

CBC LESSON NOTES

C.R.E GRADE 5 NOTES

FREE CRE GRADE 5 TEACHING NOTES

TOPIC 1: CREATION.

My purpose.

Identifying talents and abilities.

A talent is a natural skill or ability to do something well. Ability is a talent or skill in a particular area.

It is important to identify and use our talents and abilities. This will help us to grow and help others.

Purpose is the reason for which something is done or was created for; purpose is why something exists.

God created each one of us with a purpose.

What we want to do in the future is our plan. Plan helps us to do what God created us for. These plans are our purposes.

The plans that God has for us are His purpose for our lives.

We should live according to God's plan in order to fulfill His purpose for our lives.

The parable of the talents.

- A parable is a simple story used to illustrate a moral or spiritual lesson.
- The parable of the talents is also known as **the parable of the three servants.**
- The first and second servants used their talents well and were rewarded.
- We should use our talents to serve God and others.
- When we use our talents to serve God and others, we fulfill God's purpose in our lives.
- God rewards us when we use our talents well.

Human beings as co-workers with God.

A co-worker is a person who does the same job as another.

Human beings are co-workers with God.

Responsibilities given to human beings by God.

Read Genesis 1:26 and 2:15

- a) Taking care of fish.
- b) Taking care of birds.
- c) Taking care of domestic and wild animals.
- d) Cultivating the land.

Good stewardship of God's creation.

It is important to take care of God's creation. This

helps us to live in a clean environment.

My roles at home, school and in church.

These are duties and responsibilities of individuals in a society set up.

They include;

- a) Cleaning around the house.
- b) Washing of clothes at home.
- c) Collecting litter in the compound at school.
- d) Wiping of seats before people sit in the church.

It is important that we share duties as this helps us to have unity.

The causes of child labour.

Child labour is work that denies children their childhood, their potential and dignity.

It is any work that is against the rights of children.

Child rights are freedoms and privileges that children must have.

They are the rights of a child to live free from hunger, abuse, neglect and other cruel conditions.

Child rights include;

- a) The right to life.
- b) The right to health.
- c) The right to education.
- d) The right to play.
- e) The right to protection.

Some of the causes of child labour are;

1. Poverty.
2. Need for cheap labour.
3. Death of parents.
4. Irresponsible parents.
5. Drug use or abuse.

Effects of child labour.

- a) It affects the physical and mental growth of a child.
- b) It prevents a child from fulfilling his or her purpose.
- c) It may lead to school dropouts.
- d) It leads to having a poor relationship with children of the same age.
- e) High risk of getting ill.

NOTE; You should report any form of child labour to your teacher, parent or guardian, church leader or to the police.

The fall of human beings (Adam and Eve).

- The disobedience of the first parents led to the fall of human beings.
- The first parents disobeyed God when they ate the fruits of the tree that they had been warned not to eat.

Reasons for the fall of Human Beings.

The first people to be created were a man and woman. Adam and Eve. They ate the fruit of the tree they had been warned not to.

Eve had a conversation with the snake.

Eve accepted to eat the fruit of the tree in the middle of the garden and gave some to Adam.

That evening they heard God coming to the garden and hid from him. The Lord and the man (Adam) had a conversation.

The man (Adam) blamed the woman (Eve), while the woman blamed the snake.

Lessons learnt from the fall of human beings.

- a) We should be obedient.
- b) We should keep away from sin.
- c) God is unhappy with us when we sin.
- d) We should be honest.
- e) We should take responsibility of our wrongs.

The Family Unity.

A family member is anybody from your father, mother and siblings (brothers and sisters)

At large, the extended members are also considered as family members, these include your grandparents, uncles, aunties, nieces, nephews and cousins.

Importance of family unity.

- Families should live together in peace.
- They should also be united
- When families are united, they are happy.
- Unity in the families is important because it helps members to live peacefully.
- Performing responsibilities, praying and spending time together help to contribute to a happy family.
- God will bless each family that lives in peace.

Challenges faced by families in practicing family unity.

Challenges are difficulties or problems we face.

Most families face challenges in their day to day lives, these challenges include;

1. Lack of food.
2. Lack of clothing.
3. Lack of good shelter.
4. Illness.
5. Lack of money.
6. Arguments between members.
7. Family conflicts and disagreements.

