejected;
 - commercial sex for money
 - copying acts in the print and electronic media.
 - frustrations
 - drug abuse
 - bribe to get a job
 - permissiveness in the society.

iv. Adultery

- Is committed by adults who have extra marital affairs; between “married partner and another party”.
- Adultery is having sex outside marriage with a person with whom one is not married to.
- Adultery is caused by lack of self – control, sexual dissatisfaction, and long periods of wife and husband separation, sexual dysfunction and vengeance by an initially faithful spouse who wants to be even with the unfaithful spouse.

v. Prostitution

- This is the practice of giving sexual pleasure for money or other material benefits.
- A prostitute can either be male or female.
- Prostitutes are referred to as commercial – sex workers.
- There are factors leading to prostitution. These are
 - economic reasons such as unemployment,
 - poverty
 - rejection of a girl at home
 - drug abuse
 - stress
 - anger
 - anxiety
 - frustrations in the family

- pornography.
- The church condemns prostitution because it defiles the body, which is a temple of the Holy Spirit.
- It's sexual immorality. Read Gal 5: 19 – 21.

vi. Homosexuality/ Gay/ Lesbianism

- This is sex between people of the same sex for example; man and man (homosexuality), woman and woman (lesbianism).
- Homosexuality is a common practice in modern world.
- It is also a church problem.
- The Anglican Church in USA, and Canada have accepted homosexuality.
- The Anglican Church has gay bishops.
- African Anglican churches are opposing this practice.
- The Christian view is that homosexuality is a sign of a lack of Christian moral values.
- It may also be due to confinement in a prison and permissiveness in society.
- If it is allowed to continue, it shall disintegrate traditional African values.
- Because of its threat to God's people, the Church condemns homosexuality.
- Other reasons for condemning it is because
 - God created a male and a female. Read, Genesis 1:28.
 - sex is sacred. Homosexuality is an unnatural relationship, which lowers human dignity.
 - It does not provide sexual fulfillment (as traditionally).
 - Homosexuality is illegal in Kenya.

Vii. sexually transmitted Diseases (STDs)

- There are many diseases passed from one person to the other through sex.
- These are gonorrhea, syphilis, herpes genitalis is, hepatitis B, Chlamydia, trichonomiasis, HIV/AIDS.

HIV / AIDS,

- This is human immune deficiency virus (HIV) that causes acquired immune deficiency syndrome (AIDS) condition.
- Syndrome refers to many symptoms.
- HIV is transmitted largely through sex with an infected partner; through blood transfusion; sharing sharp objects with infected persons; and from an infected mother to the unborn child.
- The HIV virus destroys the white blood cells, and weakens the body's immune system.
- When the body is weak, it is not able to fight, and defend itself against infections.
- Persons with the virus are vulnerable and susceptible to opportunistic infections.
- The signs / symptoms of AIDS are manifestations of symptoms of the opportunistic infections.
- Some symptoms include persistent coughs, loss of weight, oral thrush, loss of appetite, and diarrhea.
- Churches encourage Christians to be compassionate to HIV/AIDS affected people, and to support the infected and the affected individuals like the orphans, widows, and widowers.
- It also teaches against sexual immorality and against all forms of discrimination.

Gonorrhea

- -is caused by a bacterium called "Neisseria gonorrhea".

- Its symptoms appear 4 days after infection.
- Its symptoms are burning sensation when passing urine; pain or discomfort in the genitals; sticky discharge or pus in the vagina or through the urethra.
- The good news is that Gonorrhea is curable if treated early.

Syphilis

- Primary syphilis may show up in the form of a sore or a wound in the genitals a few days after infection.
- The wound heals by itself without treatment after some time.
- Syphilis infection may take several years about 7 years before its symptoms re appear.
- The symptoms of syphilis are a painless sore or pimple on the man's penis or woman's vulva; and swelling of the glands in the groin.
- Other symptoms, which may appear later, are skin rashes and sores either in the face armpits, under breasts, mouth or throat.

Herpes genital

- -is a sexual disease caused by a virus.
- It creates wounds in the genitals.
- A pregnant woman can transmit the infection to her newborn baby during delivery.
- This disease can be controlled although there is not an effective treatment.

Hepatitis B.

- Hepatitis B virus causes Hepatitis B
- It is transmitted through sex, injections by unsterilized needles and contact with contaminated blood.
- The infection does not show on the genitals.
- The signs and symptoms of Hepatitis B include yellowness of the eyes (jaundice) due to liver damage and pain around the upper abdomen.

c. The Effects of Irresponsible Sexual Behavior

- There are many effects of irresponsible sexual behavior.
- They include among others HIV / AIDS, sexually transmitted infections (STI), abortion; family separations and divorces, deaths, unplanned pregnancies; children living in the streets; school drop outs and psychological problems.

i. Effects of incest

- incest undermines the healthy relationships between members of a family as it brings shame and guilt among the parties involved.
- incest destroys relationships within the family and can lead to breaking up of a marriage.
- incest destroys self-esteem, self – respect, and dignity of the victim. We find that abused boys and girls end up having problems when trying to establish healthy relationship with members of the opposite sex.
- incest can lead to pregnancy, and abortion.
- it can lead to infections with sexually transmitted diseases (S.T.I.'s) and HIV / AIDS.

ii . Effects of Rape.

- This crime has very serious consequences and harmful effects on the victim.

- Rape may result in pregnancy and can lead to physical, psychological, social, and spiritual side effects.
- The victim may suffer
 - serious physical injuries and
 - may contract the STI's, and HIV / AIDs.
 - The victim is traumatized, and ashamed of self.
 - The victim suffers from guilt, loneliness, humiliation, posttraumatic stress disorders, and depression among others psychological manifestations.
 - Young rape victims in particular may lose trust in the opposite sex.
 - All these sufferings can lead to suicide and death.

iii. Effects of Fornication

- Some of these are having children out of wedlock; feelings of distrust, guilt, and hurt; contracting STI's and HIV/AIDS; loss of self-respect; early and forced marriage and abortion.

iv. Effects of Adultery

- Christians teach against adultery because it is against God's commandments
- can lead to divorce
- abortion
- STI, HIV/AIDS
- domestic violence
- murder (death)
- psychological problems.

v. Effects of Prostitution.

- It can lead to break up of marriage, and family.
- It lowers a person's dignity
can lead to unplanned pregnancies
- school dropouts
- infections such as STI's and HIV /AIDS
- improper use of family resources.

vi. Effects of Homosexuality

- It is a threat to procreation.
- It promotes loose short-term informal relationships and therefore promotes HIV / AIDS.
- Homosexual couples are prone to HIV/AIDS infections because of having many partners; although this is changing in USA where homosexual couples are being married in churches.

vii. Effects of Sexually Transmitted Diseases

HIV / AIDS

- recurrent illness due to opportunistic infections.
- There is also stigmatization.
- Some individuals have feelings of guilt, anger, denial and depression.
- The sick persons have to look for extra finances to care for their health.

- They have the burden for medications, and special diet.
- HIV/AIDs has no cure and leads to death like many other diseases.
- Parents die and leave their children as orphans.

Gonorrhea

- The disease damages a woman's fallopian tubes leading to infertility; and a man's epididymis leading to sterility.
- An infected expectant mother can infect her newborn baby with gonorrhea
- The disease may affect the eyes of the unborn child causing blindness.
- Gonorrhea can also cause inflammation of joints, the heart and liver.

Syphilis

- damage to the heart, brain and the nervous system.
- This disease can lead to madness and death of the victim.
- If a child is infected while in the womb, or during birth, the brain may be damaged.
- The child may have either physical deformities or the infected mother may give stillbirths.

Herpes genitals.

- Infection can cause severe brain damage; cancer of the neck of the womb.
- If a woman is pregnant, the disease can cause death of the baby.
- The wounds and sores expose the sick person to HIV /AIDS infections.

Hepatitis B.

- This disease damages the liver and may lead to death of the infected person.
- It has a vaccine, but not treatment.

viii. Other Consequences of Irresponsible Sexual Behaviors

- unplanned pregnancies
- children living in the streets
- school dropouts
- psychological problems These include among others:
 - stress,
 - depression,
 - self – pity,
 - withdrawal,
 - aggressiveness,
 - violence.

Stress

- is the response of the body and mind to any situation that exerts pressure or makes demands on a person.
- The intensity or pressure experienced determines the level of stress.
- Some of the signs of stress are:
 - anxiety,
 - worry, and drop in performance,
 - chest pains
 - mood swings

- rebellion
- ulcers
- heart palpitations
- fatigue
- guilt feelings.

Solutions

- To avoid stress, it is suggested that individuals should accept that one is stressed;
- identify sources of stress, rest, exercise, listening to therapeutic music and talk to a counselor.

Depression

- This is an acute mental disorder.
- It is also a state of hopelessness and low spirits.
- Depression can be mild or severe.
- It has physical, emotional and behavioral signs and symptoms.
- Let me caution you that it is only a medical doctor who can know if one has a depression or not.
- We are told by doctors that signs of a depression are:
 - persistent headaches and chest pains;
 - loss of appetite;
 - too much appetite;
 - loss of memory;
 - insomnia i.e. lack of sleep;
 - weight loss or gain;
 - nervousness and mood swings;
 - low self-confidence;
 - suicidal tendencies and self-pity.
 - loss of libido (sexual desire);
 - poor performance in school and in work places;
 - hopelessness;
 - loss of interest in ones activities;
 - hypertension
 - high blood pressure

d. Irresponsible Social and Human Behavior

- There are social and human behaviors that are contrary to Christian life.
- These unacceptable behaviors are abortion, and divorce.

Abortion

- Abortion is termination of pregnancy before the foetus is capable of independent life.
- There are two types of abortions.
- One is spontaneous abortion or miscarriage.
- The other is induced abortion, which is deliberate and illegal in Kenya.
- Induced abortion has been debated in Kenya.
- The main question is should abortion be legalized or not.
- This is because abortion is legal in some European countries.

Reasons why mothers seek abortion

- pregnancy due to rape and incest.
- if the mother believes that the unborn child will be a burden. This may be because the baby is conceived outside wedlock and the mother lacks economic resources to take care of the baby.
- mother is in school and she cannot look after the baby and continue with her education.
- medical personnel may abort a deformed foetus or in order to save the life of the mother if it is in danger.

Reasons why abortion is considered a sin

- Christian's view of abortion as murder (Exodus20: 13).
- This is because abortion interferes with the mother's body, and destroys the baby.
- Christian view is that the body is the temple of the Holy Spirit.
- God is the giver of life and He alone has the right to take it away.
- Abortion carries with it stigma and the effects mentioned above make Christians condemn abortion.

e. Effects of Irresponsible Social and Human Behavior.

- Effects of abortion are:
 - infertility,
 - ectopic pregnancy,
 - destruction of a woman's body parts;
 - fetal malformation;
 - risk of the mother bleeding to death and destruction of uterus.
 - mother may experience in future still births
 - miscarriages
 - risk of barrenness
 - failed abortions leading to deformed babies
 - stress
 - depression.

SUBSTRAND: KING DAVID AND KING SOLOMON

Introduction

Yahweh remained the God of Israel and the sovereign ruler of his people.

Leadership refers to the manner in which a community's way of life is ruled or controlled. When Israelites settled in Canaan, Judges ruled them for the first 200 years. Some of the judges were

- i. Othniel
- ii. Ehud
- iii. Samson
- iv. Deborah
- v. Gideon
- vi. Shamgar
- vii. Samuel
- viii. Barak

Duties of Judges

- a. Leading Israelites to war against their enemies
- b. Settling disputes among the people
- c. Acting as religious leaders and leading Israelites in worship –
- d. Offering sacrifices on behalf of the people.
- e. Some of the judges acted as God's prophets
- f. They anointed kings, for example Samuel anointed King David.

Demands for a King in Israel

After Israelites settled in Canaan, the Promised Land, they started demanding for an earthly king to rule over them. These demands for a king rulers were brought about by:

- i. Samuel's sons Joel and Abijah were corrupt and took bribes. The sons of Samuel, who were judges, lacked his good leadership qualities.
- ii. The Israelites wanted a warrior king who could lead them to war against their enemies.
- iii. The Israelites wanted to be like the other nations around them who had kings.
- iv. The Israelites wanted a human leader whom they could see, approach, and talk to him face to face.

- v. The Israelites wanted security, which could be provided by a stable political government ruled by law and order.
- vi. They wanted a government that had a regular army,
- vii. They also wanted an established law court system.

Reasons against Kingship in Israel (Samuel 8:10 – 20)

By demanding for a king, the Israelites were seen as rejecting Yahweh – their unseen ruler. Two, there would be danger of hereditary kingship which would lead to oppression / dictatorship. God told Samuel to give Israelites strict warnings against Kingship by explaining how the king would treat them. A king would: -

- a. Recruit Israelites sons forcefully into the army.
- b. Grab peoples land.
- c. Force people to pay taxes to the government
- d. Turn people into slaves.
- e. Introduce forced labour.
- f. Force their daughters to work for his wives, sons, and for the royal house in general.

The people of Israel were distinct from other nations. Asking for a king meant rejecting God as their unseen king. Further to this, Israel could become like other nations, which did not worship Yahweh.

Then the covenant with God and the people of Israel would cease.

Achievements and Failures of King Saul (Samuel 13:8 – 14; 15:7 – 25)

Samuel was directed by God to choose and anoint Saul as the king of Israel. Saul was from the tribe of Benjamin. He became the first human king of the nation of Israel. He accomplished several things.

Successes of King Saul

- 1. He was anointed by God; as king to rule the Israelites
- 2. He was chosen even though it was not God's idea for a king over his people.
- 3. He was a great warrior. He led the Israelites to war and defeated their enemies

Failures of King Saul

- 1. God told Saul through Samuel to destroy the Amalekites completely. Saul however disobeyed God. He spared the king and the fat livestock. He claimed to have spared the fat animals for sacrifice to God. Because of this disobedience, God rejected Saul as king.
- 2. The Israelites were faced with many enemies. The worst were the Philistines. It was a custom for the king of Israel to enquire from God whether to go to the battle or not. The priest/prophet gave permission to the king to go to war. When Saul was faced with the dilemma whether to fight or not, Samuel enquired from God. Saul did not wait for permission to go to war from Samuel the priest. He decided to bypass Samuel by offering a sacrifice to God before going to war. This action displeased God because it was not his work to offer sacrifice to God. It was the work of priests.
- 3. After God rejected Saul as the king of Israel, Samuel was guided by God to go to Bethlehem. He was asked to go to the home of Jesse who had eight (8) sons. In that home, God was to show Samuel the next king of Israel. Samuel would then anoint the chosen son of Jesse. Seven of Jesse's sons were brought before Samuel one by one. God told Samuel that he had not chosen any of them. When David, a shepherd, was brought before Samuel God said to him 'this is the one – anoint him!' (1 Samuel 16:12).

4. David was anointed (poured oil on) as the next king of Israel. However he had to wait until Saul died before he could take over kingship. After Samuel anointed David to become the next king of Israel, Saul was jealous and plotted many times to kill him. David was employed to serve Saul. He played the harp, lyre wherever an evil spirit possessed Saul.
5. When Samuel died; the Philistines gathered to fight Israel. Saul was filled with terror. Saul enquired from God whether he should go to war, but did not get an answer. Saul disobeyed God by asking a medium (witch) to consult the dead for him. This act led to the death of Saul together with his son Jonathan in battle.
6. Saul was concerned with what people thought of him than pleasing God. He wanted to please people and not God. He was disobedient with God (1 Samuel 15:24)

Lessons which Christians can Learn from King Saul's Failures

1. Value of being patient.
2. Christian should obey God, follow His commands and not be afraid of people.
3. Christian should obey religious leaders placed over them by God.
4. Christian leaders should be humble
5. It is against the teachings of God, against the will of God to consult the spirits of the dead through mediums.
6. Without faith, it is impossible to please God. God desires sincere worship.
7. Political leaders should consult and listen to religious leaders.
8. Christians should not turn against their enemies or rivals. They should not plot to have them destroyed and killed.

