

GRADE 8 CRE NOTES

STRAND 1-CREATION

1.1-Origin and Consequences of Sin.

Origin of sin from the creation accounts.

- **Sin** is rebellion against the law of God.
- It is disobedience to God.
- It is also a deliberate and purposeful violation of the will of God.
- **Origin** means source.
- God placed Adam and Eve in the garden of Eden to cultivate and guard it.
- He gave them the freedom to eat the fruit of every tree in the garden except the tree that gives knowledge of what is good or bad.
- God warned them that if they ate the forbidden fruit, they would die the same day.
- The snake being a cunning animal, cheated Eve that if she ate the fruit, she would not die, but be like God.
- Eve was convinced by the snake. She ate the fruit and gave some to Adam Who also ate.
- After eating the fruit, Adam and Eve were given understanding. They realized they were naked.
- Sin originated from the disobedience of Adam and Eve. They disobeyed God by eating the forbidden fruit, thus, rebellion against Him.

Adam and Eve fell into sin because of the following reason:

- ✓ *They fell in temptation of Satan who appeared to Eve in form of a snake.*
- ✓ *They desired to be like God.*
- ✓ *They disobeyed God's instructions and rebelled against Him.*
- ✓ *They were greedy and selfish.*

Consequences of sin after the fall of man.

Consequence refers to results or effect of an action or a situation.

The following are the consequences of sin from Bible.

- ~ The snake was cursed and given a punishment to crawl on its belly and eat dust.
- ~ Enmity developed between the snake and the woman and their offsprings.
- ~ Woman would experience trouble in pregnancy and increased pain while giving birth and she would also be subject to her husband.
- ~ The ground was cursed and it started producing weeds and thorns.
- ~ Man had to toil in order to produce enough food from the ground.
- ~ Adam and eve were sent out of the garden of Eden.
- ~ Human being would become more prone to sin.
- ~ Human beings started killing one another.

Causes of sin among young people today.

- ~ Failure to keep God's commandments and bible teachings.
- ~ Lack of faith in God.
- ~ Failure to pray to God when tempted.
- ~ Failure to apply teachings of the Bible in their day-to-day life.
- ~ Negative influence from friends.

- ~ Negative influence from social media, radio and television
- ~ Careless living and lack of self-control.
- ~ Lack of respect for oneself and other people.
- ~ Low self-esteem.
- ~ Greed for money and power.
- ~ Imitating negative role models.

Moral values and life skills needed to overcome temptations.

Overcoming temptations shows that we obey God's commands.

We can overcome temptations by:

- ✓ Pray to God for strength when facing temptations.
- ✓ Turn to God in repentance and faith when you fall into temptations.
- ✓ Avoid people and situations likely to lead into temptations.
- ✓ Choose friends that influence you positively.
- ✓ Share with trusted friends or relatives when tempted.
- ✓ Develop self-confidence so that you are to say No to tempting situations.
- ✓ Mediate and obey God's word.

Moral values needed to overcome temptations and sin are as follows:

- **Honesty**-telling truth.
- **Respect**- respecting each other among young people enables them to refuse to engage in actions not acceptable.
- **Responsibility**-young people accountable for all their actions avoid temptations at all costs.
- **Love** -loving yourself and other helps to avoid temptations.
- **Integrity** -having strong moral principles helps one to avoid sin and tempting situations.
- **Empathy** – it helps young people to identify with the feelings and emotions of others. This makes them to avoid putting others into temptations.

Examples of life skills needed to overcome temptations.

- ✗ **Critical thinking**-examine and analyse information before taking an action.
- ✗ **Decision making**-helps to make the right choice and avoid wrong ones.
- ✗ **Creative thinking**-helps people to come up with new ways to carry out tasks and solve problems.
- ✗ **Self-awareness**- helps one to recognize and understand one's own emotions, thoughts, strength and weakness so as to be able to avoid tempting situations.

Other skills needed to overcome temptations:

- ~ Assertiveness.
- ~ Creative thinking.
- ~ Effective communication.
- ~ Self-esteem.

Praying to God to overcome temptations in day-to day life.

- Prayer Is communication to God.
- Through prayer God gives us strength to overcome temptations.
- 1 John 1:9 teaches that we should confess our sins then God will forgive our sins and purify us from our wrong doings.

1.2-God's Plan for Redemption.

How God demonstrated His love for human kind after the fall of man.

- He gave a promise to the woman in genesis 3:15 that “her offspring would crush the serpent’s head” God put enmity between serpent and the woman. This shows that God cared for humankind and did not want evil to take over.
- In the garden of Eden, God looked for Adam and Eve to find out where they were. They had hidden themselves among the trees in the garden. God called out to Adam and asked “where are you?” God called out to Adam and Eve because He loved and cared for them.
- God made clothes for Adam and Eve to cover their bodies.
- In the Old Testament God demonstrated his love for humankind by appointing prophets at different times to bring back his people back to Him.

How God's plan for salvation is fulfilled through Jesu Christ.

- Salvation means deliverance from sin and its consequences.
- Salvation comes through having faith in Jesus Christ.
- Salvation starts in the Old Testament and is concluded in the New Testament through the death and resurrection of Jesus Christ.
- Jesus Christ died on the cross to redeem us from our sinful nature. His death reconciled us to God.

Lessons we learn about salvation from the Bible.

- ***Genesis 3:15.***
 - Teaches that God brought enmity between snake, the woman and their offsprings.
 - The offspring of woman is Jesus Christ who would defeat Satan and his evil deeds.
 - Crushing the serpents head is a promise fulfilled in Christ's victory over Satan.
- ***Genesis 12:1-3***
 - Gives an account God made to Abraham.
 - God promised to make Abraham great and famous and to bless him so that he would be a blessing to other.
 - God said that through Abraham, all nations of the earth would be blessed.
 - All people on earth are blessed through Abraham. Abraham is looked at as the ancestor of Jesus Christ.
 - Through Jesus Christ, all who believe in Him are blessed and become children of God.

- ***Isaiah 53:5-12***
 - Teaches us that Jesus Christ suffered because of our sins.
 - His suffering was God's will and was a sacrifice for forgiveness of our sins.
 - Jesus Christ's death was meant to reconcile us to God.
 - Jesus Christ suffered to bring salvation of humankind.
- ***Isaiah 63:5***
 - Teaches us that God in His power overcome the enemy.
 - Jesus Christ overcame the devil.
- ***Galatians 1:3-5***
 - Teaches us that Jesus Christ obeyed the will of God.
 - He gave Himself to die in order to set us free from sin.
- ***Colossians 1:13-15***
 - Teaches us that God rescued us from the power of darkness and brought us to the kingdom of His dear son.
 - Through Jesus Christ our sins are forgiven.
- ***2 Peter 3:9***
 - States that God does not want any of us to be destroyed by sin.
 - He wants all people to turn away from sin and be saved through Jesus Christ.

Importance of Redemption after the fall of man.

Redemption is important in the following ways:

- ✕ We are delivered from sin and its consequences through redemption.
- ✕ Our sins are forgiven through Jesus Christ.
- ✕ Those who believe in Jesus Christ are assured of eternal life.
- ✕ We become part of God's family.
- ✕ Through redemption we become children of God who walk in His light.
- ✕ We are reconciled with God through redemption. We become friends with God.
- ✕ We experience God's love and grace.
- ✕ We recognize that Jesus Christ suffered and died for our sins.
- ✕ Through redemption, we acknowledge that it is important to have faith in Jesus Christ.

Taking part in sharing the love of God with others.

Acts of mercy are actions people do to show kindness and concern to others especially during times of need.

Through acts of mercy, we are able to share love of God as we provide necessary support to other people.

Ways of sharing the love of God to others in school and community through acts of mercy.