Ways of contributing to a happy family.

- a) Sharing responsibilities.
- b) Helping with house chores.
- c) Praying and reading the bible together.
- d) Always showing respect to family members.
- e) Loving and caring for other family members.
- f) Parents ensure they provide for the daily needs of the family.
- g) Appreciating and thanking parents for providing our needs.
- h) Performing my duties well.

Ways of solving family challenges.

Asking for forgiveness.

Praying together.

Sticking together even in difficulties.

Politely talking to each other over these challenges.

Seeking help from family members.

TOPIC 2: THE HOLY BIBLE.

The holy bible is the word of God.

It should be handled with care and respect.

It is used by Christians as a guide on their day to day activities.

Different uses of the holy bible as a guide.

- (Read Joshua 1:8, 2 Timothy 3:16 and Deuteronomy 6:4-8).
 - a) It is used during the swearing in of the president.
 - b) It guides learners to tell the truth.
 - c) It guides learners to obey its teaching.
 - d) It guides us to love God and other people.
 - e) Joshua 1:8 teaches us to read the holy bible everyday and obey what the bible teaches us.
 - f) 2 Timothy 3:16 teaches us that all scripture is inspired by God and is useful for teaching us the truth and giving us instruction about right living.
 - g) Deuteronomy 1:8 teaches us to love the Lord our God.

Benefits of using the holy Bible as a daily guide.

- It guides us to live peacefully with God.
- It guides us to live peacefully with one another.
- It helps us to make right decisions.
- The holy bible helps us to obey our parents.
- It helps us to be faithful.
- The holy Bible is the light in our lives as it allows us understand the secrets of salvation.

Values acquired from using the holy Bible as a guide.

- ❖ Respect – a feeling of admiration for someone because of his or her good qualities.
- ❖ Patience – the ability to stay calm and accept a delay without complaining.
- ❖ Peace – a period of time when there is no war.
- ❖ Humility – the quality of not thinking that you are better than other people.
- ❖ Honesty – the quality of being truthful.
- ❖ Care – provision of what is necessary for the protection of someone.
- ❖ Kindness – the quality of being friendly and considerate.
- ❖ Bravery – not afraid.
- ❖ Generosity – willing to give someone something freely.
- ❖ Other values we acquire when we use the holy Bible as a guide are: thankfulness, justice, endurance, love, integrity, love, patriotism and unity.

Bible Stories.

Christians turn to the stories in the holy Bible for guidance when they are faced with challenges in life.

1) COURAGE.

Standing firm in spiritual matters enables us to be role models, please God and receive the Holy Spirit who enables us to defend what is right.

The story of Peter and John at the temple.

Read **Acts 4:1-5, 7-13.**

- Peter and John were arrested because they were teaching the people that Jesus Christ had risen from death.
- When they were asked questions by the Jewish leaders, the elders and teachers of the law, they spoke boldly about using the name of Jesus Christ to heal.
- They also reminded them that Jesus Christ is the one whom the scripture refers to as the stone that was rejected by the builders.
- The Jewish leaders had rejected Jesus Christ.
- Christians are urged to have courage so as to defend their faith and show trust in God.

Reasons why Christians should stand firm in their faith.

1. When you stand firm in faith, you can solve problems through prayers.
2. One can overcome all challenges when he or she stands firm in faith.
3. Trusting in God and standing firm in faith helps us to defeat our enemies.
4. It enables our prayers to be answered.
5. It allows Christians to be filled with the Holy Spirit.

Good qualities learnt from the story of Peter and John.

- We should always stand firm in faith.
- We should have courage in defending our faith.
- We should trust in God.
- We should be patient.
- We should practice endurance.

2) WISDOM.

It is the quality of having knowledge and good judgment. Being wise is having wisdom.

It is a gift from God, the fear of the Lord is the beginning of wisdom.

The story of King Solomon using wisdom.

Read **1 Kings 3:16-28**.

Two women came before King Solomon with a child.

Both claimed the child was theirs.

King Solomon through wisdom was able to make the right judgment.

He was able to identify the real mother to the child and handed the child to her.

The people of Israel respected King Solomon because they knew that his wisdom had been given by God.

Values learnt from the story of King Solomon.