Importance of David (1 Samuel 16: 1 – 23, 2 Samuel 6:1 – 15)

David took over kingship of Israel though some people resisted his rule. At first he ruled the house of Judah. Later on the other tribes rallied behind him.

Importance of King David

David became king after the death of Saul. He ruled for over 40 years as king of Judah and Israel.

Achievements of David

1. He was a brilliant military commander
2. He captured the old fortress of Jerusalem from the Jebusites and made it his capital city.
3. He removed the ark of covenant from the house of Abinadab in Shiloh and brought it to Jerusalem.
4. He expressed great faith in God. Through his faith in God, he was able to kill Goliath, the great Philistine warrior.
5. He was a skilled musician and composed many psalms that were used and are still being used in temple and church worship.
6. David respected the prophets of God and always consulted them whenever he wanted to do anything.
7. He expanded the geographical boundaries of Israel through conquests.
8. He was a great diplomat and established good political relations with the neighboring kings.
9. He was a shrewd administrator who chose wise elders and counselors to advise him.
10. God promised to establish an everlasting kingdom for David
11. David ruled over Israel, administering law and justice to all people.
12. He took a census of the Israelites and used the information to
 - a. recruit young men into military service and

- b. decide on the policy of taxation.
- 13. David had remarkable leadership qualities. He was kind. He spared mephibosheth, Saul's grandson.
- 14. David was humble. He was ready to accept sins he had committed and repent e.g. he repented after committing adultery with Bathsheba. David as an ancestor of Jesus Christ (2 Samuel 1 – 29, LK 1:26 – 33) David intended to build a splendid temple for God in Jerusalem. He felt it was not fair for the Ark of the Covenant to continue dwelling in a tent while he himself lived in a magnificent palace. To achieve this goal, David consulted Nathan, the prophet on whether to build the temple. The prophet approved the idea. But that night, Nathan received a revelation from God that stated that David was not to build a house (temple) for God. David's son would build the temple of God (2 Samuel 7:5 – 6). Prophet Nathan gave David God's message to David. The message was that:
 - a. His son will build the temple
 - b. God would give David's descendants a place to settle
 - c. God promised to raise up an heir from the house of David to sit on the throne
 - d. God promised to make David's name great or famous among all other leaders of the earth.

Reasons why God Rejected David's offer to Build him a Temple

- a. David had been involved in a lot of wars with the Israelites' enemies and had thus shed a lot of blood.
- b. God was a God of the people and could not be confined to a house.
- c. It was the will of God to establish the house of David (build David a house) rather than David builds a house for him (God). The human body is the temple of God. God dwells in the hearts of people.
- d. David had grown old. God wanted him to rest.
- e. God had planned that David's son would build a house for him – a place to house the Ark of the Covenant. King Solomon, David's son built the temple and fulfilled God's promises to David. Solomon's rule was peaceful and prosperous.

The New Testament is a fulfillment of God's promises to David

- 1. The gospel writers tell us that Jesus was born in the family of David (Luke 1:26 – 27)
- 2. The angel of God during the annunciation of the birth of Jesus said that He will be like his ancestor David (Luke 1:32 – 33)
- 3. Jesus was born in Bethlehem which was also the birthplace of David (Luke 2:4)
- 4. Bartimaeus the blind man of Jericho hailed Jesus as the son of David
- 5. During his triumphal entry to Jerusalem, Jesus was hailed by the crowd as the messiah descended from David.
- 6. In his genealogy, Saint Mathew says that Jesus was a descendant of David (Matt.1: 1)

Failures of King David

Although David had many virtues:

- 1. He ordered Uriah to be placed at the battle forefront so that he can be killed.
- 2. Uriah was the husband of Bathsheba. David had committed adultery with her.
- 3. He took Bathsheba as his wife

Leadership of King David

David showed:

1. Courage and bravery. David was courageous and brave. Modern leaders should be ready to die with and for their subjects.
2. Gratitude – thankful and grateful. David always thanked God for any success or favors he received. Good leaders should be thankful and grateful to God as well as to their fellow human beings.
3. Loyalty. David was loyal to God and to the Israelites. A good leader should be loyal, and never betray his people.
4. Justice. David administered justice to all his subjects without favoring anyone. No tribalism or nepotism. A leader should be fair to all (2 Samuel 8:15).
5. God – fearing, having faith. David was God fearing. He expressed his total trust in God. Modern leaders need to emulate this quality.
6. Humility. A leader should be a humble person. Though David had been appointed as the king, he continued to serve Saul until Saul died. He accepted his failures and asked for forgiveness
7. Kind. David was a kind leader. Leaders should be kind. David spared the life of Saul twice yet Saul wanted to kill him.
8. Wisdom. David was careful when choosing legal advisors to assist him in his rule. He was also wise. He reduced tribal jealousies by choosing Jerusalem; a neutral spot for administrative purposes.
9. Delegation – a shrewd administrator. A good leader should be able to delegate duties. David delegated duties. He involved others in advising, and administering

Achievements and Failures of King Solomon (1 KING 3 – 12)

After David died, his son Solomon became the next king. Kingship in Israel was hereditary. Solomon was chosen by David to be his successor. He took over from David at a time of peace and security established by David.

Achievements

1. He made Israel rich by establishing trade with other countries
2. He was a good trader and a successful merchant. He traded in copper, horses, timber, silver and gold. He established international trade with the neighboring countries. For example, he traded with Tyre in cedar and pine logs.
3. He established a well equipped large army for Israel
4. He was a builder. He built a magnificent temple for God in line with God's promise to David. He also constructed other cities (Megiddo) and a palace for himself.
5. He is remembered for his amazing administrative skills. He had 550 officials in charge of labour force.
6. He was a diplomatic ruler. He established friendly ties with his neighbours. This ensured continued peace. For instance he married the daughters of the kings of Egypt, Moab, Edom and Sidon so as to establish strong ties with those nations.
7. He had great wisdom. He judged a difficult case between two women who were claiming ownership of the same child. He composed many wise sayings known as the proverbs of Solomon. He also composed songs like Song of Solomon and Song of Songs and poems in Ecclesiastes.
8. He dedicated the temple of God with great rejoicing.
9. He brought the Ark of the Covenant to the temple of Jerusalem.

Failures of King Solomon

1. He married women from many foreign countries. These actions made Solomon break the Torah as Israelites were not supposed to marry foreigners. Through these marriages, idol worship started in Israel. This was because he allowed his wives to

worship their gods, build temples and altars for them. This led to introduction of idolatry in Israel.

2. Solomon constructed his palace for 13 years. He then built God's temple for 7 years. This showed that he probably loved himself more than God.
3. He killed his own half brother Adonija on suspicion that he could be a rival to the throne.
4. Solomon lived lavishly, and expensively. He thus burdened the Israelites with high taxes.
5. He used forced labour. This was the same as enslaving the Israelites.
6. He worshipped idols. Solomon's heart was turned to such other gods as Ashtoreth / ashitarte – goddess of Sidon and Molech – the god of the Ammonites. This was breaking God's commandments
7. He sold part of Israelite territory to the king of Tyre
8. He used pagan skills when designing, decorating, and furnishing the temple.
9. He made treaties with other nations in spite of the fact that God had forbidden Israel from making treaties
10. He was extravagant. He used a lot of state wealth to entertain and please his many wives and concubines.

Importance of the Temple in Israel

Definition of a Temple

This is a building dedicated to the worship of God. Solomon built the temple as a fulfillment of the promises that God gave to David, that his son would build a house for him.

Importance and Uses of a Temple

1. It was a centre of worship. Prayers and sacrifices were offered to God from the temple.
2. It symbolized the presence of God among the Israelites.
3. The Ark of the Covenant was kept in the temple as a symbol of God's presence among his people.
4. The temple acted as a symbol of unity in Israel. Every year all the Israelites had to go to Jerusalem to celebrate such feasts as the Passover, feast of tabernacles' Day of Atonement. This led to the unity of the Israelites.
5. Dedication of children and purification were done in the temple.
6. It was a residence for the priest.
7. It was a business centre where people bought and sold animals needed for sacrifice.
8. The temple acted as a school to the scribes, rabbis and others who studied and interpreted the Mosaic Law.
9. The temple also acted as the judicial court of Israel. Judges worked from the temple
10. It is where religious ceremonies like naming and circumcision of baby boys took place.
11. It was a house of prayer.

Deborah, a wife, prophetess, and judge of Israel, was chosen by God to serve His people at a very challenging time. Deborah showed her belief in God and her strength through God as she quietly and obediently stepped into her role.

Christian women leaders can learn quite a bit about leading others through an in-depth study of Judges 4 and 5. In this post, I've shared 7 leadership traits reflected in Deborah's leadership.

I also believe Deborah reflected many of the leadership qualities of the Proverbs 31 woman found in verses 10-31 because Deborah served with honor, strength, and dignity. She quietly went about her role as a wife and leader. She was a humble and noble servant known as "a Mother in Israel." A referent title bestowed upon her by the people she led. Let's dive into the 7 leadership qualities emulated in her leadership.

Leadership Traits of Deborah

1. Deborah was courageous.

She was called by God to lead at a difficult time. Deborah stepped forward with bravery in obedience to God to lead the Israelites in times of challenge and oppression.

Judges 4:1-4 (NIV), *"Again the Israelites did evil in the eyes of the Lord, now that Ehud was dead. So the Lord sold them into the hands of Jabin king of Canaan, who reigned in Hazor. Sisera, the commander of his army, was based in Harosheth Haggoyim. Because he had nine hundred chariots fitted with iron and had cruelly oppressed the Israelites for twenty years, they cried to the Lord for help. Now Deborah, a prophet, the wife of Lappidoth, was leading Israel at that time."*

2. Deborah served with wisdom and knowledge.

She exhibited great listening skills, which were evident in her obedience to God. Deborah listened well, and when she spoke, she added value due to her wisdom.

Judges 4:5 (NIV), *"She held court under the Palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites went up to her to have their disputes decided."*

3. Deborah supported the people God called to lead.

She encouraged Barak and acknowledged his role in leading the Israelites to victory. Deborah's confidence in God's power gave the Israelites assurance God was with them.

Judges 4:6-7 (NIV), *"She sent for Barak son of Abinoam from Kedesh in Naphtali and said to him, The Lord, the God of Israel, commands you: Go, take with you ten thousand men of Naphtali and Zebulun and lead them up to Mount Tabor. I will lead Sisera, the commander of Jabin's army, with his chariots and his troops to the Kishon River and give him into your hands."*

4. Deborah was **trusted**.

She earned her position due to her belief and faith in God. Her strong faith earned her the respect of the people, which allowed her to influence and motivate Barak and his men.

Judges 4:8 (NIV), *“Barak said to her, If you go with me, I will go; but if you don’t go with me, I won’t go.”*

5. Deborah was **direct**.

She spoke the word of God and no other. It was clear to the Israelites Deborah shared God’s message and not her own agenda.

Judges 4:9 (NIV), *“Certainly I will go with you, said Deborah. But because of the course you are taking, the honor will not be yours, for the Lord will deliver Sisera into the hands of a woman. So Deborah went with Barak to Kedesh.”*

6. Deborah was **confident**.

She placed her confidence in God. Deborah never hesitated to fulfill God’s commands. Her reassurance and strong beliefs led the Israelites to victory.

Judges 4:14 (NIV), *“Then Deborah said to Barak, Go! This is the day the Lord has given Sisera into your hands. Has not the Lord gone ahead of you? So Barak went down Mount Tabor, with ten thousand men following him.”*

7. Deborah was **humble**.

She gave praise and glory to God because the victory was God’s. Deborah and Barak sang a song of thanksgiving and praise to God and the followers. And, they had peace for forty years due to their belief and obedience.

Judges 5:5 (NIV), *“On that day Deborah and Barak son of Abinoam sang this song...”*

A Mother in Israel

Deborah was chosen by God to serve as the Mother of Israel and lead His people to victory. Deborah’s success was due to her faith in God. She served God by utilizing her values and Spiritual gifts. Due to her faith, God called her, a woman, to lead His people to victory.

As in the Song of Deborah, Judges 5:31 (NIV), those who love and obey the Lord will be renewed in strength and shine bright like the majestic sun.

Lessons learnt from the story of Deborah

1. Prosperity Should Never Lead to Complacency

Although Israel's servitude at the hands of the Canaanites, Midianites, Philistines, and other nations was a result of their sin and idolatry, the Israelites had not done themselves any favors by refusing to remove these nations and their influence from the land, as God had instructed in the book of Joshua.

Instead, the temptation of foreign gods and the presence of false worship remained, slowly reshaping the culture and turning the hearts of the people away from God in the process.

The Israelites' prosperity following the days of Joshua should have solidified their faith. However, instead of being grateful and humble, the people became complacent and self-indulgent. Matthew Henry writes, "thus the prosperity of fools destroys them."

Because the people of Israel neglected to glorify God in good times, they were forced to seek Him in times of trouble.

The same is true for believers today.

God uses tough times and anointed leaders like Deborah to wake His people and break them of the habit of sin and complacency when necessary.

2. God Calls for Obedience

Among the judges of Israel, Deborah was unique in that she not only led by example, but she was also bold, assertive, and obedient in both her personal and public life.

Deborah's calling as a judge was not her sole occupation. She was also a wife, a warrior, a prophetess, and a songwriter, and in all things, she proved faithful.

The lesson here is that God's ultimate call for His creation is obedience.

We all wear many hats and fulfill many roles in life, but whether it's in our jobs, our relationships, or our families, God calls us to be faithful and obedient in *all* areas of life, big and small, public and private.

3. Leaders Lead

Though Deborah called upon Barak to lead Israel's army into battle, her delegation should not be seen as an attempt to shake responsibility or "pass the buck." On the contrary. Barak insisted Deborah accompany him, and Deborah committed to going. She would not send him somewhere she was not willing to go herself.

Like any good leader, Deborah led the way. She stepped up when called (Judges 5:8) and did not hesitate to act; what she called Israel to do in public, she committed to do in her personal relationship with God.

Sadly, the later kings of Israel did not follow suit; as their hearts went, so went the nation of Israel. Deborah, however, led by example and modeled courage, swift action, obedience, and a willingness to speak the truth, standing behind those she called to action. “Those who in God’s name call others to their duty, should be ready to assist them in it” (Matthew Henry).

Deborah modeled this aspect of leadership better than most.

4. When God Goes Before Us, What Have We to Fear?

Although Deborah’s courage is legendary, her confidence did not come from her abilities or Israel’s army. In fact, the armies of Israel were largely outnumbered by Sisera and his many chariots. But where Sisera trusted in the might of his army, Deborah trusted in God’s power and provision (Psalms 20:6-9).

Knowing that God was not only for Israel but had gone before them was all the strength she needed to take action, get the job done, and inspire others to step out in faith as well (Judges 5:14).

For Christians today, Matthew Henry offers this powerful reminder: “be not dismayed at the difficulties thou meetest with in resisting Satan, in serving God, or suffering for him; for is not the Lord gone before thee?”

5. God Deserves Swift Gratitude and Praise

Following their victory over Sisera and the Canaanites, Deborah and Barak did what Israel had failed to do since the days of Joshua: ascribe all glory, honor, and praise to the Lord (Judges 5). And like most things in life, Deborah and Barak did not hesitate to worship.

In this way, complacency and self-adoration had been momentarily overcome by Israel’s leadership. They recognized that, no matter what they or the army had done, God deserved the credit.