- ✓ Praying for and visiting the sick.
- ✓ Providing or giving food to those who are hungry.
- ✓ Providing clothes to those who lack.
- ✓ Building houses for the homeless.
- ✓ Paying school fees for children from disadvantaged families.
- ✓ Providing water to those who are thirsty.
- ✓ Encouraging those who are going through pain.
- ✓ Providing comfort to those whose loved ones have died.
- ✓ Visiting children's homes and orphanages to share the word of God and providing material support.

State the values that guide us in sharing God's love with others.

- ✕ Unity.
- ✕ Respect.
- ✕ Love.
- ✕ Obedience.
- ✕ Empathy.

STRAND 2- THE BIBLE.

2.1- Faith and God's promises.

Background to the call of Abraham.

- Abraham's father was called Terah.
- Abraham had a wife by the name Sarah and a nephew called Lot.
- Lot was a son to Abraham's brother, Hara. They were sematic nomads from a tribe called Amorite.
- They came from the ancient city of Ur, which was near river Euphrates in Babylon.
- In Ur, the god of moon was worshipped. There were also other gods and goddesses worshiped in the area.
- People gave offerings to these gods and goddesses which sometimes included human sacrifice.
- At Ur, Hara (Lot's father) died.
- Terah migrated together with Abraham, Sarah and his grandson, Lot from Ur to Hara.
- Terah later died when he was 205 years old. While at Hara, God called Abraham at the age of 77 years. he told him to leave his country and his relatives and go to a place, which He was going to show him.

Ways in which Abraham demonstrated faith to God.

Faith is complete trust or confidence in somebody or something.

Faith in God therefore mean total trust and confidence in God.

Hebrew 11:1-6 teaches the following about faith in God:

- ☑ Faith is being sure of things we hope for.
- ☑ To have faith is to be certain of things we cannot see.
- ☑ By faith we understand that God created the universe by His word.
- ☑ Faith helped Abel to offer an acceptable sacrifice to God as compared to Cain whose sacrifice was rejected by God.

× Abraham is referred to as the father of faith. He demonstrated faith in God in various ways as follows:

- ~ Abraham obeyed God. When he was instructed by God to leave his land and people to go to an unknown land, Abraham obeyed God without questioning.
- ~ Abraham obeyed God without questioning when God appeared to him and promised that He would shield him from all dangers and reward him greatly.
- ~ Abraham agreed to circumcise all male members of his household.
- ~ Abraham was willing to sacrifice his only son Isaac.

Situations in life where one needs to exercise faith in God.

- Financial instability.
- Domestic violence at home.
- Poor social skills.
- Need to improve in academic performance.
- Poor health of self or relatives.

The promises God made to Abraham and their importance.

A promise is a pledge or a declaration that something will happen or will be done.

When God called Abraham, he made promises to him.

Some of the promised God made to Abraham were:

- ✎ God would give him many descendants who would become a great nation.
- ✎ He would be blessed and his name made famous.
- ✎ God would bless those who bless him and curse those who curse him.
- ✎ Through Abraham, all the nations of the earth would be blessed.
- ✎ God would shield him from danger and reward him.
- ✎ God would give Abraham a son who would inherit his property.
- ✎ Abraham and his descendants would be given the land of Canaan to live in.
- ✎ His descendants would be enslaved in a foreign land for 400 yrs. However, God would punish the nation that enslaves them and free his descendants from captivity.
- ✎ Some of Abraham's descendants would be made kings.
- ✎ Abraham would live to a ripe old age, die in peace and be buried.
- ✎ God would establish an everlasting covenant with Abraham and his descendants.

Importance of God's promises to Abraham to Christians today.

- i. Just like Abraham, Christians today are called from different backgrounds to serve God.
- ii. God's promise to Abraham that He would be his shield of protection is seen in Christians' lives. God continues to protect them in many circumstances.
- iii. From God's dealing with Abraham, Christians learn that God values a personal relationship with human beings.
- iv. As Abraham left his own people, Christians should leave sinful lives and put their trust in God.
- v. The promise to Abraham of Canaan (the promised land) is to Christians the hope of new land (heaven).
- vi. Abraham is the father of faith to Christians in the same way he is to the Jews. This is because Christians are Abraham's descendants through faith in Jesus Christ.

Christian values that help in applying God's promises in day-to-day life.

- ↳ Patience.
- ↳ Love.
- ↳ Respect.
- ↳ Responsibility.

2.2 Abrahamic Covenant.

Meaning of term Covenant.

- **A covenant** is a formal agreement between two people or groups of people.
- ***There are two types of covenants namely:***
- Conditional covenant-this type of covenant is made between two equal parties.
- Unconditional covenant-this is a covenant that involves unequal parties for example, a covenant between God and human beings or between a king and his subjects.

Elements (characteristics) of a covenant.

Covenants have the following elements.

- › It involves more than one party.
- › In a covenant promise are made.
- › There are witness present.
- › There is a sign or a symbol.
- › There is a ceremony.
- › The consequences of breaking the covenant are made clear.

Covenants in modern life and their importance.

The following are examples of covenant in modern life:

- a.) Land buying contracts.
- b.) Contracts on employment.
- c.) Agreements signed by learners.
- d.) Oath of loyalty.
- e.) Marriage.
- f.) Baptism.

Covenants in modern life are important because:

- ☑ *They promote peace especially when signed between two fighting communities or nations.*
- ☑ *They show duties and commitments of the people or parties involved.*
- ☑ *They enhance economic growth for example, in cases of business agreements.*
- ☑ *Covenants promote friendship formation and extended social networks.*
- ☑ *They promote order and harmony among people involved.*
- ☑ *They promote integrity in leaders.*
- ☑ *They enhance diligence at work for example people are reminded they will be evaluated according to contracts they signed.*

Difference between a godly and ungodly covenant.

- ☆ **A godly covenant** is one whose purpose and process of making does not contradict the commandment or teachings of God.
- ☆ **An ungodly covenant** is one whose purpose and process of making does not give honour to God.

Examples of ungodly covenants are:

- *Those done by gangs of robbers.*
- *Those done by perpetrators of crimes.*
- *Those done by devil worshippers.*
- *Agreements by drugs and substance abusers or dealers.*

Characteristics of Ungodly covenants.

Ungodly covenants have the following characteristics.

- They do not bring honour to God.
- They are highly secretive unlike Godly covenants.
- They are not legally recognized.
- They may not promote the dignity of human life.
- Sometimes some of the people involved may be forced into the covenant.
- They may lead to loss of life.

Ways in which one can discern (recognize or find out) that a covenant is ungodly.

- ~ If the actions glorify the devil and not God.
- ~ By carefully looking at the actions of the people involved.

Ways of resisting ungodly covenants:

- Trusting in God for strength and power to overcome the temptations.
- Being determined as an individual not to participate in ungodly covenants by submitting to God.
- Reminding oneself of what the word of God teaches.
- Being alert so as to notice the temptations to enter into ungodly covenants.
- Being firm in faith in God.
- Pray for strength to resist the temptations to get involved in ungodly covenants.

Importance of Gods covenant with Abraham.

- Marks God's initiative to enter into a personal relationship with human beings.
- It shows that God can choose an individual and use him or her for His divine purpose.
- The covenant signifies the reward of faith and obedience to God.
- It was a confirmation of God's willingness, commitment and determination to fulfill the promises he made.
- The covenant was a beginning of a lasting relationship between God and all the nations on earth.

Gods covenant with Abraham is important to Christian today because:

- Christians are descendants of Abraham through faith in Jesu Christ.
- As descendants of Abraham, Christians are partakers of Gods promises.
- It shows that Christians today can be chosen by God and be used for His divine purpose.