They include:

1. Settling disputes.
2. Listening.
3. Wisdom.
4. Decision making.
5. Social justice.
6. Responsibility.
7. Reverence.

3) RESPECT FOR THE ELDERLY.

We should relate well with the elderly by showing them love and kindness.

The story of Noah and his sons.

Read **Genesis 9:18-23**.

Noah had three sons namely Shem, Japheth and Ham. Noah was drunk and remained naked in his tent.

When Ham saw his father without clothes, he ran and told his brothers. Japheth and Shem took a robe and held it behind them on their shoulders. They walked backwards into the tent and covered their father.

Shem and Japheth kept their faces away so as not to see their father's nakedness.

Ways of showing respect to the Elderly.

1. Sharing a meal with them.
2. Telling them you love and respect them.
3. Visiting them.
4. Offer your seat if there are none.

4) HUMILITY.

Humility is a feeling that one is not better or more important than others. Humility helps us to show respect to God and others.

The story of a hand written on the wall.

Read **Daniel 5: 1-13, 25-28.**

King Belshazzar used the Holy vessels from the temple to drink wine and praise other gods.

These holy vessels included cups and bowls.

A hand wrote a message on the wall as king Belshazzar and his noblemen were partying. Daniel read and interpreted the writings on the wall;

Number means God has numbered the days of king Belshazzar's kingdom and brought it to an end.

Weight means God had weighed king Belshazzar on the scales and found him to be too light.

Divisions means his kingdom is divided up and given to the Medes and Persians.

The king was punished because he showed his pride to God by disrespecting the holy vessels.

Skills and Values demonstrated by Daniel.

These values included

Respect
Truthfulness
Humility
Peace
Courage
Knowledge
Boldness

Benefits of Humility to Christians.

1. One is able to practice obedience.
2. It enables us to be truthful.
3. We preach peace through humility.
4. Knowledge and wisdom can be achieved and demonstrated through humility.
5. Our faith in God is strengthened if we humble ourselves before God.

5) WORSHIP OF TRUE GOD.

There is only one true God.

As Christians, we are supposed to worship Him alone and trust in Him.

The Contest at Mount Carmel.

Read **1 Kings 18:26-39.**

A contest is an event where people compete to get the best in a sport or other activities. The contest between Elijah and the prophets of Baal depicts the one true God who answers prayers of those who worship Him.

Prophet Elijah worshipped the Lord, God of Abraham, Isaac and Jacob. The other false prophets worshipped Baal.

God answered Elijah's prayer by sending down fire that consumed the sacrifice, the wood and the stones.

The fire also burnt the earth and dried up the water in the trench.

The prophets of Baal prayed in many ways but their god did not answer their prayers.

Difference between true God and false gods.

- True God does not disappoint us, false gods are full of disappointments.
- True God provides for our needs while false gods do not.
- True God answers prayers of His own people while false gods do not.
- True God does not require people to harm their bodies while praying like the false gods of Baal.
- He is all-powerful unlike the false gods.
- There is only one True God while there are many false gods.

6) GOD'S PROTECTION.

God is powerful and He protects us from danger.

How God used pharaoh's daughter to rescue and protect Moses.

Read **Exodus 2:1-10.**

Moses was born when Pharaoh was the king of Egypt.

Pharaoh ordered that all Hebrew boys be killed.

Moses' mother put him in a basket and hid him at the edge of river Nile.

When Pharaoh's daughter went to the river for a bath, she heard Moses crying.

Out of compassion, she decided to keep the baby.

God protected Moses through Pharaoh's daughter.

Values learnt from Pharaoh's daughter.

- She demonstrated **mercy** when she heard Moses and felt mercy for him.
- She showed **love** when she adopted him as her own.
- She demonstrated **responsibility** when she noticed a basket in the tall grass and ordered her servant to get it for her.
- She showed **empathy** when she told a Hebrew woman to nurse the baby for her.
- Other values learnt include the following:
 - **Kindness**
 - **Care**
 - **Compassion**
 - **Humility**

7) SERVICE TO GOD.

We serve God by living according to His word.

His words are the teachings we get in the Holy Bible.

The Call of Moses.

Read **Exodus 3:1-10**.