Believers today would be wise to imitate this behavior and not waste time giving credit and praise to the Lord when it is due.

6. Look to the Past, But Look Beyond to the Promise of the Future

In the Song of Deborah and Barak, the songwriter(s) remind the people of the cost of their disobedience and the reasons they had gotten into trouble with the Canaanites in the first place.

Here we find an honest reckoning with the past and a charge for Israel to “wake up” and return to their God. However, in acknowledging the sins of Israel’s past, Deborah also looks to the joy of their present salvation and hope for an even better future. This is vital to the survival of any civilization.

As Eric Metaxas writes in his book *If You Can Keep It: The Forgotten Promise of American Liberty*, “seeing the sins and failing (of the past) is not fatal and fatalistic. We see them, but we see beyond them to the possibilities of goodness and forgiveness and redemption. We recognize that the ‘story’s not over.’ We see the hope on the other side of where we are” (231).

Deborah reminded the people that, though they had betrayed God and broken covenant with Him, He had remained faithful. Knowing this, the children of Israel could look forward to even better days if they would cast aside their idols and return fully to the Lord.

7. God Elevates Those He Chooses

It is no coincidence that the great Canaanite general Sisera was brought down by a girl and a single iron nail. In this way, God demonstrates His tendency to use the “weak things of the world to confound the mighty” (1 Corinthians 1:27). The apostle Paul would continue, “God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before him” (1 Corinthians 1:29).

In this way, as Deborah had promised, Jael was given a special honor for her role in killing an enemy of God’s people. “Most blessed of women is Jael,” Deborah sings (Judges 5:24). Furthermore, a lot has been written about Deborah’s role as a woman in the Old Testament, and it is true; it was not common for women to hold positions of such power and influence in that culture at that time. However, as we see throughout Scripture, God does not hesitate to raise up, equip, empower, and promote His faithful servants, regardless of their social status, abilities, or lack thereof. As Matthew Henry writes, “Though He needs no human help, yet he is pleased to accept the services of those who improve their talents to advance his cause.”

In the end, God elevates those He chooses. Deborah sings, “thus let all your enemies perish, O Lord; but let those who love Him be like the rising of the sun in its might” (Judges 5:31).

“Such shall be the honour, and joy of all who love God in sincerity, they shall shine forever as the sun in the firmament.” (Matthew Henry)

Deborah would play an incredible role in the history of Israel and has gone on to become one of the most influential women in all of Scripture. However, it is not Deborah or Barak, or Jael who deserves glory or praise. They are not worshipped because they are not the ultimate heroes of

this story or the ultimate saviors of Israel. That role is reserved for God and God alone, before whom “the mountains quaked at the presence of the Lord” (Judges 5:5).

STRAND 4: THE LIFE AND MINISTRY OF JESUS CHRIST

SUBSTRAND: RAISING OF THE WIDOW'S SON NAIN

Luke 7:11-17.

- Jesus went to a city called Nain together with his disciples, and a great crowd went with him.
- As he drew near the gate, he met people carrying a dead man.
- The dead man was the only son of the widow.
- The widow was accompanied by a large crowd.
- When the lord saw her, he had compassion on her.
- He told the widow to stop weeping.
- Jesus touched the bier/coffin and the bearers stood still.
- He ordered the dead man to arise.
- The dead man sat up and began to speak.
- Jesus gave the man to his mother.
- Fear seized them all.
- They glorified God, saying a great prophet had risen among them.
- The report concerning him spread through the whole of Judea and all the surrounding country.

Virtues Christians can learn from the raising of the widow's son at

- ✓ Love/kindness.
- ✓ Unity/cooperation.
- ✓ Faith.
- ✓ Humility.
- ✓ Service.
- ✓ Obedience.
- ✓ Respect.
- ✓ Thankfulness/praise/gratitude.

HEALING OF THE 10 LEPPERS

The Story of Jesus Healing the 10 Lepers

Jesus was on His way to Jerusalem and was walking along the border between Samaria and Galilee. It's significant to note that Jesus was on His way to the cross. He knew what lie before Him in Jerusalem, the greatest most horrific sacrifice of His ministry. Yet, Jesus was able to look beyond His own horror to give hope to ten lepers who approached Him.

Leprosy is a horrendous illness that affects the skin, eyes, nose, and peripheral nerves. Highly contagious, those who were diagnosed with leprosy were quarantined and isolated from the rest of society. Jewish law required that those with leprosy shout, "Unclean, unclean" when people approached, to avoid contaminating others. At the time of Jesus, there was no known cure which left those with leprosy without hope.

Jesus saw and heard the lepers crying out, "Jesus, Master, have pity on us!" (Luke 17:13). Moved with compassion, Jesus responded with "Go, show yourselves to the priests" (Luke 17:14). Instead of healing them immediately, Jesus asked them to go to the priests. It was the priests who would make the determination whether or not they were healed and declared clean. What's interesting is that Jesus didn't heal them first! He gave them a command which would test their faith in Him. "As they went, they were cleansed" (Luke 17:14b).

One out of the ten realized he had been completely healed and filled with gratitude ran back to Jesus, praised God in a loud voice, and threw himself at the feet of Jesus to thank Him (Luke 17:15-16). Interestingly enough, he was a Samaritan. The Jews hated the Samaritans and considered them to be half-breeds and very unspiritual! At this point in the story, Jesus asked a profound question, "Were not all ten lepers cleansed? Where are the other nine? Has no one returned to give praise to God other than this foreigner?" (Luke 17:17-18).

What Can We Learn from the 10 Lepers Encounter with Jesus?

While there are many lessons, there are three primary lessons that stand out.

God Values the Least

In our culture of platform building and rising celebrity status, we forget that God values the least. He places honor on the poor, the broken, the messy, and the marginalized. The 10 Lepers were outcasts of society. Beyond just having leprosy at least one was from Samaria which would have made him the lowest of the low. He had absolutely no status and was looked down

on as an untouchable. Yet, Jesus treasured each one, even the Samaritan, heard their cries, and healed them.

God Honors Faith

The 10 lepers weren't healed until they acted in faith and turned to head to the priest. Did they have lots of faith or just a little faith? We don't know. What we do know is they acted on the faith they had and started out on the journey to show themselves to the priests. In your life and mind, God will never let us off the hook of faith. As the writer of Hebrews wrote, "And without faith, it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him" (Hebrews 11:6). God rewarded the 10 lepers' faith by healing them.

God Cherishes Gratitude

Even more than the measure of our faith, God cherishes gratitude. Only one of the 10 lepers turned back, fell at Jesus' feet, and thanked Him with a loud voice. Though Jesus was Almighty God, He was sensitive. His sensitivity didn't make Him weak. It was a powerful gift. Since Jesus came to reveal the Father to us, we can assume that our heavenly Father is also sensitive. I believe we offend Him when we take His gifts for granted and forget to say, "Thank you." The Apostle Paul alluded to this when He wrote to the church in Thessalonica, instructing them to "give thanks in all circumstances; for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18). Gratitude is a core discipleship issue for the believer and it's God's will that we learn to be grateful in every situation.

Practical Ways to Thank God Daily

1. Keep a blessing journal at the dinner table. Tuck a thin journal in the napkin holder on your dinner table and get in the habit of listing your top three blessings of every day. By writing down your blessings every day, gratitude will grow in your heart. Not all blessings are huge. Perhaps a blessing is beautiful weather or a hug from a friend. Perhaps it's that a baby slept through the night, or you got a bonus at work. Maybe the blessing is a delicious warm cup of coffee or an encouraging phone call. Whatever the blessing, practice writing it down as a form of giving thanks. In this way, you will be strengthening your gratitude muscle so that you, like the 1 of the 10 lepers will remember to say thank you.

2. Develop a daily rhythm of thanking God for His love every morning and His faithfulness every evening. Our early church fathers had rhythms to their days so that Christ would be central in their gratitude. Develop a morning and evening rhythm of giving thanks so that it becomes a lifelong pattern. The Psalmist wrote, "It is good to praise the LORD and make music to your name, O Most High, proclaiming your love in the morning and our faithfulness at night" (Psalm 92:1-2). Before you even get out of bed in the morning, thank God

for His deep love for you. Before you fall asleep at night whisper a prayer, thanking God for His faithfulness that you experienced during your day.

3. Set an alarm on your phone to remind you to thank God for His gifts. The Psalmist wrote, “Seven times a day I praise You” (Psalm 119:164). What a beautiful pattern. In our day and age, we have the benefit of alarms on our phones. We can set reminders on our phones so that at specific hours of the day we can pause and give thanks. Wouldn’t it be beautiful if we followed the example of the Psalmist and paused seven times a day to give thanks?

4. Forgive those who have hurt you. What does forgiveness have to do with gratitude? Everything. God has forgiven you for all the times you’ve hurt Him. Out of gratitude for His forgiveness, forgive those who have hurt you (Ephesians 4:32). When you realize the depth of your own sinfulness and the depth of God’s grace, gratitude wells up inside you and it becomes far easier to forgive those who have hurt you.

PARABLE ON PRAYER

A FRIEND AT MIDNIGHT

5. Listen to worship music to prompt your thanksgiving. Worship music is a great tool to prompt our praise and thanksgiving. As you listen, ask the Holy Spirit to stir up gratitude in your heart for all the Lord has done. You don’t have to sing your thanksgiving (although you could), the point is to allow the music to remind you of all the ways God has been good to you. As you are reminded of His goodness, thank Him. A great song to get you started is, “How Good He Is” by Vertical Worship. You can find the song on YouTube. Listen and allow the words to prompt your thanksgiving.

The story of the 10 lepers is one of the most profound stories found in the gospels. We can learn that God values the least, He honors faith, and He cherishes gratitude. As you seek to offer Him gratitude daily, try one or more of these practical ideas; Keep a blessing journal, develop a morning and evening rhythm, set an alarm on your phone, forgive those who have hurt you, or learn to use worship music to prompt your thanksgiving. Above all, ask the Holy Spirit to help you develop a heart of gratitude. This pleases God so very much.

After Jesus told the disciples how to pray, He told them a parable to reinforce how to pray. Let’s follow Jesus’ example and tell the same parable. Read the parable of the friend at midnight, or the parable of the persistent neighbor, from Luke 11:5-13.

In the parable, a man had a friend that was visiting while on a long journey. The man wanted to feed his guest, but he had no food. The man went to his neighbor’s house at midnight and asked for bread to serve the guest. At first, the neighbor didn’t want to give away any food. But

the man kept knocking on the door and asking for bread. The neighbor got back up and gave food to the man since he kept knocking.

Jesus continues, "And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. Then, it seems that He gives another, smaller parable: "What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the Heavenly Father give the Holy Spirit to those who ask him!"

Here are some lessons from the parable:

- **Pray without giving up**

People should pray to God with confidence, even at late hours, and continue to pray until they get an answer.

- **God expects people to come to him**

God is not annoyed when people knock on his door in the middle of the night, he expects it.

- **God gives more than people ask for**

God gives people more than they ask for when they approach him.

- **God can handle shameless audacity**

People do not have to approach God in a certain mood, style of speech, or form of address. The parable is similar to the Parable of the Unjust Judge.

According to the Bible, Nicodemus, a Pharisee and member of the Jewish ruling council, met Jesus at night and had a conversation with him:

- **Nicodemus's approach**

Nicodemus came to Jesus and said, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the miraculous signs you are doing if God were not with him".

- **Jesus's response**

Jesus replied, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God".

- **Nicodemus's questions**

Nicodemus asked, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?".

- **Jesus's further explanation**

Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter into the kingdom of God".

The story of Jesus and Nicodemus teaches that people must be born again through a relationship with Jesus to enter the Kingdom of God:

- **Nicodemus's visit**

Nicodemus, a Pharisee and member of the Sanhedrin, visited Jesus at night to avoid being seen by the Jewish authorities.

- **Jesus's teaching**

Jesus explained that people must be born again of water and the Spirit to enter the Kingdom of God. This is thought to refer to the Sacrament of Baptism.

- **Eternal life**

Jesus taught that eternal life is a gift from God, not something that can be earned. It comes through God's Spirit, not through a person's own efforts.

- **Faith in God's word**

Jesus taught that people must believe in God's word, not understand everything about it.

- **Following Jesus**

Jesus taught that following him means starting over and learning to do everything in a new way.

Some lessons from the story of Jesus and Nicodemus include:

- Choose life
- Walk as Jesus walked
- Be aware of spiritual pride and showmanship

THE BRONZE SERPENT

In the Bible, Jesus referenced the bronze serpent story in John 3 to Nicodemus, a Pharisee and Jewish ruler, to explain that a person must be born again to enter the kingdom of God. Jesus used the bronze serpent as an analogy to his crucifixion, saying that the Son of Man must be lifted up, just like the bronze serpent.

Here are some details about the bronze serpent story:

The bronze serpent was a divinely given means of life and healing

The bronze serpent was a divinely given means of life and healing, in contrast to the serpent, which was an image of death.

The bronze serpent was made from copper or bronze

The Hebrew word for "snake," nahash, resembles the word for "copper" or "bronze," nehoshet.

The bronze serpent was made by Moses

In the Bible, God commanded Moses to make a bronze serpent and lift it up on a pole after the Israelites rejected the gift of manna from heaven.

The Israelites worshiped the bronze serpent

For 800 years, the Israelites worshiped a replica of the bronze serpent, burning incense to it. In the 600s BC, King Hezekiah broke the bronze snake into pieces.

THE JERUSALEM MINISTRY

Luke, 19: 28 – 21: 38

The Triumphant Entry of Jesus to Jerusalem Lk. 19:28 – 40

a. The Triumphant Approach to Jerusalem. Luke 19: 28- 40.

- Jesus death had to happen in Jerusalem.
- Hence Jesus went to Jerusalem.
- He sent two disciples to a place where there was a colt (young donkey) that no person had ever ridden.
- They took it to Jesus.
- They threw their garments on the colt, and Jesus sat on it.
- As Jesus rode, people spread their clothes on the road.
- As Jesus neared Jerusalem, a “large crowd of his disciples began to” praise God (vs37).
- The crowd said ‘blessed be the king who comes in the name of the lord’.
- The Pharisees told Jesus to rebuke the disciples.
- Jesus told them if the disciples kept quiet the stones would start shouting.
- Jesus made his entry into Jerusalem in a royal (kingly) procession.
- He was Israel’s humble king who came with peace and not a political leader.
- He rode on a donkey – a symbol of peace.
- This was unlike the political kings who rode on the horses during that time.

b. Jesus weeps over Jerusalem. Read, Luke 41- 44

- When Jesus was near Jerusalem he wept.
- He then foretold the coming destruction of Jerusalem due to its rejection of the messiah.
- The rejoicing of his triumphant entry to Jerusalem turned to mourning as he foretold the destruction of Jerusalem by Romans in 70 A.D.

c. Jesus goes to the Temple. Read Luke 19:45 – 48.

- Jesus went to Jerusalem temple and evicted traders.
- He told them that the house of God is a house of prayer not a den of thieves.
- Jeremiah spoke these same words during his temple sermon.
- The chief priests and scribes began planning how to kill Jesus.

Pharisees, Scribes Question Jesus Luke 20: 1-47

a. The question about Jesus’ Authority. Read Luke, 20:1 – 8.

- The Jewish leaders wanted to know from Jesus by whose authority he was doing all the things he was doing.
- In response Jesus asked them “did John’s right to baptize come from God or from human beings?” (Vs4).
- They discussed among themselves and decided not answer.

- Jesus told them “neither will I tell you”.
- In response to his authority being questioned he told a parable.

b. The parable of the Tenants in the Vineyard.