Circumcision was important to Abraham and his descendants because:

- It was a sign of covenant between God and Abraham.
- It was the mark of identity for all Jews as the chosen people of God.
- It was an outward sign of inner faith in God.
- It was a physical sign that Abraham and his descendants had entered into a covenant with God.
- Through circumcision, Abraham and his descendants were assured of inheriting God's promises.
- Abraham and his descendants were assured of God's blessings through their continuous faith in God.

2.3 Leadership in Israel: Saul.

Reasons for kingship in Israel.

Kingship refers to rule by a king.

The Israelites demanded for a king because:

- ✓ Samuels sons Joel and Abijah were corrupt and they took bribes.
- ✓ The Israelites wanted a warrior king to lead them in wars and battles and bring victory to Israel.
- ✓ They wanted a king so as to be like other nations around them who were led by kings.
- ✓ The Israelites wanted a human king whom they could see and approach.
- ✓ They wanted a stable political government ruled by laws and orders.

Reasons against Kingship according to prophet Samuel.

- There were a number of reasons why it was wrong to establish kingship system in Israel.
- Some of the reasons according to Samuel were:
 - ✗ By demanding a king, the Israelites were rejecting Yahweh as their unseen ruler.
 - ✗ Kingship system in Israel threatened to destroy their true identity as the people of God.
 - ✗ Israelites were forgetting that they were a unique nation and so they could not be like other nations.
 - ✗ Yahweh would reject them when they cried to Him.
 - ✗ The king would not treat the Israelites well.

God told Samuel to warn the Israelites and explain to them that the King would:

- *Force them to serve in the army.*
- *Introduce forced labour.*
- *Grab their land or vineyards for government use.*
- *Force them to pay high taxes to the government.*
- *Turn them into slaves.*
- *Force their daughters to work for his wives and for the royal house.*

King Saul's failures and the consequences.

- When leaders went to prophet Samuel and asked for a king, Samuel prayed to God for guidance.
- God instructed him to go to a man called Saul who was the son of Kish from the tribe of Benjamin.
- Samuel obeyed God and anointed Saul as the king.
- He poured oil on Saul's head and the people shouted "long live the king", hence Saul became the first king of Israel.
- King Saul had both success and failures.
- Saul's failures were as a result of his weaknesses and eventually God rejected him as king of Israel.
- King Saul's failures were as follows:
 - i. He offered sacrifices to God at Gilgal instead of waiting for prophet Samuel.
 - ii. He failed to obey the law of total destruction of an enemy conquered.

Consequences of King Saul's failure.

- Prophet Samuel prophesied the end of Saul's rule. Saul was to be replaced by a man God wanted.
- God regretted making Saul the king and He rejected him as the king of Israel. (1 Samuel 15:22-33)
- The spirit of God left King Saul and was replaced by an evil spirit.

Lessons learnt from King Saul's failure.

- ~ Patience is important-king Saul's impatient made him lose the opportunity to lead the Israelites. Christians should be patient as they wait for the fulfillment of God's promises
- ~ Leaders should fully understand the specific duties and responsibilities that relate to their offices-Saul took the responsibilities of priest of priests and prophets by taking up duties of making sacrifices to God.
- ~ Faith and trust in God is important-when Samuel delayed in coming, Saul feared the Philistine and lost faith in God. Leaders should not allow fear to lead them into disobedience.
- ~ Need for obedience-leaders should obey God's instructions.
- ~ Disobedience has consequences- leaders should know that disobedience is punishable.
- ~ There is need to be sincere and honest-leaders should uphold sincerity and honesty.

STRAND 3 - MIRACLES OF JESUS CHRIST.

3.1 - Healing of Blind Bartimaeus.

- When Jesus Christ, His disciples and a large crowd arrive in Jericho, a blind beggar named Bartimaeus, son of Timaeus was sitting by the road.
- When Bartimaeus heard that Jesus Christ of Nazareth was passing by, he began to shout asking Jesus Christ to have mercy on him.
- People who were present asked him to be quiet but he shouted even louder. Jesus Christ stopped and asked the people to call Bartimaeus.
- Bartimaeus threw off his cloak, jumped up and went to Jesus.
- Jesus Christ asked Bartimaeus what he wanted Him to do for him. Bartimaeus said he wanted to see again.
- Jesus Christ told him to go because his faith had healed him. Immediately Bartimaeus began to see and he followed Jesus Christ.

What lessons can be learnt from the healing of blind Bartimaeus?

- ✕ We should trust in Jesus Christ's healing power.
- ✕ We should be merciful to others.
- ✕ We should not pay attention to negative people when we are finding help.
- ✕ We should have personal relationship with Jesus Christ.
- ✕ When we face challenges, we should seek help.
- ✕ Faith in Jesus Christ brings healing.
- ✕ We should be ready to follow Jesus Christ.

When we are faced with health challenges, we should apply faith in God by:

- Praying-prayer is communication with God.
- Reading the word of God-the word of God encourages us to cope with challenges.
- Staying firm in our faith by resisting discouragements and negative opinions from people.
- Having regular fellowship with other believers.
- Seeking medical attention by going to hospital for treatment.
- Adhering to the instructions given by doctors.

3.2 – Calming of the Storm.

A storm is an occurrence of bad weather characterized by strong, violent winds, heavy rain, thunder and lightning.

- ↳ Jesus Christ told his disciples to go with Him across the lake.
- ↳ They had then left the crowd and got into the boat in which Jesus Christ was already sitting.
- ↳ Jesus Christ got back to the back of the boat and fell asleep.
- ↳ Suddenly, a strong wind blew up and the water began to spill over into the boat.
- ↳ The boat was about to get filled with water. It was about to capsize.
- ↳ All this while, Jesus Christ continued to sleeping.
- ↳ The disciples woke Him up and wondered why He did not care that they were about to die.
- ↳ Jesus commanded the wind to be calm and the waves to be still. The wind calmed down.

↳ Jesus then asked His disciples why they were afraid. He questioned their faith. The disciples wondered who Jesus Christ was that He commanded the winds and the waves to obey Him.

State various challenging situations that people face as individuals or in families:

- Death of a loved one.
- Conflict with friends or family members.
- Accidents which cause suffering and interfere with attainment of our goals.
- Loss of job.

Some of the ways to overcome the challenging situations include:

- ✂ Seeking help from qualified and experienced people.
- ✂ Praying to God for help.
- ✂ Seeking alternative sources of income.
- ✂ Being resilient, optimistic and hopeful that things will get better.

Lessons learnt from calming of the storm.

- We should believe in Jesus Christ's power over nature.
- We should trust Jesus Christ to calm our worries.
- We should always take our burdens to Jesus Christ.
- We should not give up when faced with problems.
- We should be compassionate to others.
- We will find peace in our lives when we seek God.

Challenges faced in day-to-day life.

- ~ Addiction to alcohol.
- ~ Conflict with authority.
- ~ Gambling.
- ~ Domestic violence.
- ~ Cyber bullying.
- ~ Financial challenges.

Ways of overcoming the challenges faced by people:

- ~ Praying to God.
- ~ Sharing the word of God with each other.
- ~ Encouraging one another.
- ~ Helping one another through material provisions such as buying food for the hungry, paying school fees for those who lack, visiting the sick, comforting those who are bereaved and helping the unemployed to get jobs.
- ~ Changing our behaviour in order to live harmoniously with others.
- ~ Obeying those in authority in order to avoid conflicts.
- ~ Sharing problems with people you trust such as friends, parents and teachers.
- ~ Seeking guidance and counselling.
- ~ Being firm and principled and maintaining focus on what is good and positive.

Ways in which we can involve God when faced with challenges:

- ✓ Praying.
- ✓ Reading the bible.
- ✓ Having faith in God and trusting him for a solution.

Values that help in overcoming challenges in our day to day lives.

- Responsibility.
- Unity.
- Respect.
- Patriotism.

3.3 -Healing of the paralytic.