1. Moses was taking care of his father-in-law's (Jethro) sheep and goats when God called him.
2. One day, Moses saw a bush which was on fire but was not burning up.
3. He went closer to the bush upon which God called out his name.
4. He was told by God to remove his sandals for he was standing on holy ground.
5. Moses obeyed God's command and removed his sandals.
6. God told Moses to go to Egypt and save the people of Israel from their suffering.

Lessons learnt about God from the call of Moses.

God loves His people.

God hears the prayers of His people.

We should obey God.

God is Holy.

God is powerful.

How leaders should obey God's instructions in the society.

- ❖ A Leader can be anybody from mother, father, older siblings, school heads, prefects, church elders, priests, chiefs and village elders.
- ❖ Leaders obey God's instruction by doing what is right before God.
- ❖ They obey God's instructions by doing what He requires them to do.
- ❖ Leaders obey His instructions by taking part in church activities.
- ❖ Living a holy life free from bad behavior such as using abusive language or fighting is obeying God's instructions.

TOPIC 3: THE LIFE OF JESUS.

Preparation for the coming of Jesus.

JOHN THE BAPTIST.

Preparation means to make ready.

John the Baptist prepared people for the coming of Jesus Christ. He told them to repent their sins.

Parents of John the Baptist were Zachariah and Elizabeth.

The teachings of John the Baptist in preparation for the coming of the Messiah.

- a) The message of John the Baptist from Luke 3:3 is, "turn away from your sins and be baptized and God will forgive your sins."
- b) According to John the Baptist, God wants us to turn away from sin and be baptized so that He can forgive our sins.
- c) Baptism after repentance is a way of turning away from the past and setting towards a new life for the future.
- d) John the Baptist addressed the people, tax collectors and soldiers.
- e) To the people he instructed them that, "whoever has two shirts must give one to the man who has none and whoever has food must share it."
- f) Instructions to the tax collectors "do not collect more than is legal."
- g) To the soldiers he said, "do not take money from anyone by force or accuse anyone falsely. Be content with your pay"

Values taught by John the Baptist.

- ✓ We should share with the needy.
- ✓ We should be contented with what we have.
- ✓ We should be honest always.
- ✓ We should practice; kindness, caring, justice and faithfulness.
- ✓ We should also practice values such as responsibility, humility, charity, love and honesty.

The baptism of Jesus.

Jesus Christ was baptized by John the Baptist in River Jordan. Through baptism, Christians get forgiveness of sins.

John preached and baptized people in River Jordan. After his baptism by John, Jesus began to preach.

Events that took place during the baptism of Jesus Christ.

Read **Luke 3:21 - 22**

Baptism is a Christian rite of admission and adoption into Christianity. It may be performed by sprinkling or pouring water on the forehead or by immersing in water.

- a) Jesus was baptized.
- b) Jesus prayed.
- c) Heaven opened.
- d) The Holy Spirit, in form of a dove, came down from heaven.
- e) A voice was heard saying, "you are my own dear son. I am pleased with you."
- f) Jesus was baptized to fulfill the will of God.
- g) He showed the value of obedience.

Importance of baptism in the life of a Christian.

- Through baptism, one becomes a Christian.
- Through baptism, Christians show their faith in God.
- It's a way of showing humility before God.
- It's a way of showing the value of obedience to God.

God's power over nature.

God is powerful. We should always rely on him.

Miracle of calming the storm.

Read **Mark 4:35-39**

The boat was about to sink due to the strong wind and waves.

Jesus Christ commanded the wind to be quiet and the wave to be still.

The disciples felt that their lives were in danger.

They were sure that Jesus would help them overcome their problem.

Lesson learnt from the miracle of calming the storm.

- The wind and the waves stopped after the command from Jesus Christ.
- Jesus Christ was able to calm the strong winds.
- We should rely on God to help us solve our problems.
- We should have faith and believe in the mighty power of God.

Ways of overcoming challenges by Christians.

1. Christians can help each other overcome challenges.
 2. They can pray to God to help them overcome.
 3. In case of sickness, we should go to the hospital.
 4. In case of hunger, we should get something to eat.
- To avoid getting infected with Corona virus disease we should:
 - a) Wash our hands with soap and water regularly.
 - b) Keep away from crowded places.
 - c) Wear a mask.

Compassion for the needy.

Compassion is sympathy and concern for the suffering of others. We should always express love for the needy.

The feeding of four thousand men.