- Read the parable in Luke, 20: 9 – 18.
- The tenants refused to pay the owner of the vineyard his share of the harvest.
- They threw out the servants he sent to collect his share of the harvest.
- When he sent his son, they killed him so that they can own the vineyard.
- Jesus asked the people... “What will the owner of the vineyard do to the tenants?”

c. The Question about Paying Taxes. Read Luke 20:19-28

- Pharisees, and scribes (teachers of the law) and chief priests planned to arrest Jesus but they were afraid of the people.
- They sent spies to trick Jesus by asking this question -” ...is it against our law for us to pay taxes to the Roman Empire, or not?”
- Jesus used the currency and told them “pay the Emperor Caesar what belongs to him and pay God what belongs to God.” (Verse 25)
- This was a tricky question.
- Jesus here teaches people to obey the rules of the land and to obey God’s rules.

d. The Question about Resurrection

- The Sadducees who did not believe in resurrection tempted Jesus with another question.
- They wanted to know this.
- When resurrection comes, who shall be the husband to a woman who was married to the first brother and inherited as a widow by the other six brothers?
- Jesus told them the men and women who shall be worthy of resurrection shall not marry.
- They shall be like angels and cannot die (verse 34 to 38)

e. Jesus warns against the Teachers of the Law

- Jesus warned his disciples.
- Be careful and guard yourselves against teachers of the law, the scribes.
- They were hypocritical.
- They wore long robes, said long prayers, looked for positions of honor and exploited the widows.

f. The Widow’s Offering. Luke, 21: 1- 4

- When people were giving offerings in the temple, a widow gave “two little copper coins”.
- Jesus said the poor widow had given all she had.
- Likewise Christians should give to God not to be seen but from their hearts.
- It is not the quantity of the gift that matters but the attitude of the giver.

The Teachings of Jesus about Eschatology Lk. 21: 5 – 38

- Eschatology is from two Greek words, ‘eschatus’ and ‘logos’.
- Eschatus means end, Logos means study.
- Eschatology means the study of the end times or in CRE the last days of Jesus.
- For biblical information, read Luke 21:5-38 and Mathew 24: 1 – 36 and Mark 13:1-31.

a. Signs of the End Times.

- Jesus gave many signs that will inform Christians that end of the time has come.
- These were to happen at different times.
- The signs were:
 - a. Destruction of the temple of Jerusalem by invading armies which shall surrounded it
 - b. Hatred of disciples and Christians because they were followers of Christ
 - c. Rejection of disciples by families because they were followers of Christ
 - d. Betrayal of the followers of Christ
 - e. Prosecution and imprisonment of Christians.
 - f. Many false messiahs. People would come claiming to be the Messiah, the Son God
 - g. Wars as nation rise against nations
 - h. Eruption of natural calamities such as plagues, earthquakes, famines, great fear among people.
 - i. Disruption in the sky and seas. Fall of strange heavenly beings from the sky and rise of seas.
 - j. Natural calamities such as earthquakes, plagues, famines bringing despair and distress in all nations
 - k. The times shall be announced by signs in the stars, moon, sun and sea
 - l. Appear of the 'Son of man ' in power and glory at the end of times.

b. Uses of the Temple during the time of Jesus

- During the time of Jesus, the temple was used for
 - a. Child dedication
 - b. Circumcision
 - c. Purification
 - d. Trading and business centre
 - e. Worshipping and prayer
 - f. a place for celebrating festivals such as the Passover and other major feasts
 - g. a learning centre or school for religious purposes. For example disciples of the scribes learnt law in the temple.
- The destruction of the temple symbolized the birth of Christianity.
- From that time Christians became the new temple of God.

c. The Parable of the Fig Tree Lk.21: 29 – 33

- Jesus used the parable of the fig tree to explain more about the end times.
- Appearance of leaves in the fig tree and other trees inform us that summer will soon come.
- When Christians see signs of the end times, they should know that the kingdom of God is about to come.
- Jesus told disciples to be watchful, alert, and praying for strength to endure the coming tribulations.
- See the previous teachings on watchfulness and readiness.
- Christians are to watch out and be ready for the end times.

d. Relevance of Jesus' Teachings on Eschatology

- These teachings assure and continue to tell Christians these messages from Jesus:
 - a. There is life after death
 - b. Christ will return to receive the faithful

- c. Christians are to be watchful, prayerful, and hopeful despite trials and tribulations
- d. Christians are assured of God's protection from evil.
- e. Christians should prepare for the coming of Christ by leading a righteous life
- f. Do not lose hope
- g. Do not be pre occupied with the cares of this world for they never end
- h. Preach and spread the word of God
- i. Obey God's commandment
- j. Help the needy

THE PASSION, DEATH AND RESURRECTION OF JESUS

LK. 22 – 24 -

The Plot against Jesus

- The Jewish religious leaders were determined to ensure that Jesus was either arrested or killed (Lk.22: 1 – 6)
- They were helped by Satan who entered into Judas Iscariot one of the twelve disciples of Jesus.
- Judas decided to betray Jesus.
- He communed with the Jewish leaders who agreed to pay him money to betray Jesus.
- He searched for a way to betray Jesus without knowledge of Jesus.
- He forgot who was Jesus.
- Judas agreed to betray Jesus probably because:
 - a. He belonged to the party of Zealots who wanted political changes
 - b. He was probably frustrated by Jesus' approach to the Kingdom of God which was establishing a peaceful spiritual kingdom
 - c. He expected Jesus to establish a political kingdom
 - d. He was greedy for money
 - e. Satan entered him

The Lord's Supper / The Last Supper LK 22: 7 – 13

- The last supper was the last Passover meal that Jesus took before his arrest.
- Passover is celebrated in obedience to God's command to Moses.
- It is a remembrance of Israel's deliverance by God from slavery in Egypt.

a. The Passover Meal

Preparations for the Passover, Read Luke 22: 7 – 23.

- Peter and John were sent by Jesus to go and prepare the Passover meal.
- They were to do so in a house in the city.
- They were taken to the house by, a man who was carrying a vessel of water.
- They were given a big furnished upper room upstairs.
- They prepared the Passover meal as instructed by Jesus.

Passover meal

- During the meal with the 12 disciples / apostles Jesus told them that this was going to be his last meal with them before his death.
- He took a cup of wine gave thanks to God and said "Take this and share it among yourselves.

- I tell you that from now on I will not drink this wine until the Kingdom of God comes.”
- The cup of wine was his blood that he was going to shed for them.
- Wine therefore symbolized the blood of Jesus, shed for the purification of humankind and forgiveness of sins.
- This blood is the New Testament and covenant with Christians.
- After drinking of wine, He “took a piece of bread, gave thanks to God “ and shared it and told them that the piece of bread represented his body which is “given for them”.
- He presented his death as a sacrifice whose blood sealed the new covenant.
- His death replaced the sacrifices of the Old law, those of animals, which sealed the Sinai covenant.
- The new covenant will be for all people including Gentiles.
- This is to fulfil God’s promise of salvation for all people.
- Jesus and disciples ate Passover together so that henceforth Christians would eat the meal together in remembrance of Jesus.
- Passover was initially taken to remind them of the deliverance from Egypt.
- But during the last supper, Jesus gave the Passover a new meaning.
- As they ate, Jesus foretold of his betrayal by one of his disciple.

Comparisons of the Lord’s Supper and the Passover

- a. The Passover commemorates the divine act of redemption of the Jews from their bondage in Egypt while the Last Supper commemorates the deliverance of human kind from sin.
- b. The Passover feast reminded the Israelites that they were free, redeemed people while the Lords Suppers is to remind Christians of their forgiveness of sins. The death of Jesus set Christians free from sins.
- c. Passover was followed by the Old covenant of Mount Sinai. The Lords suppers is a new covenant based on the death of Jesus for sins of humankind
- d. Passover (Old testament) was sealed by the blood of Lambs while New Covenant (Lords suppers) is sealed by the blood of Jesus on the cross.
- e. Items for celebrating in Passover (old testament) are different from the cup of wine and pieces of bread used by Jesus to celebrate his last supper with the disciples.

Relevance of the Lord’s Supper Today

- Christians celebrate the Lords supper.
- This celebration is called the Eucharist, the Lords suppers, or Lords meal.
- Christians celebrate it as an act of repentance; through which they receive assurance of forgiveness of their sins.
- The presence of Jesus becomes a reality when Christians share bread and wine
- Bread and wine are symbols of heavenly feast, which Christians will partake in God’s kingdom.
- The Lords supper is also a sacrifice of praise and thanksgiving to God.
- It is a time for rededication to Christ and self-renewal.
- Through the celebration of the Lords supper, Christians anticipate the second coming of Jesus and the establishment of Gods Kingdom.
- It is also a time to remember the death and resurrection of Jesus and reflect on God’s love for humankind.

b. The Argument about Greatness. Read Luke, 22: 24 – 30

- A question arose among the disciples.
- They wanted to know who among them was the greatest?

- Jesus told them that they do not belong to the world system of authority given on the basis of wealth and fame.
- The authority among the disciples will be determined on the basis of their service to others.
- The greatest is the servant.
- Jesus likened himself to a servant hence disciples are called to serve.
- By sharing in trials and sufferings of Jesus, the disciples will share in his ruling power over the new Israel.
- Leadership in church should be understood in terms of service – being a servant of people.
- In the community of Christians, all people who are followers of Jesus are all equal.

c. Jesus Predicts Peters’ Denial. Read Luke, 22: 31 – 38

- Jesus told Peter that Satan had received permission to test or tempt all the disciples but Jesus had prayed for Peter’s faith not to fail.
- Jesus told Peter that he shall deny Jesus three times before the cock crows.
- Jesus was telling his disciples that they will encounter hostility in their evangelism hence they should be prepared for suffering and opposition because of Him as Isaiah 53:12 says ‘he shared the fate of evil men.’
- Jesus death was imminent inevitable. The disciples were expected to be strong

Prayer, Arrest of Jesus and Denial by Peter

a. Prayer on the Mount of Olives. Read Luke. 22: 39 – 46

- After celebrating the last supper, Jesus went to the Mount of Olives with his disciples to pray to resist temptation.
- Jesus went ahead of his disciples, knelt down and prayed.
- Jesus left them to pray by himself. He said” Father if you will, take this cup of suffering away from me. Not my will, however, but your will to be done” (42).
- An angel came to strengthen him. He prayed earnestly, in agony and turmoil great than the physical pain. He sweated great drops of blood.
- After praying, Jesus found his disciples asleep “worn out by their grief” vs. 45).
- Jesus asked them to wake up and pray to avoid temptation.

Significance

- The disciples fell asleep.
- This was a sign of moral and physical exhaustion.
- Jesus expressed inner struggle about the fulfillment of his messianic mission.
- He prayed for God’s help.
- Christians should always pray to avoid temptation and seek God’s help.

b. Betrayal and arrest of Jesus. Read Luke, 22: 47 – 53

- Jesus was arrested by: the chief priest, elders, officers of the temple guard, and a crowd of people as he talked to his disciples.
- He was taken to the house of the high priest.
- Judas had identified Jesus with a kiss.
- Jesus asked Judas” him “Judas, is it with a kiss that you betray the Son of man?”
- Jewish religious leaders had come to arrest Jesus as they arrested other criminals.
- Jesus told his disciples not to resist his arrest.
- He rejected armed resistance refusing the role of a political messiah.

- Peter followed him from a distance.

c. Peters Denies Jesus. Read Luke, 22: 54 – 65

- After Jesus was arrested he was taken to the house of the High Priest.
- As Peter sat warming himself with others, a maid identified Peter.
- She said, “This man too was with Jesus. Peter denied knowing Jesus three times.
- After the third denial, the cock crowed just as Jesus predicted.
- Jesus turned and looked at Peter who remembered the words of Jesus.
- “Peter went out and wept bitterly” (Vs. 62).
- Weeping was a sign of repentance

The Trials and Crucifixion of Jesus

a. Trials of Jesus by the Various Authorities

i. Trial by the Sanhedrin Lk.22: 66 – 71

- After being taken to the house of the High Priest, the next morning Jesus was taken to the Jewish religious council or court; called the Sanhedrin.
- They all asked him if he was the messiah.
- Jesus said they wouldn’t believe whatever he says. But “ the Son of Man will be seated on the right hand of Almighty God.” (Vs. 69).
- Jesus told them he was the Son of God.
- The Sanhedrin accused Jesus of blasphemy, a sin punishable by death.

ii. Trial before Pilate. Read Luke 23: 1 – 5

- The second court was the Roman court.
- The judge was Pilate, the Roman Governor.
- In this court the Sanhedrin accused Jesus of:
 - Inciting people to revolt, and rebelling against Roman authority
 - Forbidding people to pay taxes to the Emperor
 - Claiming to be the king, a Messiah,
- They could not accuse him of blasphemy before Pilate since this offence was not acceptable under the Roman law.
- Pilate asked Jesus if he was the king, Jesus replied, “ So you say”. (vs.3). Pilate found no fault with Jesus so he sent him to Herod.

iii. Trial by Herod. Read Luke, 23: 6 – 12

- Herod was in Jerusalem.
- When Jesus was brought before him, he expected Jesus to perform miracles to impress him.
- He asked Jesus many questions and Jesus kept quiet.
- Herod and his soldiers mocked Jesus, and ridiculed him.
- They put on him royal clothes; then sent Jesus back to Pilate.

iv. Jesus is sentenced to Death. Read Luke 23: 13 – 25

- Jesus was brought back to Pilate a second time.
- Pilate repeated that Jesus was not guilty (innocent) of any crime.

- Pilate offered to have Jesus beaten and then released.
- The crowds, leaders and chief priests gave their judgment. “Kill him!” and release Barabbas, who was a rioter and a murderer.
- Pilate did not find Jesus guilty, but he did what they wanted.
- He released Barabbas and “handed Jesus over for them to do as they wished” (vs. 25).

v. The crucifixion of Jesus. Read Luke 22: 26-43

- Jesus was led away to be crucified.
- Solders forced Simon of Cyrene to carry the cross for Jesus.
- Women followed Jesus and weeping.
- Jesus told them not to weep for Him but for themselves and their children.
- Jesus was then crucified at a place called Golgotha (place of skull) or Calvary together with two male criminal; one on His right and the other on His Left.
- Jesus asked God to forgive them (persecutors) for they did not know what they were doing.
- The Jewish leaders, said “He saved others; let him save himself if he is the Messiah whom God has chosen” (vs. 35);
- Solders mocked Jesus and said “Save yourself if you are the king of Jews” and one criminal hanged with Jesus mocked Jesus and told Him “Aren’t you the Messiah? Save yourself and me”.
- The other thief rebuked him saying they deserved the punishment for their deeds but Jesus had done nothing.
- This thief repented and told Jesus, “Remember me, Jesus, when you come as King”.
- Jesus told him that he would be in paradise with Jesus on that day (vs. 42 – 43).
- On top of the cross, Jews wrote, “This is the King of the Jews” (vs. 38).

Death of Jesus. Read Luke. 23: 44 – 50

a. The Death of Jesus.

- There was darkness from 12 o’clock until three o’clock.
- The veil/curtain of the temple tore into two.
- Jesus cried out with a loud voice “ Father, into thy hands I commit my spirit”.
- At this shout Jesus died.
- The Roman centurion saw and praised God.
- He declared, “Certainly this was an innocent man”.
- The multitude that watched the crucifixion and death went home beating their breasts, a sign of repentance.
- The women, who knew Jesus from Galilee, stood at a distance watching all these things.

b. The Burial of Jesus. Read Luke 23: 50 – 56.