- When Jesus Christ was teaching, some pharisees and teachers of the Law were present.
- They had had come from every town in Galilee, Judea and Jerusalem.
- As Jesus Christ taught, He also healed the sick. Some men came carrying a paralysed man on a bed. They tried to carry him into the house but because of the crowd, there was no space so they made an opening on the roof and lowered the sick man down on his bed in front of Jesus Christ.
- When Jesus Christ saw how much faith they had, he told the paralysed man that his sins were forgiven.
- The teachers of the Law and the pharisees wondered among themselves who Jesus Christ was to speak such blasphemy. They felt that it is only God who had power to forgive sins.
- Jesus Christ knew their thoughts and asked them why they thought the way they did. To prove to them that He had the power to forgive, He told the paralysed man to get up, pick his bed and go home. The man got up in front of all of them, took his bed and went home praising God.
- They were all amazed and praised God for they had seen marvelous things.

Lessons learn from the healing of the paralytic

- ▣ Jesus Christ has power to forgive sins.
- ▣ Faith in Jesus Christ brings healing.
- ▣ Jesus Christ is merciful and compassionate to those who are suffering.
- ▣ Nothing can be hidden from God. Jesus Christ new the thoughts of pharisees and the teachers of the Law.
- ▣ We should be willing to help people who are suffering.
- ▣ We should not give up on our faith when we are faced with obstacles.
- ▣ We should be creative when seeking solutions to challenges in life.

The pharisees opposition to the healing of the paralytic.

Blasphemy is speaking or acting in a manner that does not respect God. When Jesus Christ told the paralysed man that his sins were forgiven, the pharisees and teachers of the Law accused Him of blasphemy.

The following are reasons why the pharisees accused Jesus Christ of blasphemy.

- They believed that only God can forgive sins.
- Pharisees and the teachers of the Law questioned the authority of Jesus Christ as they did not believe that Jesus Christ was God.
- They did not acknowledge Jesus Christ was God.
- Pharisees did not understand the mission of Jesus Christ.

When faced with challenges, we should apply faith in God by:

- ✓ Praying to God.
- ✓ Asking church leaders and other Christians to help us pray.
- ✓ Seeking help from people who are experienced in providing solutions to our problems.
- ✓ Obeying and following instructions from those in authority.
- ✓ Believing in the power of God to change our situations.
- ✓ Resisting the opposition of our enemies and avoiding distractions.
- ✓ Reading the Word of God and believing in it.

STRAND 4 TEACHINGS OF JESUS CHRIST.

4.1 Teaching on prayer.

- Prayer is a manifestation of our faith to God.
- Prayer is an act of communication with God.
- It involves talking to and listening to God.
- Jesus Christ led by example when He prayed to His Father, God during His ministry on earth.

How do people pray to God in their day-to-day lives?

- ~ *People pray to God silently.*
- ~ *People pray to God aloud.*
- ~ *People pray to God publicly.*
- ~ *People pray to God privately.*
- ~ *People pray to God when they are alone.*
- ~ *They pray to God in the company of others.*
- ~ *Some people pray to God through the Word of God.*

Importance of prayer in day-to-day life.

- 👍 Prayer gives us an opportunity to express our needs and feelings to God.
- 👍 Prayer helps us to strengthen and maintain our relationship with God.
- 👍 Through prayer, we show and strengthen our faith in God.
- 👍 Prayer helps us to have peace in our lives.
- 👍 Prayer helps us intercede for our needs and those of other people.
- 👍 When we pray, we have hope that things will change for the better.
- 👍 Prayer helps us to learn more about God's plans for our lives.
- 👍 Through prayer, we show our obedience to God.
- 👍 Prayer is a form of service to God especially when we pray for others.

What is the importance of having faith when one prays to God?

- ~ Faith pleases God.
- ~ Faith gives a believer confidence that his or her prayers will be answered.
- ~ Faith casts away doubts.
- ~ Faith strengthens us spiritually.
- ~ Faith in God during prayer encourages others to pray.
- ~ When God answered our prayers due to faith, others are encouraged.

How to demonstrate love by praying for all people as taught by Jesus Christ?

- ~ We should love our enemies.
- ~ We should pray for those who persecute us.
- ~ When we pray for our enemies, we please God.
- ~ God loves all people.

Teachings learnt on prayer from Matthew 6:5-8.

- ~ Our prayer should be directed to God.
- ~ When we pray, we should not be like hypocrites. We should not pray so as to be seen by other people.
- ~ Prayer should be private.
- ~ Prayer should be specific and meaningful.
- ~ God knows what is in our minds even before we pray.

4.2 The lost Sheep.

God's love for sinners as outlined in the parable of the lost sheep.

- ~ A sinner is a person who does what is wrong or evil.
- ~ According to the teachings of the bible, a sinner is a person who does not obey God's commandments and the teachings of Jesus Christ.

Parable of the lost sheep.

- Many tax collectors and outcasts had come to listen to Jesus Christ. The pharisees and the teachers of the Law complained that Jesus Christ was welcoming people who were considered sinners.
- In response, Jesus Christ told them the parable of the lost sheep to teach them some truth about the kingdom of God.
- The parable of the lost sheep is about a shepherd who had a hundred sheep. Unfortunately, one of the sheep got lost.
- Realizing that he had lost one sheep, the shepherd left the 99 and went looking for the lost one until he found it.
- When the shepherd found the lost sheep, he was very happy. He carried it on his shoulders and took it home. He then invited his neighbours and friends to celebrate with him.

Lesson learnt from the parable of the lost sheep include:

- i. Jesus Christ knows His followers by name.
- ii. Jesus Christ loves all people equally.
- iii. Jesus Christ searches for the lost until He finds them.
- iv. Jesus Christ came to seek and save the lost.
- v. Jesus Christ is concerned about the welfare of His followers.
- vi. God does not give up on us even when we go astray.
- vii. God is pleased when a sinner repents.
- viii. There is rejoicing in heaven when one sinner repents.
- ix. Christians should celebrate when a sinner repents and turns to God.
- x. The kingdom of God is open to all who listen to the teachings of Jesus Christ.

Taking part in reaching out to those lost through mission work.

- Mission work involves Christians going to a place to provide various services to people.
- Most churches send their members on mission work to spread the gospel of Jesus Christ.
- Sometimes mission work involves providing other services that help the people to improve their lives.
- These services include relief food, education and medical services.

The following are some of the ways of reaching out to sinners:

- Teaching sinners the word of God and explaining to them the Gospel of Jesus Christ.
- Praying with sinners and asking God to forgive their sins.
- Encouraging sinners to repent their sins and turn to God so that they can inherit eternal life.
- Encouraging sinners to stop sinning.
- Showing kindness to sinners instead of condemning them.
- Providing sinners with Bibles and other bible-based materials to help them read and understand the Word of God.

Way on how to have a close relationship with God.

- 👍 Talking to God in prayer.
- 👍 Reading the Bible every day.
- 👍 Serving other people.
- 👍 Giving thanks to God.
- 👍 Avoiding evil thoughts.
- 👍 Participating in worship.
- 👍 Meditating on God's word.
- 👍 Being controlled by the Holy spirit.

STRAND 5 THE CHURCH

5.1- The Holy Spirit.

- When Jesus Christ ascended to heaven after His crucifixion and resurrection, His disciples felt they would be lonely.
- However, Jesus had promised them a gift in the form of the Holy spirit who was to be their helper.

The outpouring of the Holy Spirit on the day of Pentecost.

- The day of Pentecost refers to the commemoration of the day when the Holy spirit was poured out on the disciples and other followers of Jesus Christ in Jerusalem.
- This happened after the crucifixion and resurrection of Jesus Christ. On this day, the apostles of Jesus Christ and his other followers were in Jerusalem to celebrate the feast of weeks. This feast was celebrated 50 days after Passover and was marked by Jews all over the world travelling to Jerusalem.