Read **Matthew 15:32-38**.

- Jesus fed people because he looked at them and saw that they were hungry.
- He felt sorry for the people because they had been with him for three days.
- It is the responsibility of every Christian to give food to the hungry and help those with varied needs.
- Examples of needy situations are: the hungry, the sick, the poor, the homeless, the orphans.
- The bible teaches us to take care of the needy.
- Jesus used seven loaves and a few fish to feed 4000 men.
- The disciples collected what had remained.
- Jesus demonstrated the values of:
 - I. Charity.
 - II. Love.
 - III. Compassion.

Ways through which Christians show compassion for the needy.

- i. Share food with those without.
- ii. Visit children homes and offer clothes.
- iii. Offer basic needs available to the poor.
- iv. Practice love and care towards the orphans.
- v. Visit the sick in hospitals.
- vi. Help the old in the society.
- vii. Pray for the needy.

Importance of helping the needy:

- ✓ It boosts self-esteem.
- ✓ It makes the needy feel loved.

Power of Jesus over life.

We should entrust our lives to God through Jesus Christ. He is the giver of life.

The healing of the paralyzed man.

Read **Mark 2:1-5**

A paralyzed person suffers from the inability to move some body parts or the whole body. The men who carried the paralyzed man made a hole in the roof right above where Jesus Christ was.

They demonstrated faith by:

- They did all they could to get to where Jesus was.
- They did not fear what the crowd would say.

The values learnt from the men who carried the paralyzed man include:

- Kindness.
- Compassion.
- Love.
- courage.
- responsibility.

Lessons learnt from the healing of the paralyzed man.

1. We should have faith in the healing power of God.
2. We should help those who are disabled.
3. We should practice love, courage, compassion and responsibility.
4. We should strive to support the disabled in the society.
5. Jesus can forgive our sins.
6. Jesus has power over illness and diseases.

Teachings of Jesus Christ.

God wants us to live according to the teachings of His son, Jesus Christ. This enables us to set a good example to others.

Recovery of the lost Human Beings.

Jesus Christ teaches us to have concerns for others. He wants us to help those lost in sin to get back to him.

The Parable Of The Lost Sheep.

Read **Luke 15:1-7.**

- The lost sheep are the people who have left the ways of God and are disobeying His commandments.
- A good shepherd is a person who when he loses one of the hundred sheep, leaves the ninety-nine to look for the lost one.
- We should look for the people who are lost in sin.
- We should live righteous lives.
- We should pray for those lost in sin.

Lessons learnt from the parable of the lost sheep.

- a) God never gives up on His people even when they get lost.
- b) God is happy when one person repents his or her sin and starts a new life.
- c) When we sin, we should repent and get back to God.
- d) God is always willing to take us back.
- e) We should bring back lost members of the church by talking about the importance of the church.

Responsible Living.

Good relationships help us to live peacefully and in harmony with God and others.

Virtues Jesus Christ taught in the Sermon on the Mountain.

Read **Matthew 5:7-9.**

A virtue is a particular good habit.

Virtues Jesus taught in the sermon on the mountain include: Merciful, purity of heart, working for peace.

Benefits of observing the moral teachings of Jesus.

Practicing the virtues taught by Jesus helps us to avoid sin.

It also helps us to live an upright life.

It helps us to have a peaceful co-existence.

Through observing these virtues we help the needy.

God will bless those who observe the virtues.

Those who work for peace keep themselves and those around them from trouble and disagreement.

Jesus promised that the pure in heart will see God.

Empowering the needy.

There are varied needs in the society.

It is our duty as Christians to help the needy joyfully.

The Rich Young Man.

Read **Matthew 19: 16 - 22.**

- The rich young man asked Jesus Christ what good thing he must do to receive eternal life.
- Jesus told him to keep the commandments if he wants to receive eternal life.
- Jesus Christ also told him to go and sell all he had and give the money to the poor, if he wanted to be perfect.
- Eternal life is the ability to live forever, a life that continues after death.
- We should be willing to share what we have with the needy.

Relevance of the teachings of Jesus in the story of the rich young man.

- To obtain eternal life, one should be:
 - a) Respectful.
 - b) Obedient.
 - c) Compassionate.
 - d) Kind.
- We should practice virtues of honesty and hard work just as the rich young man.
- We should keep the commandments of God.