- Joseph from Arimathea, a town in Judea sought permission from Pilate to bury the body of Jesus.
- He was waiting for the coming of the Kingdom of God, a likely secret disciple of Jesus.
- He was a good and honorable man.
- The body of Jesus was laid in a sepulchre (Tomb) where nobody had ever been laid.
- Jesus’ burial in Joseph’s tomb fulfilled Isaiah’s prophecy that the suffering servant of Yahweh was buried in a rich man’s tomb (Isaiah 53:9)
- The Galilean women and Joseph saw where the body of Jesus was laid.
- They went home, and prepared spices to use to wash Jesus’ body.
- They rested on the Sabbath.

c. Relevance of the Suffering and Death of Jesus Christ to Christian Life Today

- Christians today should practice or do the following activities.
 - i. Pray in times of sorrow, pain, trials and temptations.
 - ii. They should not give up when rejected.
 - iii. They should be aware of hypocrites and traitors amongst them.
 - iv. They should be willing to suffer for the sake of the Kingdom of God.
 - v. They should be ready to fight for a just cause
 - vi. They should never condemn the innocent.
 - vii. They should go through their suffering bravely.
 - viii. They should know and accept suffering as a part of the Christian calling
 - ix. They should not be afraid of rejection by people
 - x. They should be encouraged that Jesus suffered for them.

d. In which Ways can Christians Prepare for their Death?

- Death is inevitable.
- Hence, Christians should at all times: live a holy life, repent sins, forgive those who have wronged them, make a will, accept death as inevitable, and read the word of God

The Resurrection of Jesus. Read Luke 24: 1 – 53

a. The Resurrection

- Resurrection refers to the event of Jesus rising from the dead
- After the Sabbath day, on Sunday morning; Mary Magdalene, Mary the mother of James, Salome (Joanna) and other women, went to the tomb with the spices they has prepared.
- They found the entrance open.
- The stone covering the tomb was rolled away.
- The tomb was empty.
- The body of Jesus was not in the tomb.
- Suddenly, two men, who were angels, appeared dresses in dazzling and shining clothes.
- They said “ Why are you looking among the dead for one who is alive? He is not here; he has been raised. ”
- The women went and told the 11 disciples, who did not believe them.
- Peter ran to the tomb and found it empty.
- Women were the first to witness the resurrection of Jesus Christ.
- This is significant as they (women) were empowered to become witnesses of Christ as evangelists beyond the Jewish culture.

b. Witnesses of the Resurrection of Jesus

The Disciples en route to Emmaus

- Two disciples were traveling to Emmaus, which was 11 km from Jerusalem discussing Jesus suffering, death and the empty tomb.
- Jesus met them but their eyes were blinded and they did not recognize him.
- The disciples explained to Jesus the events that had taken place and how they had hoped that Jesus would liberate Israel from the Roman rule.
- Jesus explained to them the scriptures concerning the messiah.
- When they got to Emmaus, they invited him to dine with them for it was evening.
- When Jesus, “took the bread and said the blessings; then he broke the bread and gave it to them”, the disciples recognized Jesus but he vanished out of their sight (vs. 30-31).

- They returned to Jerusalem and told the 11 disciples that Jesus has risen.

c. Jesus appears to his Disciples. Read Luke 24: 36 – 49.

- As the two disciples explained the event that happened on the journey to Emmaus, Jesus came and said to them 'Peace be with you' (vs. 36).
- Disciples were terrified and frightened.
- He asked them to look and touch his hands, and feet.
- He was not a ghost.
- He has flesh and bones unlike ghosts, which do not have.
- He explained to the apostles his mission, which was prophesied by prophets, and written in the Law of Moses, and Psalms (v.44).
- He commissioned the disciples to preach repentance and remission of sins and be his witnesses.
- He also promised to send them the promise of the father (Holy Spirit)

d. The Ascension of Jesus, Luke, 24: 50 – 53

- From Jerusalem, Jesus took his disciples to Bethany, a town outside Jerusalem.
- He lifted his hands and blessed them.
- As he blessed them, he was lifted up and carried to heaven.
- The disciples worshipped him and returned to Jerusalem with great joy.
- They continued to go to the temple to praise and give thanks to God.
- The disciples were now confident about their mission and who Jesus was

e. The Importance of the Resurrection of Jesus to Christians

- Resurrection is the foundation of Christian faith.
- Christianity is based on the fact that Jesus resurrected and was taken up to heaven.
- Further to this:
 1. Resurrection proved that Jesus is the Son of God.
 2. Through resurrection, Christians have hope of eternal life
 3. Through resurrections, Christians are assured of a new life in Christ
 4. Sin and death were conquered by resurrection, giving hope of victory to Christians over death and sin.
 5. Resurrection is a fulfillment of the writings of the prophets. It fulfilled Old Testament prophecies by Moses, Elijah, Elisha and others.
 6. It is a proof that there is life after death.
 7. Through resurrection, man was reconciled to God.
 8. Jesus has power over death, over Satan and his Kingdom of darkness
 9. It led to the coming of the Holy Spirit.

STRAND 4: THE CHURCH

Paul and Silas

What Is the Context of Paul and Silas in Prison?

Paul and Silas ended up in prison because they were being followed by a female slave possessed by a spirit. She earned money for her owners by fortune-telling. Even though she was stating truth regarding Paul and Silas, and others with them, Paul was put out with her and cast the spirit from her in the name of Jesus Christ.

Her owners were angry because they lost their ability to make money using the female slave to predict the future.

They seized Paul and Silas and brought them before the authorities claiming they were Jews and advocating customs unlawful for Romans. Even though Paul and Silas were both Roman citizens, they didn't argue and try to use a 'get out of jail free' card.

They were stripped, beaten, and thrown into prison.

Lessons We Can Learn from Paul and Silas in Prison

1. They praised God while in prison. Even though they'd been beaten and thrown in prison with their feet shackled, they sang hymns and prayed. Their praise in such a bad situation caused those around them to take notice and listen to them.

About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Acts 16:25

2. Their praise not only helped them but also those who listened. An earthquake shook the prison, and the doors flew open. **Everyone's** chains came loose.

Suddenly, there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose. Acts 16:26

3. What they *didn't* do was important. Roman law required jailers to take personal responsibility for prisoners.

If Paul and Silas (and other prisoners) had bolted when their chains came loose, the jailer would have possibly been put to death. This is why he placed them into the inner prison and fastened their feet in stocks. By not escaping, they saved the life of the jailer.

The jailer woke up, and when he saw the prison doors open, he drew his sword and was about to kill himself because he thought the prisoners had escaped. But Paul shouted, "Don't harm yourself! We are all here!" Acts 16:27-28

4. Their example changed lives eternally. Paul and Silas chose to stay in the difficult circumstance they were in (prison) when they could have easily escaped suffering. That

example drew the jailer to realize there was something different about them and he wanted whatever they had.

The jailer called for lights, rushed in and fell trembling before Paul and Silas. He then brought them out and asked, "Sirs, what must I do to be saved?" Acts 16:29

In an incredible act of discernment, Paul knew they must not run when the chains came loose, and the prison doors swung open. He knew God was working and using the bad situation for something good.

The jailer was saved along with his family.

They replied, "Believe in the Lord Jesus, and you will be saved – you and your household." Then they spoke the word of the Lord to him and to all the others in his house. At that hour of the night the jailer took them and washed their wounds; then immediately he and all his household were baptized. The jailer brought them into his house and set a meal before them; he was filled with joy because he had come to believe in God – he and his whole household. Acts 16:31–34

How to Apply These Lessons to Our Lives

There are many lessons to learn from Paul and Silas in prison and they're applicable to our Christian lives today.

1. It's all good.

When we're suffering in a bad situation, our instinct is to escape. We don't want to experience pain if we can get out of it.

But our praise to God in times of trouble is genuine. Because we're doing it *knowing* He's allowing the suffering for our good. Or the good of others.

It's easiest to praise God when we get the promotion, proposal, or a long-awaited fulfilled promise. It's much harder when we're suffering. Maybe we're in a situation where we don't see a good ending. We've lost someone we love. Or we're letting go of something we want to keep.

Raise the praise when trouble comes into our lives because ***it's all good.***

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

2. Authentic worship is powerful.

Like a supernatural earthquake at just the right time, God moves powerfully in our lives when our worship is authentic. (No truer can it be than when we're in pain.) We trust Him with every part of our lives. The good and the bad.

When we surrender our suffering to Him – knowing it's part of His plan – we will find rest in ***His*** work.

God sets us free from our own prisons. He loosens our feet from shackles even when we're unaware we're bound. He heals what can only be healed by Him.

I trusted in the LORD when I said, "I am greatly afflicted." Psalm 116:10

3. What we *don't* do can be important.

Our flesh may desperately want to act, but when we stay still, we may impact someone else's life.

Christians are judged by the world. They look to see how we will act and what we'll do when we're in a bad situation. Will we bust out the door and head for the hills when times get tough? Or will we seek God and search for His purpose in the circumstances we find ourselves in?

What we don't do can be important to a lost person keeping tabs on Christian behavior. We all make mistakes and sin, but we need to remember we're called to a higher standard than the world and what we *don't do* is important.

4. A good example may change lives.

Paul and Silas set an incredible example of Christianity by staying in prison when they could have easily escaped their suffering.

Their behavior in prison affected other prisoners and the jailer.

Consider the example set by Paul and Silas in prison and remember our behavior may also affect other people. What another sees in us in times of trouble can have a deep impact. They may see how we handle a situation and use us as their example to follow.

Paul didn't plan to go to prison yet he was willing to submit to God, continuing to praise Him even in shackles. His willingness to suffer and yet find joy in the moment is something we all can apply to our lives.

THE GIFTS OF THE HOLY SPIRIT

Introduction

- The Holy Spirit is the third person in the trinity.
- There is the power of Christ, the power of God, and the Holy Spirit who gives gifts such as prophecy and healing.
- The Holy Spirit is mentioned several times in the Bible;
 1. during creation in Genesis,
 2. at the annunciation of the birth of Jesus,
 3. at the beginning of the ministry of Jesus,
 4. during baptism,
 5. revelation of Jesus in the temple
 6. Jesus spoke of the Holy Spirit during his mission or ministry, after resurrection and before ascension

a. The role of Holy Spirit in Church and in Christian lives today JOHN 14:15-26 and JOHN 16: 5-15, ACTS 1: 7- 8

- The Holy Spirit has many roles in the church and in Christian lives today.
- These roles are to:
 - Teach Christians on a daily basis messages of Jesus
 - Live in the hearts of believers of Christ
 - Be an advocate, a counselor, helper and a comforter to those who love Jesus Christ and obey God's commandments
 - He would remind the disciples the words said by Jesus Christ and introduce them to their deeper meanings.
 - Interpret the deeper meaning of the messages of Jesus Christ
 - Reveal the truth and mysteries of and about God
 - Affirm the right of Jesus as the Son of God
 - Reveal the glory of Jesus death
 - Reveal what is right and wrong
 - Give the disciples of Jesus power to become witnesses of Christ.
 - Give courage to the disciples of Jesus and modern Christians to face prosecution on the account of following Jesus
 - Enable the disciples to expose the secret lives and heart of sinful people
 - Guide Christians; help believers to cast away evils spirits, to heal, to preach the word of God, to encourage, and to condemn evil in the society.

b. Paul teaching about the Gifts of the Holy Spirit. 1 Corinthians chapters 12, 13, and 14

- Spiritual gifts are extra-ordinary favors, talents, abilities, and dispositions given to Christians by God for the benefit of all believers.
- The gifts are used for the service of others and not for self-glorification and gratification.

The message of Peter on the day of the Pentecost

- Peter told the disciple that what was happening was the fulfillment of Jesus' prophecy.
 - He said that Jesus of Nazareth was the Son of God.
 - He said that the suffering and death of Jesus was according to God's plans.
 - Death was the fulfillment of the Old Testament prophecy.

Gifts of the Holy Spirit

1. Gift of wisdom : – having deep understanding of issues- 'seeing far', being perceptive.
2. Gift of knowledge : – ability to understand the basic facts about Jesus, His mission and knowledge about spiritual issues.

3. The gift of faith : – refers to the confidence in God's help. It is deep trust in God.
 4. The Gift of healing : – ability, and power to heal all forms of sickness by calling upon the name of Jesus Christ.
 5. The gift of performing miracles : – gift of healing miracles, creative miracles for example, dead legs becoming alive.
 6. The gift of preaching
 7. The gift of prophecy : – the ability to interpret God's word. The ability to foresee what will happen in the future as revealed by God.
 8. The gift of distinguishing spirits or discernment: – the ability to know whether a spiritual gift is from God, the Holy Spirit or from the evil spirit
 9. The gift of speaking in tongues . The ability to utter, speak in a tongue, language unknown to the believer. Tongues are used when addressing God for self-edifications. It is personal growth.
 10. The gift of interpretation of tongues : – the ability to understand and interpret the messages of those speaking in tongues.
 11. The gift of love. (Read 1 Corinthians 13)
- Paul stressed that all the gifts of the Holy Spirit are to be demonstrated with love.
 - He stressed that love, a fruit of the Holy Spirit is supreme over other spiritual gifts possessed by Christians.
 - It's the greatest of all.
 - Speaking in tongues, preaching, and martyrdom without love is useless.

Components of Love

- Love is patient, kind, not jealous or boastful, not arrogant or rude, is not ill mannered or selfish, and does not insist on its own way.
- It is not disrespectful.
- It is not irritable or resentful.
- It does not rejoice at wrong but rejoices in truth.
- It bears all things.
- Love believes all things, hopes all things, and endures all things.
- Love is eternal.
- Love never fails.
- The other gifts are temporary but love, faith and hope are eternal.

c. Manifestation of the Holy Spirit in the Church and Christians Today

- Gifts of the Holy Spirit have been manifested in churches today.
- We see this manifestation through people possessing the gifts of the Holy Spirit.
- For example, leaders in church have displayed the gift of wisdom.
- Preachers and Christian's ministers have been casting out demons and performing healing.
- There are reported cases of interpretation of tongues and gift of prophecy in churches today.
- When Christians display the gifts of the Holy Spirit such as speaking in tongues the Holy Spirit is manifested.
- Other manifestations of the Holy Spirit are:
 - Through healing, prophecy, gifts of discernment, boldness in preaching, and casting out demons among others
 - Christians helping the poor by giving generosity and in kindness
 - Through singing, dancing, shouting (fruit of joy)
 - Through unity of believers and fellowships
 - Through praying,

- Christian's persecutions/temptations

d. Criteria for Discerning the Gifts of the Holy Spirit.

- Christians who have the Holy Spirit and are guided by Jesus have certain characteristics.
- These are:
 - They will confess that Jesus is Lord
 - They cannot say a curse.
 - They speak the truth. They worship God and behave in accordance with Jesus teaching.
 - They led by the Holy Spirit and are known by the fruits of the Holy Spirit. These fruits are love, joy, peace, and patience.
 - Such persons serve all Christians without discrimination and strife.
 - They do not do sinful acts such as sexual immorality.
 - They do not practice idolatry, and sorcery.
 - They do not have in their hearts and minds hatred, and jealousy or any other negative feelings and actions.

e. The Fruits of the Holy Spirit (Galatians 5:16-26)

- Paul taught that the fruit of the spirit are:
 - Love
 - Joy
 - Patience
 - Long suffering
 - Goodness or Generosity
 - Faith and faithfulness
 - Peace
 - Meekness and kindness
 - gentleness
 - self- control and temperance.

Answer these questions after reading – JOHN 14:15-26 and JOHN 16: 5-15, ACTS 1: 7- 8 and 1 Corinthians chapters 12, 13, and 14.

1. What is the role of the Holy Spirit among Christians? (Read a)
2. Discuss the gifts of the Holy Spirit
3. Write a talk about the Holy Spirit
4. Define love?
5. Describe the different types of love
6. Why do Christians need the Holy Spirit today?
7. State the role of love in church and in Christian lives today.
8. How has the gift of the Holy Spirit been manifested in Christian lives?
9. Which activities show that the Holy Spirit is working among Christian in Kenya.
10. How have the gifts of the Holy Spirit been misused in the church today?