Report on the day of Pentecost.

- All believes were gathered together in one place in Jerusalem.
- Suddenly there was noise from the sky that sounded like a strong wind blowing.
- Tongues of fire spread out and touched each one of them.
- The believers were filled with Holy spirit.
- They began to talk in other languages as the Holy spirit enabled them to speak.
- When the people around them heard the noise, a large crowd gathered to witness what was happening.
- The crowd was excited to hear the believers speaking in their own languages.

Pentecost is an important celebration for all christians because:

- It marks fulfillment of the coming of the gift of the Holy spirit upon the believers.
- The coming of the Holy spirit represents the begging of the church.
- From the Day of Pentecost, the disciples gained confidence to continue with the ministry of Jesus Christ.
- It shows the inclusive nature of the ministry of the church.

Ways christian exemplify the fruit of the Holy spirit.

- The fruit of the Holy spirit refers to the manifestation of the Holy spirit in the life of a believer in different aspects of life.
- According to **Galatians 5:22-23**, the following are the fruits of the Holy spirit.

Love. Patience.

Peace. Goodness.

Kindness. Humility.

Faithfulness.

Self-control.

Joy.

- To exemplify the fruit of the Holy spirit means to demonstrate or put into practice specific fruit of the Holy spirit,
- ***Christians can exemplify the fruit of the Holy spirit in the following ways:***

- ☺ Love-show affection to all people including enemies and share with others.
- ☺ Joy-remaining happy even in times of challenges.
- ☺ Kindness-showing care and being generous to others.
- ☺ Peace-making friendship and enjoying harmony within themselves and with others.
- ☺ Patience-staying calm and accepting delays and disappointment without complaining.
- ☺ Humility-not showing or thinking that they are more important than other.
- ☺ Goodness-behaving well and being polite towards others.
- ☺ Self-control-remain calm, restraining yourself and avoiding emotional outbursts e.g., when one feels angry, excited, sad or hurt.
- ☺ Faithfulness-remaining loyal to God despite trials and temptations

Church activities that foster responsibility.

The following are some of the church activities that one can take part in to promote responsibility.

- Helping the need.
- Interceding for others in prayer.
- Offering leadership in church like singing in the choir and ushering.
- Evangelizing through crusades and door to door meetings.
- Leading in church celebrations like Christmas and Easter.
- Contributing to church projects like construction of the church.
- Giving tithes and offerings for the church fir the smooth running of the church activities.
- Participating in community service programmes.

- Visiting the needy to pray and read the word of God with them as well as give material support.

5.2 Acts of Compassion.

- Christians have a duty to help those who are in need.
- In His mission on earth, Jesus Christ helped the needy.
- He healed the sick, fed the hungry, raised the dead and preached the Good news to the people.
Christian responsibility in helping the needy.
- The needy are those who lack or do not have enough life's necessities such as food, water, education, clothing and shelter.
- Examples of people with diverse needs (*who are really in need*) in the community include:
 - Beggars.
 - Landless people.
 - Street families.
 - Those who are terminally ill. ➤ Internally displaced persons (IDPs) ➤ Those stricken by famine.
 - Those who are extremely sick.

Ways in which Christian's care for and help the needy in the society.

- **Creating awareness**-use social media sites to create awareness about situations of the needy.
- **Financial support**- Christians can support the needy financially by giving money for food, clothes and paying school fees.
- **Volunteering teams**-volunteering time and skills can help need e.g., creating medical camps to treat the needy or conduct free medical checkups.
- **Education**-Christians can provide knowledge to help the need to get jobs, build careers and achieve success.
- **Starting income generating projects**- Christian's can assist the needy to access loans or grants to start small scale businesses.
- **Supporting institutions that care for the needy** such as orphanages or children's homes. **Lessons learnt from the teachings of the bible in Leviticus 19:32-33, Psalms 83:3 and Matthew 25:35-46 about Christian's responsibilities in helping the need.**
- ✕ Old people should be respected and honoured.
- ✕ Foreigners should not be ill-treated.
- ✕ The rights of the poor and the orphans should be defended.
- ✕ We should be fair to the needy and to the helpless.
- ✕ When we care for and help the needy, we serve God.

God/the bible encourages care and concern for the need because:

- It is more blessed to give than to receive.
- God loves those who give to others cheerfully.
- It is a demonstration of God's love to others.
- It is part of our religious duty. Jesus Christ reached out to the poor in the society. • It is a way of showing obedience to the teachings of Jesus Christ.

Lessons learn from the acts of compassion.

- ↗ It is good to show concern for the needy.
- ↗ We get the opportunity to spread the Word of God through acts of compassion.
- ↗ Caring for the needy gives joy.
- ↗ Caring for the needy teaches that love is best shown in actions. ↗ We show our care by sharing.

STRAND 6 CHRISTIANS LIVING TODAY.

6.1 -Family relationships.

- A family is a social group made up of parents and their children.
- A family refers to people who are related by blood, marriage or adoption.

- It comprises of parents or guardians, children and other members.
- Families make up a society.
- Children and adults learn responsibilities from home and later demonstrate them in the larger society.
- In a family, members interact with one another. They also have specific roles and responsibilities which facilitates proper running of the family.

For example, parents or guardians play the following roles and responsibilities in a family:

- ↳ They provide love and care for the children.
 - ↳ Teach their children the basic aspects of life such as how to work, eat, read, write and basic hygiene among others.
 - ↳ Parents or guardians provide for the materials needs of their children such as food, shelter and clothes.
 - ↳ They provide security for their children by ensuring that they are not hurt physically, mentally, emotionally and spiritually.
- Parents or guardians ensure that their children get proper education by taking them to school and pay school fees for them.

Roles and responsibilities of children in the family.

- ~ To obey and respect their parents or guardians.
- ~ Assist parents in performing household chores such as in the kitchen, garden and laundry.
- ~ To take care of the parents or guardians such as when they get sick or handicapped.
- ~ Assisting the older members of the family such as the grandparents.
- ~ Maintaining or improving the reputation of the family. Protect the good name of their families by behaving well while away from home.

Practices of healthy family relationships.

A healthy family is one where members feel loved, safe, secure and supported.
There is happiness among members and peace with one another.

Healthy families are characterized by practices such as:

- Showing love, care and respect to one another.
- Being warm, supportive and positive towards one another.
- Having good communication with one another.
- Resolving conflicts when they arise.
- Spending time together.
- Setting family goals and committing to achieve them. Learning together.

Importance of respecting members of the family.

- When there is respect in the family, members feel accepted.
- Respect enhances wellbeing among members of the family.
- It promotes high self-esteem in the family members.
- It makes family member to feel safe with one another. → Respect promotes trust for one another in the family.

What are the causes of conflict in families today?

Conflicts refers to a state of disagreement between people or groups of people. The main cause of conflict in families include:

- ✎ Personality differences
- ✎ Misuse of money or family resources.

- ✎ Competition for available resources or for recognition.
- ✎ Selfishness where a member wants to take the biggest share of family resources.
- ✎ Having preferred family members, for example, a parent having a favourite daughter or son.
- ✎ Poor communication causing misunderstanding among family members.
- ✎ Rebellion of children against parents.
- ✎ Negative peer pressure.

How can peer pressure cause family conflicts?

Peer pressure is when someone does something because he or she wants to feel accepted and valued by friends.

Peer pressure can be positive or negative.