Ways in which Christians apply the teachings in the story of the rich young man.

1. We must obey all the commandments of God.
2. We must share what we have with the needy in the society.
3. Build houses for the homeless.
4. Visiting the poor and taking food items and clothes to them.
5. We should be willing to help the needy.

Persistence in Prayer.

Persistence means not giving up.

Persistence in prayer is praying without giving up.

The Story of A Friend At Midnight.

Read **Luke 11:5-13**.

- The friend visited at night because he had no food to give to his friend who had come to his house from a long journey.
- We should be persistent in prayer.
- We should help others.

The Value of Friendship.

- ✓ We should seek guidance from God to give us good friends.
- ✓ The story of a friend at midnight teaches us to pray without giving up.
- ✓ Good friendship makes us to live well with others.
- ✓ We talk to God through prayers.
- ✓ True friends will always be there for us.
- ✓ Good friends help us to behave well.
- ✓ We should share what we have with friends.

TOPIC 4: THE CHURCH.

Meaning of unity of believers.

Unity of Believers is the oneness of those who have faith in God.

It can also be defined as those who meet together because of their common believe in God.

Activities which promoted unity in the Early Church.

1. Working together.
2. Praying together.
3. Treating people with respect.
4. Shared belongings.
5. They welcomed others to their homes.
6. They read the word of God together.

Strategies used by Christian to promote unity.

1. They promoted unity by praying together.
 2. Reading the word of God together.
 3. Sharing meals.
 4. Sharing belongings.
 5. Working together in helping the needy.
 6. Taking donations to children's homes.
 7. Visiting the elderly and perform household chores.
- Unity of believers as **the people of God** are those people who follow Jesus Christ and his teachings. Christians from different backgrounds are united with God through Jesus Christ.
 - Unity of believers as **a community of believers** are those people who believe in Jesus Christ, pray together. They love and care for all.
 - Unity of believers as a **family of believers** are the people who study God's word and honour God through worshipping together. They also support each other.

The Lord's Supper.

The Lord's Supper is the last meal that Jesus Christ shared with his disciples before his crucifixion.

Events that took place during the Lord's Supper.

Read **Luke 22:14-20**.

- Jesus took his place at the table.
- He took a cup and gave thanks to God.
- He gave the cup to his disciples to share among themselves.
- He took a piece of bread, gave thanks to God and broke it.

Significance of the Lord's Supper to Christians today.

Jesus shared the meal with the disciples to prepare them for his coming death. Other names of the Lord's Supper: **Eucharist, Holy Communion, last Supper, Lord's Table, holy Sacrament.**

Christians learn that they should celebrate the Lord's Supper in remembrance of Jesus Christ.

Christians learn to be humble.

Christians learn that they should share with others.

It unites Christians as they fellowship with each other. It is a sign of obedience to Jesus Christ.

Values required during the celebration of the Eucharist.

- ✓ These values include:
 - a) Happiness.
 - b) Peace.
 - c) Joy.
 - d) Obedience.
 - e) Sharing.
 - f) Humility.
 - g) Respect.
 - h) Unity.

The role of the Holy Spirit.

The Holy Spirit gives spiritual gifts to believers for the good of others.

The Holy Spirit purifies and enables believers to bear good fruits in their lives.

The gifts of the Holy Spirit.

Read **1 Corinthians 12:1-12**.

- They include knowledge, wisdom, preaching, faith, performing miracles, speaking in tongues, interpreting tongues, healing, differentiating spirits, and love.

How the fruits of the Holy Spirit helps in promoting God's work.

Read **Galatians 5:22-23**.

Fruits of the Holy Spirit include love, joy, peace, patience, kindness, goodness, faithfulness, humility, self-control.

Values that influence the life of Christians from the gifts and fruits of the Holy Spirit.

Love helps us to assist the needy which is doing God's work.

Self-control assists us to behave well.

Knowledge helps us to analyze the right from wrong.

Through the gifts and fruits, we are able to serve God and others.

We should pray to God to give us the Holy Spirit who helps us to do good things.

Power of intercessory prayer.

- We pray for different things.
- A prayer for self is a **petition prayer**.
- **Intercessory prayer** is the prayer we pray for others.

The story of Peter's miraculous Rescue.