Answers are also in the text. Read sections with answers

1. The role of the Holy Spirit
 - An advocate, a counselor and a comforter.
 - He would remind and introduce the disciples to the deeper meaning of the word of Jesus Christ. To reveal the myth and mysteries of God.
 - He would affirm the right of Jesus as the Son of God.

- He would reveal the glory of Jesus' death.
 - He would enable the disciples to discern and expose the secret heart of sinful men.
- 2.
- The gift of the Holy Spirit has been misused today by pride and public manifestation of the gift as a way of show off.
 - Some Christians have misused the gift of Holy Spirit of prophecy by prophesying for money.

Peter's Message on the Day of Pentecost. Read Acts 2: 14-41

Introduction

- Jews commemorate Pentecost day.
- This is the day that God gave Moses his laws on Mount Sinai.
- It is also referred to as the festival of weeks.
- Pentecost day was celebrated 50 days after the Passover.
- It was compulsory for all Jews.
- On this day, Jews brought offering, the first fruits of harvest, to the temple in Jerusalem.

a. Pentecost Day

- On the Pentecostal day, the disciples were gathered in Jerusalem awaiting the promise of the Holy Spirit.
- And as promised, the Holy Spirit came in the form of a strong wind, and tongues of fire.
- The Holy Spirit rested on the head of each disciple.
- The disciples received the gift of the Holy Spirit.
- They spoke in new tongues.
- Some of the observers mistook this experience.
- They thought that the disciples were drunk with wine.
- Peter stood up to explain what was happening and defend the disciples.
- He told those who saw the experience that the disciples were not drunk. It was in the morning.

b. Peter's Message. Read Joel 2: 28 – 32

- Peter told the onlookers that; what was happening is fulfillment of Joel's prophecies about the outpouring of God's spirit.
- He said that Jesus of Nazareth was the Son of God.
- This was proved by the miracles that Jesus performed.
- He emphasized that the suffering and death of Jesus was according to God's plans.
- Jesus is a descendant of David.
- Death and the resurrection of Jesus fulfilled prophecies in the Old Testament.
- God raised Jesus from the dead.
- He taught that Jesus had both the nature of God and Man.
- The apostles are the living witnesses of the resurrection of Jesus.
- Jesus has been exalted and sits on the right hand of God where He is Lord and Judge.
- The Holy Spirit is a gift from Jesus
- Peter then invited the listeners to repentance so that they could be forgiven and receive the gift of the Holy Spirit.
- Three thousand souls accepted salvation message and were added to the fellowship of the disciples.

c. After the Holy Spirit Infilling.

- The disciples sold their possessions and goods and assisted the needy.
- They did many wonders and signs.
- They continued to live in unity, worshiping God, fellowshiping together, and breaking the bread.

d. Lessons Christians learn from Leadership of Peter.

- Christians should be:
 1. Courageous and stand up for Jesus Christ all the times.
 2. Ready to spread the Gospel of Christ.
 3. Win new converts to Jesus by inviting them to repentance.
 4. Have faith in the risen Christ.
 5. Pray to be filled with the Holy Spirit like Peter and those in church leadership should take their roles seriously.
 6. Relevance of the Pentecostal Experience
- Speaking in diverse tongues signified that Christianity is a universal religion.
- It pointed out the importance of all languages when communicating to God.
- There were no specific languages for speaking with God, as it was when Latin was the language of literacy and Christianity.
- Christians should be bold in their preaching.
- They should not be afraid as they have the counsel and helper, the Holy Spirit.
- Christians should understand that God chooses anyone as a leader, preacher, and witness of Christ.
- Pentecostal experience signifies that Christians need to receive and be filled with the Holy Spirit.

STRAND 5: CHRISTIAN LIVING TODAY

COURSHIP AND MARRIAGE

a. Definition of Marriage.

- Marriage is a binding legal union between a man and a woman who agree to have a lasting relationship as husband / wife.
- Marriage partners choose each other.
- In some cases, senior member of the family and church influence the choice of a marriage partner.
- When marrying partners agree to marry, they are joined in church and they become husband and wife.
- Marriage is thus a covenant in which the partners give themselves to one another.
- Marriage involves other members of the community hence it is a social and community affair.
- Marriage is a permanent union.
- Marriage is a community requirement in which everyone in the community participates.
- Each person is expected to undergo marriage because it is a rite of passage.
- Marriage gives a person, a high social status and prestige in the community.
- Marriage is also a covenant between a man and a woman that should not be broken.
- Two people are joined in marriage in order to procreate and perpetuate the community.
- Once married, a couple is allowed to have sexual relationship, and companionship.
- Marriage is an expression of and fulfillment of mutual love and comfort.

- It enhance unity; social prestige, and respect in society.
- Purpose of marriage is sexual fulfillment; cultural and social requirement; obligation to build a family; and procreation although children are a gift from God.

Forms of Marriages

- There are many forms of marriages.
- There is a marriage ceremony organized as a symbol or mark of the union between a man and a woman.
- These marriages ceremonies are either civil, or religious.
- The main religious ceremonies are Christian, Islamic, Hindu, and Sikh among others.
- We also have African customary ceremonies many of which are polygamous.
- Christianity does not allow polygamous marriage.

Secular Approaches to Marriage.

- In the modern world, some people choose not to marry for personal reasons.
- Some people have children without getting married while others opt to have a marriage without children.
- Husband and wife are equal.
- Monogamy is practiced for economic reasons.
- In some families' women are the heads of the family.
- Choosing a partner is an individual act and not communal.
- In marriage traditional qualities of a good wife such as industrious, honesty, and hospitality are not considered.
- The modern society values external beauty, financial status and social status.
- As a result, there is a high rate of marriage, separation, and divorce.
- At times young people fail to be married in church.
- There is no formalization of marriages.
- These marriages are called "Come-we-stay" arrangements.

Gender Issues in Marriage

- The wife is subordinate to the husband but had rights.
- Marriage did not end with death of the husband.
- The wife was inherited by one of her husband's brother.
- This is widow inheritance / Levirate marriage.
- She could also refuse to be inherited but remained married to that man even in death.
- The wife could not marry outside the family because of dowry.
- There was dowry payment to parents.
- If a wife died, the man would marry the sister of his dead wife.
- This is surrogate marriage.
- Those who did not marry were considered "lesser humans".
- Young people were prepared for marriage during initiation, which was witnessed in a public ceremony.
- During marriage, couple makes vows to each other.
- The ancestors are invoked to bless the marriage.

Factors that Lead to a Stable, Healthy and Successful Marriage

- People are different and they understand their roles differently.
- Factors which can lead to a healthy marriage include:
 - mutual responsibility by the couple. This occurs if there is mutual consultation with each other in decision-making.

- forgiveness of each other.
- good treatment of each other especially with equal respect.
- sharing scriptures together.
- giving love and respecting each other.
- having a faithful sexual relationship
- being open and honest.
- **African traditional qualities of a good wife who is described as:**
 - hardworking
 - fertile
 - morally upright
 - generous
 - kind
 - obedient
 - humble
 - clean
 - beautiful
 - polite
 - warm hearted
 - hospitable.
- **Qualities of a good husband, which are described as:**
 - being able to provide good leadership in the family
 - being aggressive
 - wise,
 - brave
 - courageous
 - responsible
 - good property manager.

b. Christian Teaching about Marriage.

- Christians teach that marriage is sacred and that it is a divine institution, which is ordained God.
- God started it when he created Adam and Eve.
- Marriage should therefore be monogamous and permanent as God protects marriages.
- The woman should submit to the husband who is told to love the wife as Christ loved the church.
- Church teaches respect of each other.
- Marriage is complete even without children as it is between a male and a female.
- Marriage is not obligatory and it ends when one partner dies.

Christian's preparation and approach to marriage

- Christians organize youth seminars, and rallies to teach the youth how to
 - choose marriage partners and how to treat wife / husbands;
 - care for the children;
 - behave towards in laws;
 - acquire wealth (men);
 - and head a family.
- Youth are taught to avoid sexual intimacy before marriage.
- Those intending to marry are encouraged to go for pre marital counseling.
- During counseling, they are informed that love is the most important bond of unity in marriage.
- Church encourages partners to go for HIV /AIDs test before.
- Marriage ceremony is conducted in church

Choice of a marriage partner

- There are many ways of identifying a marriage partner.
 - arrangement by parents. If not one can make an individual decision and choose a wife or husband.
 - through an intermediary or third party.
- In African traditional polygamous marriages, the first wife identified a wife for her husband.
- Girls would be given out to a chief as a gift

c. Courtship in African Traditional Society (A.T.S).

- Courtship varied from community to community.
- Courtship is the period between engagement and wedding ceremony.
- During courtship premarital sex is forbidden.
- Girls and boys dressed with bracelets and rings.
- Courtship was important in A.T.S.
- This was because the man and woman who were girls and boys got to know each other better before marriage.
- It was a period when girls/boys were instructed in family life education.
- It was also a period for linking the two marrying families.
- The couple had time to learn about one another's character, and know their families.
- It is a symbol (sign) of the girl's presence in her home (maternal home).
- She continues to live with her own people.
- The families and clan had an opportunity to check if the marrying couple was related and if their clans were acceptable to the parents.
- Courtship gives time to the two families to negotiate and pay the bride wealth or dowry.
- Bridal Wealth, dowry, bride price are all expressions of partnership.
- The family of the man pays dowry to the family of the woman.
- Some churches disregard bride wealth, while others encourage it.
- Dowry is paid in different forms.
- The girl's family decides what it wants.
- Will it be livestock (poultry, pigs, camels, cows, goats, and sheep), beer, grain, jewellery and clothes among others?

Importance of dowry

- It acts as a compensation for the girl's labor and seals the marriage covenant.
- It is a public expression of appreciation for the coming of a new wife/mother into the man's family.
- It promotes friendship and cements relationship between families.
- It shows commitment and seriousness of the future husband.
- After dowry payment, the woman belongs to her husband.
- A ceremony is carried out depending on the community.
- Bride price payment is accompanied by marriage ceremonies.
- Lastly dowry helps in maintaining peace

Traditional African approaches to marriage preparation

- Polygamy is one husband, married to many wives.
- Polygamy is allowed by the African traditional religion because it occurs if the first wife is barren; ensures that all women have husbands; prevents infertility; provides extra labor in farms.

- A polygamous man has a higher status because many wives symbolize wealth.
- Children are important in a marriage because they promote social status of their parents.
- They cement a bond of unity between husband / wife.
- They are a source of labor, and wealth.
- They are heirs to the family wealth
- They provide security to the family.

d. Divorce

- is legal dissolution of marriage
- Christians allow divorce because of specific grounds.
- Divorce was rare in African traditional societies.
- Divorce is granted under circumstances of: adultery, witchcraft, laziness, cruelty and disrespect of wife.
- In the contemporary society, divorce is sought after or allowed because of: unfaithfulness in marriage or adultery; domestic violence; misuse of family resources; childlessness; in-law interference and alcohol abuse.

Legal reasons for divorce

- According to the laws of Kenya, divorce is allowed under the following reasons;
 - adultery;
 - if a man deserts his wife for more than 3 years;
 - if a partner becomes insane;
 - domestic violence for example, physical, and psychological torture.

Christian teaching about divorce

- Christians discourage divorce because marriage is a permanent status.
- There is no room for divorce.
- Church discourages divorce because of its adverse effects.
- Some denominations allow divorce if there is adultery.
- God hates divorce.
- Married couples should remain faithful to each other
- Effects of divorce are
 - strained relationships
 - children suffering psychologically,
 - experiences of rejection.
- A divorcee faces social stigma, rejection, and isolation.
- If parents separate, they create single parent families.
- These families suffer from economic hardships and feelings of failure and inadequacy.

e. Celibacy as an Alternative to Marriage.

- Celibacy is a Latin word “Coelebes” meaning bachelor.
- Why do some people fail to marry? There are many reasons.
 - Some of these are to pursue education leading to delayed marriage; and career demands (workaholic).
 - Other people are discouraged by examples of failed marriages.
 - economic independence
 - poor health
 - HIV /AIDS
 - mental illness

- parental interference
- disappointment from past failed relationships. This happens if parents do not approve a partner.

RESPONSIBLE PARENTHOOD

The Family

Introduction

- As society grows and changes, the family grows and changes.
- As a result, there are several types and practices of the family.
- Family is the basic social unit of human society.
- This basic unit is extended to include relatives bound together by blood, marriage, friendship, and adoption.
- They are all members of the family.
- In Kenya, there are many types of families.

a. Types of Families

i) Nuclear family

- is parents and their children.
- It is father, mother, and children.
- There is an increase of monogamous families or nuclear because of urbanization as rural youth come to towns in search of white-collar jobs.
- Migration to cities by people of different tribes has led to pluralism.
- Education, high cost of living has led to the death of the African culture, which required men and women to marry many partners to produce many children to defend their tribe.

Advantages of nuclear families

- the man is able to give undivided attention to one wife and children.
- there is sharing of mutual love, and peace in the home.
- it is economical to manage one family.
- there is little competition for attention, less strife, quarrels and stress.
- it is easier to monitor the behavior of a few children.

ii. Polygamous family

- Father, mothers, children.
- These types of family have disadvantages in modern Kenya.
- Modern society is a cash economy.
- Thus if a man has many wives and children, they may lack basic necessities like food, shelter, education and clothes.

iii. Single parent family

- one parent, and children.
- Single – parent families are created by several circumstances.
 - parents separating. Separation of parents is due to several reasons. These are for example, one partner going to another country and failing to return to his or her country and family.
 - a single family is created by divorce. Divorced parents may decide not to marry again.
 - when one parent refuses to marry. This happens when a girl gets pregnant and the boy does not marry her.
 - because of death of a spouse. The remaining parent may decide not to remarry.
 - when some mothers decide to have children without marriage. This may not be correct as there is no research to suggest it.
 - is imprisonment of one partner for a long time. One parent is left looking after children because one is in jail.

iv. Extended family

- father, mother, children, uncles, aunts, and cousins.
- This is the common family type in traditional African communities.

v . Children led family

- This happens when parents die and the 1st born takes care of brothers and sisters including cousins.

vi. Grandparent headed family

- The HIV/AIDs epidemic has introduced this type of family where grandparents take care of their grandchildren due to the death of both parents especially the mother due to HIV / AIDS disease.
- This scourge has made many children orphans.
- In other cases parents go for further studies abroad and leave their children with their parents.

b. Traditional African Family Values and Practices

- In African societies creation of a family is through marriage, and subsequent procreation.
- Family is viewed as a sacred institution in African society.
- The African traditional family includes the dead (ancestors), the unborn children and the living.
- An African traditional family has obligations and duties. These were
 - offering sacrifices to ancestors,
 - Pouring libations; and
 - Giving the dead decent burials
 - Providing basic needs to their children
 - Bringing up children to be morally upright individuals.
- Further to this, the African traditional family is responsible for the upbringing, caring, and protection of its children.
- This is demonstrated by the nuclear family, which provides necessities required to meet and satisfy the economic needs of its members.