Negative peer pressure can cause family conflicts in the following ways:

- ~ *Can lead to rebellion of children to their parents or guardians.*
- ~ *Due to peer influence, children might lose interest in family activities which might annoy parents or guardians.*
- ~ *It can lead to irresponsible sexual behaviour, which displeases parents or guardians.*
- ~ *It can lead to misuses of family resources, for example, by buying drugs or gambling which can lead to misunderstandings with other family members.*

Ways of overcoming peer influence or rebellion against parents:

- ~ Avoid idleness.
- ~ Be principled in making decisions.
- ~ Emulate good role models.
- ~ Speak to someone you can trust.
- ~ Adhere to family rules and regulations.
- ~ Pray to God for help to overcome rebellion.
- ~ Choose friends wisely, avoid those who exert pressure on you to do what is unacceptable.

Different ways of dealing with family conflicts:

- ✎ Try to understand other family member's opinions and perspectives. ✎ Exercising self-control by not acting or talking in anger.
- ✎ Trying to solve issues at hand rather than withdrawing.
- ✎ Working as a team.
- ✎ Seeking counselling if needed. ✎ Avoiding judging one another.
- ✎ Accepting that there are things you cannot change or control.
- ✎ Encourage people to make simple changes consistently.
- ✎ Communicate effectively so as to avoid misunderstandings.

Christian teachings on healthy family relationships.

- The bible teaches the following about healthy family relationships:

Children should obey their parents. It is the right thing to do and it pleases God.

Children should respect their parents or guardians because it is commanded in the Holy bible.

Parents or guardians should treat children well and avoid making them angry.

Parents or guardians should bring up their children well with Christian discipline and instruction.

Values that enhance healthy family relationships.

- ~ Peace.
- ~ Respect.
- ~ Integrity.
- ~ Love.
- ~ Responsibility.
- ~ Unity.

6.2 -Human sexuality: Responsible sexual behaviour.

- Human sexuality influences how we feel about ourselves and the opposite sex.
- It is normal for young people to have feelings for the opposite sex.
- However, these feelings should be expressed responsibly with regard to the teachings of the bible.
- Human sexuality is that which makes us male or female, boys or girls and men or women.
- Sexuality is not sex although sex is an important aspect of sexuality. • Most of our activities in life are influenced by our sexuality.

Forms of sexual abuse and how to avoid them.

- Sexual abuse is the act of violence of a sexual nature that occurs without the consent of the victim.
- It is forcing a victim to perform a sexual act.
- There are various form of sexual abuse. They include:
 - ✎ Rape-act of forcing another person to have sexual intercourse.
 - ✎ Sexual assault-sexual act or behaviour that occurs without consent of the victim, for example unwanted sexual touching.
 - ✎ Incest-sexual intercourse between people who are closely related.
 - ✎ Publishing pictures, videos or recording of someone's nakedness for the purpose of humiliating and degrading a person.
 - ✎ Remarks of a sexual nature directed at someone without his or her consent.
 - ✎ Use of indecent language intended to seduce another person into a sexual act.

The following are various ways of avoiding sexual abuse:

- ✧ Avoid walking in areas with dim lights especially at night.
- ✧ Do not be too trusting to strangers.
- ✧ When going out, always ensure that an adult is aware of where you are going, who you will be with and at what time you are expected back.
- ✧ Trust your instincts, if you feel pressured or threatened in any way, do not hesitate to say what you feel.
- ✧ Learn to say "No" when you feel threatened or when being forced into any kind of sexual act. ✧ Avoid alcohol, drugs and substance abuse at all costs.
- ✧ In case you are attacked, scream as loud as you can to call for help. ✧ Avoid company of people who can influence you negatively.

Places to avoid for one's safety. ~ Abandoned buildings.

- ~ nsupervised parties. ~ Secret private parties.

- ~ Deserted streets and roads.
- ~ Unoccupied parks or bushes.
- ~ Poorly lit areas.

Ways of reporting cases of sexual abuse:

- ✕ Talking to a friend, parent or trusted adult like a teacher.
- ✕ Making use of available channels of reporting crimes like police hotlines (999, 112 and 911) ✕ Talking to the guidance and counselling teacher in school.
- ✕ Calling the national helpline (1195) for Gender Based Violence (GBV).
- ✕ Use of social media platforms where you can get help, for example, the police Facebook page.

One can report cases of sexual abuse to:

- A parent or guardian.
- Class teacher.
- Police station.
- Church leaders.
- Local administration offices such as elders and the chiefs.
- Guidance and counselling office in school.
- Gender violence recovery centres found in hospitals.
- Gender based violence command centres.

Defilement.

- ~ **Defilement** is having sexual intercourse with a person under 18yrs of age regardless of whether he or she has consent or not.
- ~ The following are done in case of defilement.
 - i.** Do not change clothes as they might be having evidence.
 - ii.** Do not take a bath for this might destroy important evidence. **iii.** If possible, do not brush your teeth or go to the toilet.
 - iv.** Do not take any medication before going to the police station since this might affect the outcome of the medical examination.
 - v.** Visit the police station and report the crime immediately. Ensure you get a p3 form.
 - vi.** After reporting to the police, see a doctor for medical examination and treatment. **vii.** Contact a trusted friend or family member for support. **viii.** Seek counselling services until recovery.
 - ix.** Seek legal help in order to get justice.

Causes of early pregnancies among teenage girls today.

- Lack of education.
- Poverty.
- Child marriages.
- Sexual abuse.
- Lack of information about their bodies.
- Lack of communication and supervision.
- Peer pressure.
- Poor parenting skills.

- Alcohol, drugs and substance abuse.

Consequences of engaging in irresponsible sexual behaviour.

Irresponsible sexual behaviour means misuse or abuse of one's sexuality and sex. Forms of irresponsible sexual behavior include:

- ↳ **Rape**-forced sex with someone without his or her consent.
- ↳ **Incest**-sex between relatives such as cousins, siblings etc.
- ↳ **Fornication**- sex between young people before marriage.
- ↳ **Adultery**- a married person engaging in sex outside the marriage.
- ↳ **Homosexuality**- sexually or romantically attracted to someone of the same sex. ↳ **Bestiality**-sexual intercourse with an animal.
- ↳ **Masturbation**-stimulation of one's sexual organs for sexual pleasure. ↳ **Prostitution** – sex for money.

The following are consequences of irresponsible sexual behaviours.

- ▶ Loss of one's faith in God because irresponsible sexual behaviours is sinful act.
- ▶ Feeling of shame and guilt causing one to distance themselves from friends and relatives. ▶ Contracting sexually transmitted infections.
- ▶ Break up of marriages.
- ▶ Feeling of rejection.
- ▶ Drooping out of school.
- ▶ Low self-esteem.
- ▶ Emotional and physical scars on survivors of cases such as rape and sexual violence.
- ▶ Early forced marriages due to pregnancies resulting from fornication.
- ▶ Poor performances in schools or work for adults due to depression and anxiety.
- ▶ Survivors of rape find it difficult to trust any man and may opt not to get married.

Living responsible as guided by God according to the bible.

- We should honour God with our bodies.
- We should not allow ourselves to be led by worldly pleasures.
- We should avoid sexual immorality because it is sinning against one's body. • We should respect our bodies because they are the Temples of Holy spirit. • We should avoid lustful desires because they displease God.

Values and life skills needed to avoid irresponsible sexual behaviour.

- ↳ Integrity.
- ↳ Godliness.
- ↳ Responsibility.
- ↳ Respect.
- ↳ Love.

6.3 – Sacredness of life.

Meaning of sacredness of life as guided in the Bible.

From the Bible we learn the following about sacredness of life.

- a.) Life comes from God and it is holy.
- b.) No one should take away another person's life because it is God who gave life.
- c.) Life is sacred because human beings were created in God's image and likeness.
- d.) Life should not be destroyed.
- e.) Human life has dignity and no one should harm or destroy it.

Ways in which the right to life is violated today.