- The African traditional family is expected to participate in communal activities.
- Work in the family was divided according to age, gender and social status.
- Each family member worked for its basic needs as well as the welfare of the community.
- The African family had well-stated and practiced values. There were
 - . respect for family members
 - i. Providing responsible parenthood, which is the process of bringing up children to become all round or self reliant persons
 - ii. Educating children in all aspects of life. Parents and the extended family members helped their children to develop intellectually and cognitively.
- The family taught children physical skills.
- It also gave children confidence to appreciate their physical strength.
- Children were taken through a rigorous physical curriculum of games such as wrestling, swimming and running to develop their physical strength.
- Children's bodies were nourished thoroughly.
- They were served good and nutritious food, which improved their muscle strength.
- Children were taught social skills.
- They learnt how to behave towards adults, peers and grandparents.
- They developed social skills since parents allowed them to socialize and interact with other children, grandparents and the community.
- This made them grow socially, emotionally and psychologically.
- They had a curriculum for teaching and training in traditional African religious values, family matters, moral and social values.
- This teaching of children started from an early age.
- The teaching method used was observation and practice.
- Parents taught by being good role models.
- They were expected to model desired values and family practices.
- Children were taught how to relate with one another as brothers and sisters.
- Parents were to show tolerance to children.
- These values show that African parents understood their parental roles and responsibilities.
- These values were sometimes; exploited by the irresponsible family members or specific individuals.
- This exploitation encouraged dependency, leading to conflicts, competition, hatred, and jealousy.
- Christian parents are expected to train their children to
 - know God;
 - be self-disciplined, and follow the Christian way of living.
- Another duty is to provide basic needs to their children.

Christian Understanding of the Family

- Among Christians, family is sacred and instituted by God.

Role of Children in the Christian Family

- A Christian child is expected to
 - obey parents
 - honor them,
 - respect parents.
- This is one of the Ten Commandments given to Moses by God.

Parenting styles

- a. **Dictatorship /authoritative / autocratic** – the parents is the final authority, imposes decisions
- b. **Permissive or liberal style** – also referred to as “Laissez faire” the children do as they want
- c. **Democratic style** – parents discuss with their children on family issues. This is the best style.

Problems Related to Family Life Today

- Families are faced with numerous problems such as
 - a. Children abuse – sex assault, beating
 - b. Domestic violence – abusive language, frequent fights, emotional abuse
 - c. Diseases e.g. HIV / AIDS epilepsy, autism.
 - d. Children with special needs, blindness, deafness or those with mental challenges, motor co – ordination (Autism)
 - e. Separation, divorce
 - f. Childlessness
 - g. Single parent families – economic hardships
 - h. Misuse of family resources, economic crisis
 - i. Affluence – a lot of wealth
 - j. Unemployment, underemployment
 - k. Retrenchment – laying off of some employees in order to reduce the workforce
 - l. Mismanagement of family finances
 - m. Alcohol and drug abuse
 - n. The generation gap
 - o. Poor relations with in-laws
 - p. Cultural and religious differences

Traditional African Approaches to Problems Related to Family Life Today

1. Individuals were prepared for challenges of family life right from childhood
2. Adolescents, initiates were given family life education
3. People entered marriage knowing that it's a lifelong union
4. Rules were clear to govern marriage relations
5. Polygamy helped reduce unfaithfulness
6. There were no single parent families. Members lived together reducing loneliness
7. Widows / widowers were encouraged to marry again
8. Traditional brew was taken in moderation

Christian's Approaches to Problems Related to Family Life Today

1. Christian families are obliged to live according to Christian principles and values such as mutual respect, self discipline, understanding, honesty, faithfulness, love and forgiveness
2. Premarital counseling is carried out
3. Church holds regular seminars and conferences on family life matters. Love and respect for each other. Christian wife to submit to husband who is head of the family. They are taught to take each other as complementary and equal partners.
4. Women are encouraged to form participate in church organizations e.g. mothers union, women's guild where they learn roles of being a wife, mother, and a woman.
5. Some churches offer advice to families on management of their families. They are encouraged to have investments.
6. Breadwinner is encouraged to write a written will
7. To improve the parent – child relationship churches offer guidance and counseling to the youth Christian parents are advised to set positive role models to their children

8. Parents are encouraged to be open and promote effective communication with their children
9. Churches in case of serious family conflicts such as child abuse, domestic violence, advise legal action.
10. Churches organize youth seminars where they talk about drug abuse, premarital sex, negative peer pressure and media influence etc.
11. Relevant information is passed through books, pamphlets, magazines, media FM, TV etc.
12. Some churches welcome unwed mothers
13. Churches provide health services, guidance on HIV / AIDS
14. Some churches care for widows, orphans widowers and the needy

CHRISTIANS APPROACHES TO LEISURE

Meaning of Leisure

- Work is an obligation – however people cannot work 24 hours.
- They need to rest.
- God rested on the 7th day after work.
- Work and rest are complementary elements of human life.

Definition of Leisure

- This is the time when one is free from work or other duties.
- Time at one's own disposal, which can be utilized in a productive manner depending on one's interests and abilities.
- Leisure provides mental, physical relaxation, spiritual, emotional relaxation and enrichment

Forms of Leisure

Passive

- Passive involves use of mental energy
- Examples of activities of passive leisure are
 - Watching television
 - Reading story books
 - Playing video games
 - Chatting with friends

Active

- there is use of physical energy
- Examples of activities of active leisure are
 - Jogging
 - Mountain climbing
 - Gardening
 - Dancing
 - Tree planting
 - Playing football

Leisure is used for

- Enjoyment

- Entertainment – song, dance, watching movies etc
- Relaxation – exercises
- Socialization – sharing, education
- Religious engagement – wedding ceremonies, visiting the sick, worship
- In passive leisure others entertain while in active leisure the person is active, whole body is involved.

Active leisure enables a person to

- Develop his/her body
- Build stamina
- Strengthen relationships etc
 - Some leisure activities are dangerous e.g. boxing, motor racing; while others are expensive e.g. golf.
 - Other leisure activities are addictive while others are unproductive.
- Leisure activities should be planned for
- Leisure activities can also be economic, income generating activities.
- In traditional African society leisure permeates all aspects of life.
- Leisure activities accompany work.
- Leisure and work were entertainment.
- Work was accompanied by singing, reciting stories sharing past events.
- Examples of leisure activities in traditional African society include
 - Wrestling
 - Running
 - Playing ajua
 - Mock fighting
 - Swimming
 - Spear throwing
 - Poetry
 - Music and dance etc
- Leisure activities that were communal include
 - Bull fighting
 - Tongue – twisters
 - Poetry recitation
 - Telling of myths legends
 - Dancing
 - Brain teasers
 - Riddles etc
- Work in African society included fishing, tilling the land, herding, hunting, harvesting o most leisure activities in traditional African society were active form of leisure, communal, not individualistic and not for monetary gains
- All forms of leisure had an educational value.
- Folk stories had a moral value.
- People were taught not to be selfish, greedy jealousy etc
- Myths and legends tell of the origin of the community and its history of important people as well as history of the community.
- In African traditional society, leisure led to acquisition of values or virtues such as co – operation, sharing, solidarity, love, bravery, empathy, endurance, tolerance etc.
- Most activities were linked to the worship of God and, veneration of the ancestors
- Leisure activates were organized along gender and age group season (E.g. harvest – dancing, singing); wet rainy seasons – boat swimming
- Rites of passage e.g. initiation, marriage, birth and naming provided leisure activities
- Leisure activities were planned for

Christian Teaching on Leisure

Christian teach that:

- Work and leisure are of divine origin. God rested on the 7th day after working
- Leisure is a gift from God leisure should be put to good use. Its not be wasted
- Leisure provides us with the opportunity to worship God. Leisure should be used to serve God.
- Christians associate leisure with personal growth and fellowship
- Jesus recognized the need for rest by withdrawing his disciples from their active ministry. It's good to have time alone for reflection, rest, visit friend etc.
- Leisure should be used to seek God and help others e.g. Jesus prayed, helped the needy restored people's health.
- Ways Christian use their leisure time – activities
 - Worshipping God
 - Visiting the sick
 - Caring for the needy
 - Resting
 - Watching television
 - Chatting with family members
 - Retreat – time spend away with a group of people to be alone with God
 - Visiting friends, relatives
 - Reading the bible
 - Praying etc

Importance, Use and Misuse of Leisure

Importance of Leisure

- Leisure is necessary. It's important in various ways
 - It is a good time to assess the work we have done (Reflection time)
 - It brings people together leading to self – growth and fulfillment (Social function of leisure)
 - Leisure helps individuals to discover their hidden talents
 - Leisure relaxes the mind – a change of activity, relieves the mind
 - Leisure refreshes the body – restores lost energy
 - Leisure enables Christians to offer charity to those in need
 - Leisure provides time for worship and spiritual renewal
 - Leisure gives one time to rest
 - It's time for recreation
 - Give one time to attend social occasions
 - Allows people to travel and visit friends and relatives
 - Leisure can be used to enhance and acquire new skills and knowledge
 - It's a time to develop and discover ones talents

Uses of Leisure – Proper use of Leisure

- Leisure can be used for
 - Religious experience
 - A time for rest
 - Leisure is used to provide us with time to help others
 - Leisure can be used to spread the word of God
 - Development of talents
 - It's an opportunity for individual growth
 - Leisure strengthens social relationships

- Leisure can be used for reflection on one's decision; actions etc leisure activities reveal who we are.
 - Leisure can be used for educative and economic purposes
- Proper use of leisure is when leisure time is spent doing activities that add value to us.

Misuse of Leisure Today

- Leisure time can be misused through various activities e.g.
 - Spending too much time in passive activities e.g. pornography watching, watching films that are violent
 - Spending leisure time in idle talk – gossip-leading to conflicts
 - Spending time in gambling, casinos making bets on horses playing Ajua games etc
 - Alcohol and drug taking – when a person over drinks alcohol, spends time drinking at the expense of family, abusing drugs is misuse of leisure time.
 - Leisure can also be misused by engaging in dangerous activities.
 - Night dancing, disco dancing has become a common form of leisure worldwide.

Drug Abuse and its Effects - Alcohol, Soft and Hard Drugs

- A drug is any substance which when taken may alter or cause changes in the normal functioning of the body.

Drug abuse

- Improper use of drugs. Using a drug for another purpose than what it is intended for

Drug use

- Proper use of drugs
- Drugs are taken in various forms namely
 - Liquid
 - Lotions
 - Ointments
 - Powders
 - Cake form,
- Drugs are classified as legal and illegal

Ways of Administering Drugs

- Drugs are taken /administered in various ways
 - Infecting
 - Inhaling / smoking
 - Chewing
 - Swallowing
 - Drinking
 - Sniffing / snuffing

Categories of Drugs

- a. Medicinal

- b. Soft drugs
- c. Hard / narcotic drugs

Types of Drugs

- a. Preventive drugs e.g. drugs to prevent polio, cholera, yellow fever
- b. Curative drugs – drugs that cure diseases
- c. Sedatives , palliatives – drugs that alleviate pain, put patients to sleep e.g. drugs for diabetes, heart diseases, asthma, painkillers
- d. Tranquillizers – drugs that relieve tension induce sleep e.g. piriton, valium
- e. Stimulants – drugs used to increase physiological activity of a particular organ. They arouse the activity of the central nervous system / senses.
- f. Volatile drugs – these drugs intoxicate the user, they are derived from petroleum products paint thinners dry cleaning fluids glue etc. stimulants and volatile drugs classified as soft drugs.
- g. Hard drugs or narcotic drugs. These are highly addictive drugs. The body forms dependence on these drugs. These drugs affect the mind causing drowsiness; sleep, stupor and they are the most commonly abused drugs. Examples are

Hard Drugs

Cocaine

- From coca leaves
- Its highly addictive
- Causes mental problems
- Can lead to death on overdose
- A very expensive drug
- Other side effects are confusion, Convulsions, circulatory collapse and rapid heart beat

Bhang / Marijuana

- A plant of Indian hemp
- Also called marijuana, Hashish, Cannabis, and Sativa depending on which part of the plant is taken i.e. leaves, stem, or roots.
- Users become aggressive excited or high
- Bhang changes perception of space, time and reality
- It causes drowsiness and irresponsible behavior
- Its side effects causes people to be engaged in criminal activities e.g. robbery with violence as it gives changes in perception

Morphine

- It's used to suppress pain clinically
- Its addictive
- Its derived from cocaine
- Used as local aesthetic

Heroine

- Its pain relieving
- Highly addictive
- Powder heated in foil paper, vapor forms hence smoked referred to as” chasing the dragon”

- Also called brown sugar
- Its injected and inhaled
- An overdose can lead to death
- Its expensive
- It causes respiratory problems
- Its depressive
- Withdrawal symptoms when heroine is not available are nausea, vomiting, diarrhea and severe anxiety

Soft Drugs

- Cigarette
- Alcohol
- Miraa / khat

Cigarette

- Made from tobacco
- Cigarettes contain
 - Nicotine – a highly addictive substance.
 - Carbon monoxide, which damages arteries heart and lungs
 - Tar – black substance which promotes cancer of the throat, heart and lungs
- Cigarettes are legal drugs in Kenya.
- Pregnant women may miscarry or terminate the pregnancy if they smoke.
- Leads to chest respiratory diseases poor blood circulation
- Leads to destructive fires due to carelessness

Miraa / khat

- Plants / legally in Kenyan, and other parts of the world
- They are chewed
- Causes temporary excitement
- Makes one loose appetite for food and sex
- The juice in miraa causes temporary excitement in the user when ingested
- Miraa makes the user to be irritable

Alcohol

- Alcohol is a drug made through fermentation
- It's a drink used in social ceremonial occasions
- It's in form of beer wines, traditional brew (e.g. busaa, muratina, mnazi) and spirits e.g. whisks, brandy, gin, chang'aa
- Alcohol is prepared by fermentation or distillation – heating to a certain degree.
- In African traditional society, alcohol was fermented and used for:
 - Medicinal value
 - Entertainment
 - Marriage celebrations
 - Beer parties given to visitors
 - Excessive drinking was discouraged
 - Drunk people were scorned or scolded
 - Young people were not allowed to drink alcohol
 - When alcohol is taken excessively it is abused

Alcohol abuse

- Alcohol can lead to body dependence or addiction
- Consequences of abusing alcohol are such as
 - Squandering family resources
 - Health deterioration
 - Lack of concentration leading to poor quality of work
 - Family break-ups due to frustrations. A man experiences a desire for sex but lacks the ability to perform leading to break ups
 - Deformed foetus if a mother abuses alcohol when pregnant
 - Alcohol destroys brain cells
 - It leads to unruly behavior such as fights, violence
 - One is vulnerable to risky behavior – a drunken person is unable to make proper decisions hence vulnerable to sexual infections such as HIV / AIDS
 - Can make a person cause accidents if driving under the influence of alcohol or staggering on the road.

Causes of Alcohol and Drug Abuse (Reasons why People Abuse Alcohol and Drugs)

- Frustration due to unemployment, inability to perform well and meet set standards or other personal frustrations.
- Idleness – when idle some turn to alcohol and drug use
- Addiction
- Boredom
- Bad examples from adults
- Availability of drugs in the Kenyan market
- Negative peer pressure
- Experimentation then addiction
- Media influence
- Societal permissiveness
- Urbanization
- Pressure of work
- Financial stress
- Globalization – foreign world influences

Effects of Drug Abuse

- Drug abuse poses danger to the health of a person, affects family, society in general.
Effects of drug abuse are:

Psychological Problems

- drugs are addictive.
- The body becomes dependant on them.
- It cannot perform without the drugs.
- It leads to depression, irritability, aggressiveness, paranoia, one becoming afraid to face reality etc.

Crime

- Robbery, theft, people abusing drugs will rob, steal so as to get money to buy the drugs.
- Drugs have led to students setting schools on fire,
- killing their fellow students

Illusion

- users do not face reality

Health Problems

- one is prone to diseases because of frequent use of drugs.
- Drugs weaken the body's system e.g. alcohol leads to liver Cirrhosis, stomach ulcers.
- One is susceptible / prone to HIV / AIDS infection STI's lung cancer, still birth etc

Economic Problems

- Drugs are expensive.
- Abuse leads to depletion of family resources leading to poverty

Loss of job and income

Social problems

- Abuse of drugs leads to family conflicts,
- leading to separation,
- divorce, family quarrels fights and even murder (domestic violence)

Accidents

Frustrations

Poor performance in school work

Death

- People die out of drug abuse.
- An over dose of heroin, cocaine kills.
- Alcohol can lead to a blackout, this affects the brain

Remedies of Drug Abuse

- Drug abuse has become a global problem. Remedies or solutions include:

Law enforcement

- Through bodies such as UNDCP United Nations International Drug Control Programme Anti Narcotics Police Units, NACADA National Agency for the Campaign against Drug Abuse so as to control abuse of Narcotics and other drugs.

Education

- People to be educated on the effects of drugs.
- The curriculum from primary to secondary to include topics on drug abuse.

Guidance and counseling

Religious teachings

- all religious condemn the abuse of drugs

Family values to be promoted

- Parents should set good examples to their children
- Every individual to cultivate individual values. Respect their body and take care of their bodies

-Rehabilitation of drug users / abusers

Christian Criteria For Evaluating the Use of Leisure

- Criteria – criterion – a principle or standard for judging something.
- criteria for evaluating the use of leisure
 - Christians, should engage in leisure activities which promote their respect and dignity they should socialize with people who are morally upright (bad company corrupts good morals)
 - God ordains leisure hence it should serve God's purpose.
 - Leisure should come after work
 - Leisure should be used for the good of others. The activities that are harmful to others should be avoided
 - Activities chosen should enrich their knowledge of God
 - Activities should provide service to others
 - Leisure doesn't mean laziness.
 - A Christian should not engage in a harmful activity to self but those that promote respect and dignity
 - Christians to avoid activities that lead to sin or to addiction
 - They should perform an activity which develop their physical emotional social and spiritual well being
 - Leisure should be enjoyed with moderation
 - Activities for leisure should be moral, within the laws of God and pleasing to good.

CHRISTIAN APPROACHES TO WEALTH, MONEY AND POVERTY

Definition of the Concepts: Wealth, Money and Poverty

a) **Wealth:**

- Accumulation of materials owned by an individual, family or a group of people.
- Wealth is property that has economic value e.g. land, animals, money, valuable possessions such as jewellery, commercial and residential buildings etc.

Ways of acquiring wealth

- Inheritance
- Business
- Commercial farming
- Salaried Jobs
- Investment of money in financial institution
- Provision of commercial services

b) Money

- It's the medium of exchange that functions as a legal tender.
- It is something that is generally accepted as a medium of exchange, a means of payment.
- It is usually in form of coins or notes.
- Good monetary media(money) has certain qualities.

Qualities of money

- It should be acceptable
 - It should be fairly stable
 - Easy to divide into small units
 - Easy to carry
 - Should be relatively scarce
 - It should be durable
 - Its value should be maintained through proper control of its circulations
-
- Money is a measure of wealth.
 - What it can purchase is the value.
 - Money is used to buy services, goods, pay debts etc.
 - Examples of currencies in the world are Ksh. (Kenya), Rand (South Africa) US & Dollar, Pound (Britain) Euro (Europe), Yen (Japan) Etc

c) Poverty

- State of being without adequate basic necessities of life e.g. food, shelter, clothing
- It's a state of helplessness.
- It is characterized by poor health, hunger, and lack of education facilities, uncared for environment.

Causes of poverty

- Adverse climatic conditions (Geographical factors)
- Poor family background (historical and social factors)
- Political instability leading to civil wars
- Poor governance
- Regional imbalance of natural resources
- Low level of technology
- Laziness
- Over dependence on foreign aid

The Traditional African Understanding of Wealth and Poverty

Wealth

- In African traditional societies wealth was measured in terms of the amount of land, livestock, grains, and wives, children possessed by an individual or the community.
- Wealth was acquired in various ways.
 - As a gift from God. Most Africans believe that wealth is a blessing from God.
 - Inheritance. In cases where the head of the family is dead, the eldest son becomes the custodian of the estate. The clan and community elders give direction on how the wealth is to be shared out.
 - Bride wealth
 - Farming

- Exploitation of natural resources – honey, wood for carving, building materials etc
- Trade. African communities were involved in barter trade where they exchanged good and services
- Raids – wealth was also acquired by raiding other communities – goats, sheep, Cattle.
- People were encouraged to work hard to acquire wealthy honesty
- Wealthy people were highly regarded and were considered for leadership position
- Wealth was incomplete without a family

Poverty

- Poverty was viewed as punishment or curse for wrongdoing.
- Other causes of poverty according to African Traditional Society were: -
 - Laziness
 - Lack of inheritance
 - Raids by other communities
 - Famine
 - Natural calamities
 - Sickness – rendering the individual weak to acquire wealth
- In acquiring wealth, principles such as value for human life, mutual responsibility, and sharing, communal ownership were emphasized.
- Places that were communal include grazing land, rivers, and watering places
- Laziness was ridiculed through songs, riddles and proverbs.

Impacts of the Introduction of Money Economy in Traditional African Society

Introduction

- Money was introduced to Africa by the Europeans
- Before colonial period, Africans practiced barter trade – actual goods exchanged with other goods e.g. animals would be exchanged with food grains, millet, sorghum, cowpeas, children exchanged for food during famine.
- Trade merchants from Asia had introduced into Africa forms of currency such as the cowry shells, gold and the Indian rupees.
- Europeans introduced currency still used today

Economy

- careful management of resources, finances, income and expenditure of a family, a business enterprise, community or a country.
- The economy of a country is to be well managed if it has the ability to meet the social economic needs of her members.

Development

- It's measured by the health of its economy in the provision of health, education, housing, sanitation, employment, and longevity of life, decrease of material and child mortality.

Money Economy:

- Use of money as a means of exchange in economic activities e.g. banking, investment, insurance, payment of goods and services.

Reasons for money introduction

- Colonization brought a lot of changes such as unoccupied land declared 'Crown land' for colonialists.
- Tax introduction. Africans were supposed to pay taxes to the government. Taxes were paid in form of money.
- Introduction of formal education School fees was introduced. Fees were paid in form of money.
- Introduction of modern medical services. People paid medical services using money.
- Emergence of new lifestyles. Converts to Christianity were emphasized on to have materials, hence had to work to improve their living standards. They built houses, took their children to schools practiced modern family techniques hence had to use money.

Impact of the introduction of money economy in traditional African society

- Introduction of wage – labor
- Break up of family ties as people migrated from rural to urban areas in search of employment
- African land taken by the colonialists, reducing people to squatters hence need to work
- There was creation of a gap between people – the rich and the poor
- Emergence of vices e.g. corruption, bribery, prostitution, robbery
- Deterioration of cherished African values e.g. bride wealth has become commercialized, customs lost etc.
- Loss of African human dignity. Africans had to pay taxes to the colonial government. They were forced to work in European farms so as to get money. They worked under dehumanizing conditions.
- Production of traditional food crops declined replaced by cash crops.
- Individual ownership of land was emphasized. Land could be sold at will
- There was increase of rural – urban migration leaving the rural people less educated.
- Exploitation of the poor by the rich – poor wages, overcharging prices on foods.
- Destruction of the natural environment to create room for building projects, urban centers
- The cost of living increased. Almost everything is acquired by money.

The Christian Teaching on Wealth, Money, Poverty

Teaching on Wealth

- Wealth is a blessing from God
- Those who obey God's laws, teachings of the prophets are promised blessings by God Deut28: 1 – 4
- Wealth has duties associated with it e.g. 10% tithe, alms to the poor, and an aspect of stewardship.
- Wealth should be used wisely. People are not owners of their property but are stewards. Should share with the poor and needy.
- Wealth is not permanent e.g. parable of the rich fool. When people die, they take nothing with them. Naked into the world, naked out of the world. Job. 1:21
- Wealth can create a false sense of independence feeling of self reliance no need for God
- Wealth should be obtained justly – no happiness for a person who gets riches in the wrong way.
- Wrong attitude to wealth can lead to idolatry and other dangers. Matt.19: 23 – 24 danger of materialism – making riches their God, the love of money is the root of all evil (1 timothy 6:10)

- It is wrong to discriminate against others on the basis of material possessions. Jesus associated with the rich, the poor, the sick etc.
- Seek spiritual wealth, which is permanent and more fulfilling than material wealth, which is transitory – temporal. Matt 6:19 – 20)
- Acknowledge God as the source of one's riches
- Use wealth to help the needy
- Wealth is an instrument to enable us live decently.
- Obsession with money and wealth leads to sin
- Church leaders should avoid greed for wealth (1 Timothy 3:3)
- God will judge rich exploiters.

Christian Teaching on Poverty

- Christian teachings discourage irresponsible behavior and habits e.g. laziness, idleness and negligence. Some people became poor because of such.
- Some people become poor because of misfortunes
- Others are poor because of judgment due to disobedience to God
- God cares for the poor
- Those with more should share with the poor
- People should work to alleviate poverty in the society
- Jesus helped the poor so should we.
- The poor in spirit will be blessed

Christian Approaches/Response to Issues Related to Wealth and Money

- Christians can respond by:
 - Insistence on fair distribution of wealth
 - Fighting against bribery and corruption
 - Using life skills
 - Practicing Christian values

Introduction

- Affluence – having a lot of material possessions and a luxurious standard of living. Poverty is a state of lack of the basic necessities.
- Illegal means of acquiring wealth include fraud, grabbing public land, selling narcotic drugs etc

Factors that have Contributed to Poverty

- Political instability
- Lack of formal education
- Laziness
- Negative attitude towards work – choosing jobs
- Historical factors – colonization lack of land
- Exporting unprocessed agricultural products cheaply then sold back expensively.

Fair Distribution of Wealth / Resources

- Christians to promote the value of justice, fairness, social responsibility. How? By having anti – corruption crusades, be role models, teach or impart skills, advocate for cancellation of foreign debts, taxation to all etc.
- Fair salaries
- Promotion of affordable and decent housing

- Favorable terms of loans
- Encourage Jua Kali artisans
- Christians to demand transformation of society through implementation of just economic policies that can ensure fair distribution of wealth.
- Encourage foreign investors through good infrastructure, incentives e.g. shorter process to register business, security.
- Christian to encourage investments by churches and inculcate in people the values of hard work, proper time management free education free health care for the poor or needy.
- Fair distribution of wealth / resources refers to jobs, infrastructure, hospitals, water, agricultural products etc.

Bribery and Corruption

Fighting against Bribery and Corruption

- Bribery and corruption are related terms.
- Corruption: – practice of giving a bribe in the form of money, goods or privileges in return for a service.
- Bribery: – act of giving money, material goods or services to someone to influence the recipient to give underserved favor. It is aimed at influencing a decision to favor.
- Bribery is a form of corruption.
- Corruption is some kind of moral degeneration. A practice whereby someone uses his/her influence in an activity that is not morally acceptable.
- Example of corruption include promotion by a senior for a favor, colluding to miss work, use of government vehicles to attend to personal matters.
- In Kenya, Kenya Anticorruption commission KACC is a national body formed to fight corruption.

Factors Leading to Bribery and Corruption

- Unemployment – one will bribe to secure employment
- Greed for money – caused by peer pressure, poor moral values, wrong ethical foundation about money etc.
- Fear – fear of being imprisoned
- Ignorance – giving bribes in form of gifts
- Disintegration of traditional African values
- Lack of moral integrity – no Christian values, one having no spiritual basis
- Frustration in the place of work
- A perverted conscience

Consequences of Corruption and Bribery

- Leads to injustice
- Leads to incompetent supplies of goods or services being awarded hefty contracts – leads to poor services e.g. road construction
- Poor infrastructure, poor public service delivery
- Leads to undermining moral fabric of society – leading to social hopelessness and despair
- Has led to lack of trust in public servants, and the government
- Discontentment among people.
- Degrades the personality of an individual
- Can lead to imprisonment and lose of job

Christian Attitude towards Bribery and Corruption

- It is condemned as an evil practice (a social evil) Ex. 23:8
- Bribes cause injustice proverbs 17:23
- Seen as morally wrong as they negatively affect one's family
- Jesus drove out merchants from the temple. They had started exploitation of the poor.
- Condemned because it degrades the personality of an individual
- Amos condemned taking and giving of bribes
- Bribes blinds the eyes. In the parable of John the Baptist condemned soldiers from taking bribes. Corrupt judge and the widow, corruption is condemned
- Christians are to live righteously and not give bribes or receive. They are the light of the world.
- Money gained from corruption is not acceptable before God.

Using Life Skills

- Life skills are abilities, which enable a person to face the challenges of life in an effective way they are
 - Decision making
 - Critical thinking
 - Creative thinking
 - Self esteem
 - Assertiveness

a. Decision making

- Process of identifying the best alternative to overcome a challenge encountered.
- Often decisions we make do not only affect us but those around us.
- Steps to decision – making
 1. Identify the challenge (problem) what's the problem? What is bothering you?
 2. Understand the challenge / problem: – What is really bothering you?
 3. Find out possible solutions
 4. Find out the possible options and alternatives
 5. Consider the possible consequences for each option
 6. Select the best option
 7. Implement
 8. Evaluate the outcome of the action

b. Critical Thinking

- Ability to examine and assess a given situation impartially or objectively.
- It involves reasoning carefully.
- Getting detailed information, consider the option before making a decision.
- Critical thinking makes a person responsible for their actions.

c. Creative Thinking

- This is the act or practice of using ideas imaginatively to solve a problem

d. Self-Esteem

- This is the regard one has about himself or herself.
- Self-esteem can be low or high, positive or negative.

- A positive or high self-esteem person has confidence, is outgoing, social, appreciates self, realistic and independent.
- A person with low, negative self-esteem is naïve, withdrawn, shy, feels inadequate, and no self-confidence.

e. Assertiveness

- Ability to express ones feelings and wishes without hurting others.
- Assertive people are confident; direct in dealing with others assertive people have a high self-esteem.

Christian Values Related to Wealth, Money and Poverty.

- Values – Beliefs, which guide people on what is right and wrong.
- There are
 - Social values
 - Cultural values
 - Moral values
- **Values related to wealth are: -**
 - Love
 - Honesty
 - Reliability
 - Fairness
 - Justice
 - Respect
 - Faithfulness
 - Humility
 - Persistence
 - Chastity
- Love – intense emotion of attachment, affection, warmth, fondness, regard for a person or something
- Honesty – quality of being truthful, fair trustworthy, sincere, genuine. The opposite of honesty is dishonesty.
- Reliability – being dependable, faithful, predictable, unfailing. The ability of being relied upon and keeping promises
- Fairness – condition of being unbiased, free from discrimination.
- Justice – fair dealings with the people, as they deserve according to the law. Being fair, giving people what's due to them. Opposite of justice is injustice.
- Respect -Quality of having high regard for somebody or something.
- Politeness. It's important to respect other people's property.
- Humility – quality of not thinking that you are better than others. Being humble. Opposite of humility is pride, being proud. Those who humble themselves shall be exalted.
- Faithfulness – quality of remaining loyal or true to someone. Christians should be faithful at their places of work and in allocating their wealth to God's work. Those who are entrusted with public resources to manage on behalf of the people should show a high degree of faithfulness.
- Persistence – quality to persevere. Quality to continue steadfastly, unrelentingly despite opposition e.g. the unjust judge and widow, job =, Jeremiah are people who persisted.
- Chastity – a state of being pure, holy, innocent modest. It is abstinence from actions that may make one impure before God. Christians should strive hard not to defile their bodies in search of wealth. Christians should strive to live holy lives, avoid prostitution, drug abuse; corruption, people use sexual favor to get jobs or promotion. Christians should thus avoid such.

THE END