Violate means to act against something that should be treated with respect especially a law. The right to life is violated in the following ways:

- ✧ *Murder, suicide, abortion, violence, rape and bullying.*
- ✧ *Massacre, genocide, death penalty and starvation.*
- ✧ *Female Genital Mutilation (FGM)*
- ✧ *Illegal imprisonment.*

Reasons why killing is morally wrong.

A morally wrong action is one that is unacceptable according to social and religious norms. Killing is morally wrong because:

- ✧ *It involves taking of another person's life.*
- ✧ *It is against the 6th commandment in which God said "Do not murder".*
- ✧ *It causes grief, pain and loss to people related to the victim and the killer.*
- ✧ *It hurts many people.*
- ✧ *It denies someone the opportunity to live their full-life and choose for him or herself how to live it.*
- ✧ *It creates disharmony in families because it causes feelings of hopelessness, despair, depression and helplessness.*

Causes of suicide in the society today.

Suicide is death caused by injuring or hurting oneself with the intention of dying.

It affects people of all age groups however; it is more common among the people between age of 15-29 years.

Some of the causes of suicide include:

- ✕ Mental health challenges for example depression and stress.
- ✕ Inability to deal with life challenges for example financial problems.
- ✕ Chronic pain and illness.
- ✕ Extreme poverty where one feels hopeless and unable to meet daily needs.
- ✕ Loss of a loved one and inability to cope with the loss.
- ✕ Difficulties in relationships, for example, with parents for young people, in marriages and at work for adults.
- ✕ Drug and substance use.
- ✕ Unmet expectations in life which cause feelings of disappointments and hopelessness.

Reasons why youths commit suicide.

- *Mental problems like depression.*
- *Sad, confused and anger expressed towards their parents.*
- *Pressure to succeed, for example in school or university.*
- *Disappointments and loss of loved ones.*
- *Experiences of bullying especially cyber bullying.*
- *Feelings of rejection, discrimination, hopelessness and helplessness.*

Effects of suicide on individual and families.

On individual.

- ~ Results to death of the victim.
- ~ People who attempt suicide and do not die, live with guilt and may try to commit it again.

Effects of suicide on individual and families.

On families.

- ~ Affects the health and wellbeing of family members.
- ~ Family members also experience shock, anger and guilt.
- ~ Family members also experience depression and anxiety.
- ~ Family members may develop thoughts of suicide.
- ~ Family members also experience stigma because of being associated with burden of caring for the victim's family if he or she had one.

How to avoid taking one's life/committing suicide. • Seek professional help like counselling.

- Share your problems with trusted friend, teacher and parent.
- Seek alternative solutions for your problems or challenges.
- Pray to God for strength and to get a solution to challenges.
- Avoid isolation or being lonely.
- Avoid the company of people who put negative pressure on you.
- Get help from any community-based organisation that responds to suicide crisis to get appropriate help.

Causes of abortion among youths today.

Abortion refers to deliberate removal of an unborn child (foetus) from the mother's womb before it is capable of living an independent life.

In Kenya, abortion is prohibited although there are still many cases.

Some of the causes of abortion include:

- ✎ ***Financial concerns***-pregnant mother feels she is unable to provide for the child due to lack of employment, inadequate income etc.
- ✎ ***Timing***-feeling that is not the right time to have a child due to unplanned pregnancy.
- ✎ ***Family issues***-young girls fear that their parents may disown them and force them to leave their homes if they stay with the pregnancy.
- ✎ ***Relationship problems***-young girls fear rejection by the person responsible for the pregnancy.
- ✎ ***Fear of stigma***-some people fear being stigmatized by their peers for getting pregnant while still in school or college.

Consequences of abortion to individuals. • Cause health complications like infertility.

- Can lead to loss of one's faith in God because abortion is a sin. • Can cause social isolation due to stigma.
- Cause stress and depression.
- Causes feeling of guilt and shame.
- One can be prosecuted for killing an unborn child.

Consequences of abortion to family.

- ☞ Loss of a child in the family.
- ☞ Experiences of shame for having a daughter or sister who got an abortion. ☞ Conflict in the family over the act of procuring an abortion.

Consequences of violating the right to life.

- ~ Offenders may be sentenced to life imprisonment in case of murder.
- ~ People who have been affected may live in fear of a similar experience.
- ~ Death penalty in some countries.
- ~ Pain and great suffering for the relatives and friends of the victim.
- ~ Some people may want to seek revenge for the loss of their loved ones.
- ~ Conflict and strained relationships between the family of the victim and the offender. ~ Anxiety and depression to individuals whose relative's right to life has been violated.

Values and life skills needed to uphold the sacredness of life.

- **Responsibility**-life requires one to be responsible.
- **Integrity**-requires one not to waver in their support for the sacredness of life. ➤ **Social justice**-requires one to be fair when dealing with people in crisis.
- **Respect**-promotes caring for one's life and that of others.
- **Assertiveness**-one is able to stand firm in protecting the sacredness of life.
- **Critical thinking**-helps one to analyse situations that would threaten the sacredness of life and come up with a solution.
- **Decision making**-enables one to make up his or her mind to respect the sacredness of life.

6.4 -Bullying.

Bullying means repeated intentional behaviour directed by a perpetrator against a target in the same age group. It also means seeking to hurt, insult, intimidate, frighten or force someone to do something they do not want.

Forms of bullying.

Verbal bullying - spoken attacks like name calling, saying hurtful statements or words and spreading rumours about someone.

Physical bullying - involves punching, kicking, hitting, shoving, slapping and slamming. It involves damage to property.

Cyber bullying – involves using social media platforms to share hurtful comments, embarrass, threaten, harass or frighten someone.

Emotional bullying – involves spreading lies about a person, sharing secrets told in confidence, exposing embarrassing aspects of the target's life and break trust.

Sexual bullying – it is similar to sexual harassment. It includes verbal or emotional attacks that seek to humiliate or shame someone sexually.

Extortion bullying – this is a type of bullying where the bully threatens to hurt you if you do not do what he or she says.

Reasons why young people bully others.

- Peer pressure.
- To Revenge.
- For Pleasure.
- To control others.
- To get popularity.

Causes of bullying in school.

- **Peer pressure** - bullying is done by some learners to gain popularity.

- **Lack of teacher/parent support** - where school management does not take serious actions against bullying to stop. Staff members harass learners.
- **Low self-esteem** -some learners use low self-esteem to feel better about themselves.
- **Envy** -learners may bully someone better than them in somethings such as athletics, or in grades due to jealousy.
- **Frustrations** – some learners direct angers at others due to having unresolved issues at home or school.
- **Seeking social attention** -some bullies at school seek attention by harassing other younger or weaker learners.

Causes of bullying in the community.

- ✧ **Prejudice** – involves negative attitude and looking down on others due to disability, ethnic bias, poverty or weakness.
- ✧ **Poverty** – some youths are led by frustrations caused by lack of employment and inadequate basic necessities.
- ✧ **Jealousy** – some bullies harass those who are better than them in terms of having better cloths, electronics like phones and computer due to envy.
- ✧ **Use of alcohol, smoking and drugs** – turns some youth into bullies

Effects of Bullying on the individual.

- Loneliness, sadness and fear.
- Depression and low self-esteem that may last a long time.
- Attempted self-harm.
- Physical illness such as headaches and stomach-aches.
- Poor performance in school.
- Poor concentration in school.
- Dropping out of school.
- Isolation.
- Violence against others.

Effects of Bullying on the family

- Parents go into denial not wanting to believe that their children are victims of bullying or are bullies.
- Physical sickness like headaches, ulcers and stomach-aches.
- Experiences of anger, depression, anxiety and restlessness.
- Endless worrying and stress.
- Increased feelings of powerlessness on individuals and families.

Ways of reporting bullying:

- Talk to trusted person like friends, parents or teacher.
- Write a letter to complain to the school management about being bullied.
- Send a letter or email to the communications authority of Kenya, if cyber bullied.
- With help of parents or guardians, report the case to child protection offices.
- Seek counselling services for emotional support.
- Contact pastors and priest for advice and prayers.

Whom/where to report to incase of bullying: ▶ Parents, teachers or trusted adults.

- ▶ A reliable learner's leader or trusted friend. ▶ The school management.
- ▶ A religious leader.
- ▶ A counselling officers.
- ▶ A child protection officer.

Values needed to coexist peacefully at home, school and the community ✕ Peace.

- ✕ Respect.
- ✕ Honesty.
- ✕ Integrity.
- ✕ Responsibility.
- ✕ Love.
- ✕ Social justice.

6.5 -Work: Talent and abilities.

God given talents, gifts and abilities.

- **A talent** is a natural skill or inner quality that emerges in someone without much effort or training.
- **A gift** is a natural ability in a person. Gifts usually manifest through talents.
- **Ability** refers to a mental or physical power or skill needed to do something.
- Learners in school have different talents, gifts and abilities they love expressing. ▪ Talents, gifts and unique abilities are all given by God.

Ways of discovering one's talent, gifts and abilities. ✧ Taking note of things, we love and enjoy doing.

- ✧ Other people like relatives and close friends observing our lives and telling us about our talents, gifts and abilities.
- ✧ Being diligent in the duties and responsibilities assigned to us.
- ✧ Through a crisis or problem-solving experience.
- ✧ By praying to God to reveal His gifts to us.

Activities at home, school and community that nurture talents.

- All gifts, talents and abilities are given to human beings by God.
- Therefore, we should not consider ourselves superior than others because we have certain gifts, talents and abilities.
- We should use them to serve God and others.

Ways in which Christians can use their gifts, talents and abilities include:

- ☞ Use creative talents like singing to serve God by composing and singing Christian music.
- ☞ Using our talents in environment conservation to serve as co-creator with God by taking care of the environment.
- ☞ Teaching others skills in games like football, netball, tennis or swimming to develop our talent and others.
- ☞ Using our acting talent to spread the Word of God through Christian play skits and poems.
- ☞ Using literacy writing to write Christian literature or literature that guide people to live morally upright lives.

Parables of talents.

A parable is a short story that is told to illustrate moral or spiritual lessons. The parable of talents is found in **Matthew 25:14-30**.

- A man was about to go on a journey so he called all his three servants and put them in charge of his property. He distributed the property to each one of them according to their abilities.
- To one he gave five thousand coins of gold, to another servant two thousand coins and to the third servant one thousand coins of gold.
- Immediately the man left on his journey, the servant who had received five thousand coins invested them and gained five thousand additional coins.
- The one who received two thousand coins also invested and received two thousand additional coins. However, the one who received one thousand coins did nothing with the money. Instead, he hid it in a hole on the ground.
- After sometime, the master of the three servants came back and asked for a report from them. The one who had received five thousand coins gave back his master the five thousand coins with additional five thousand coins which he had earned from investing. The master was happy and referred to this man as a good and faithful servant. The master put this servant in charge of more money.
- The servant who had received two thousand coins also handed back to his master his share with the extra two thousand coins he had earned after investing.
- The master too referred to this man as a good and faithful servant. He was put in charge of more.
- When the turn for the third man came, he complained that his master was the kind of person who likes harvesting where he had not planted. The servant further explained that he had hidden his master's money because he was afraid. He, therefore showed to his master one thousand coins of gold.
- The master was annoyed and referred to him as a bad and lazy servant. The master told him that he should have deposited the money in bank so that it could earn interest. The master authorized that the money be taken from the bad and lazy servant and be added to the one who had ten thousand coins.
- The master explained that those who have will have more added to them but those who have nothing, even the little they have will be taken away from them. The third servant was thrown outside to suffer.

From the parable of the talents, we learn that:

- God gives gifts and talents to His people.
- Gifts are allocated to our abilities.
- God expects us to nurture our gifts and talents.
- When we put our gifts and talents into positive use, God is pleased.
- Proper use of our gifts is a way of demonstrating our faithfulness to God. • Failure to use our gifts properly is a sign of laziness (**Matthew 25:26**) • When we use our gifts and talents well, they grow.
- When we do not make use of our talents, we experience unproductivity and sometimes the gifts are taken away from us.

State the different income generating ideas that young people can invest in, in their local areas.

- Poultry raising.
- Making handcrafts.
- Planting tree nurseries.

- Offering computer services.

6.6 -Leisure.

What is leisure?

- Leisure is free time during which a person may rest or get involved in recreational activities.

Ways of using free time.

People use their free times in the following ways:

- ~ *Playing.*
- ~ *Reading.*
- ~ *Charity work.*
- ~ *Resting.*
- ~ *Watching movies.*
- ~ *Sleeping.*
- ~ *Listening to music.*
- ~ *Visiting people such as friends and relatives.*
- ~ *Swimming.*
- ~ *Gardening.*
- ~ *Dancing.*
- ~ *Travelling.*

Reasons that lead to misuse of leisure among the youths. Misuse refers to wrong or improper use of something Today, youths misuse leisure in different ways as follows:

- *Idle talk such as **gossiping** and **slandering** other people.*
- *Spending free time on Alcohol, drugs and substance abuse.*
- *Joining and training in unlawful groups such as **robbers** and **terrorists**.*
- *Gambling such as **betting** which has addiction and leads to waste of money.*
- *Engaging in immoral activities such **irresponsible sex** and **watching pornography**.*

List down various reasons why youths misuse their leisure time.

- ✗ Idleness.
- ✗ Frustrations.
- ✗ Bad examples from adults/poor role models.
- ✗ Negative peer pressure.
- ✗ Availability of money.
- ✗ Negative media influence.

Consequences of misusing leisure time.

- Conflicts and strained relationships.
- Addiction.
- School dropouts.
- Poor performance in school.
- Stress and depression.
- Poor health.
- Misuse of finances.
- Early pregnancies.

Ways of using leisure time constructively.

- ✧ Getting involved in religious activities such as taking part in church choir.
- ✧ Helping the needy in the school and community.
- ✧ Playing various games such as football and participating in other co-curricular activities such as drama and music.
- ✧ Spending quality time with the family members and friends for example cleaning the home compound.
- ✧ Participating in educative programmes.
- ✧ Reading good literature such as story books and the bible.
- ✧ Developing personal talent such as singing, dancing, swimming and acting.
- ✧ Taking care of the environment through planting trees, flowers and cleaning the compound ✧ Playing and exercising.

Lesson learnt from Bible teachings on leisure time. (**Exodus 20:11;1) (I Corinthians 10:23; 10:31 and Philippians 4:8)**)

- ✧ Leisure is initiated by God. After creation God rested on the seventh day.
- ✧ Leisure time is Godly-we should rest since God himself rested.
- ✧ We should not misuse leisure time.
- ✧ Christians should evaluate their leisure activities because not all of them are beneficial to oneself or other.
- ✧ What we do during our leisure time should give glory to God.
- ✧ Christians should think and involve themselves in what is good, what deserves praise, what is true, noble, right, pure, lovely and honorable.

Values needed to use leisure time responsibly.

- ✧ Respect.
- ✧ Responsibility.
- ✧ Love.

Some of the life skills required to use leisure time appropriately.

- ***Creative thinking***- to enable us choose the right leisure activity and use our leisure time responsibly.
- ***Critical thinking*** -helps us to evaluate specific leisure activities, their benefits and effects before engaging in them.
- ***Negotiation skills*** -enables one to avoid being influenced negatively.
- ***Assertiveness*** -enables one to remain firm in his or her choice of leisure activities. One learns to say no to activities that so not add value to his or her.
- ***Self-awareness*** -one is able to choose and participate in leisure activities that suits his or her interests and personality.