Read **Acts 12:3-17**.

- ❖ The people of the church prayed for Peter.
- ❖ An angel of the Lord came to the cell.
- ❖ He shook Peter by the shoulder and woke him up.
- ❖ The chains fell off Peter's hands.
- ❖ The angel told Peter to fasten his belt, put on his sandals and cloak.
- ❖ Peter obeyed.
- ❖ The angel then commanded Peter to follow him.
- ❖ As he followed the angel, he thought he was seeing a vision.
- ❖ They passed the first and second guards then came to the last gate, which led to the city.
- ❖ The gate opened itself and they went out.
- ❖ God rescued Peter from prison.
- ❖ God has power to save us from any difficult situation.
- ❖ We should pray for other people for God to meet their needs.

Ways Christians demonstrate their faith in God.

Praying to God.

Reading the bible. Repenting sins.

Caring for God's creation.

Helping the needy.

Visiting the sick.

Singing and praising God.

TOPIC 5: CHRISTIAN LIVING.

Friendship Formation.

This is the process of making and maintaining friends.

Friendship is an integral part of human life because human beings are social beings.

There is a need for people to be very careful on how they choose their friends.

Peer Influence.

Peer influence is the effect your friends or age mates have on your behavior.

We should be keen when choosing friends since they influence our behavior.

Bad friends and groups can ruin our lives.

Peer influence is the strong pressure to an individual to adopt the attitude, values, behavior and thoughts of his or her peer group.

Qualities of a good friend.

Read **1 Thessalonians 5:11** and **Galatians 6:2**.

- Friends should help one another.
- A good friend should encourage his or her friends.
- Friends should help carry one another's burdens.
- He should be caring.
- He should be loving.
- A good friend should be truthful.
- He or she should be kind.
- He or she should be compassionate.
- Should be one who is humble.
- A good friend should be respectful and responsible.

Values useful in maintaining good friends.

The useful values in maintaining good friends are;

Honesty, trust, caring, obedience, respectful, selflessness, kindness, truthful, loving, peace, thankfulness, humility.

Causes of poor choice of friends at home and school.

Low self-esteem.

The desire to prove oneself to others.

Lack of proper role models to emulate.

Failure to obey the school rules.

Failure to obey God's commandments.

Good friendship;

- a) Teaches us how and when to forgive.
- b) Help us deal with stress.
- c) Help us during our difficult times.

Human Sexuality.

Adolescence is a developmental stage in life. The developments are both physical and emotional.

Adolescence is the period during which children grow from childhood to adulthood.

Changes associated with Adolescence in boys and girls.

Physical changes in boys;

- Shoulders widen.
- Chest broaden.
- The voice breaks.
- Growth of pubic hair.
- Oily face.
- They sweat a lot.

Physical changes in girls;

- Body increases in size and shape.
- Breasts grow.
- Waist and hips become more obvious.
- Menstrual flow starts.
- Growth of pubic hair.
- Face tends to be oily.
- They sweat a lot.

Emotional Changes during adolescence are changes of the feelings other people or situations. These changes include mood swings, stress, irritations or getting easily upset.

How to cope with body changes during Adolescence.

In case one experiences these changes, he or she should report to the parent or guardian, teacher or a trusted adult for moral support and advice.

Adolescents need to accept these changes, as it is part of growth.

It is how God created every human being.

It is important to get the right information about adolescence in order to understand and handle the stage the right way.

Healthy and unhealthy boy girl relationship.

Read **1 Corinthians 6:18-19.**

- **A healthy boy girl relationship** is one that has mutual respect, trust, honesty, understanding, role models, and good communication. Activities that show a healthy boy girl relationship include **playing together, studying together, cleaning together, respecting each other.**
- **An unhealthy boy girl relationship** has bad behaviours and mentality, lacks self control, negative influence, dishonesty and disrespect.
Our body is the temple of the Holy Spirit and we should take care of it since it was given to us by God to use to glorify Him.
We should not commit sexual sin.

Effects of unhealthy boy girl relationship.

- a) It can lead to early pregnancies.
- b) It can also lead to school dropouts.
- c) Unhealthy boy girl relationship can make us feel bad and unhappy about ourselves.
- d) It can also hurt our bodies.
- e) It lowers our dignity and self-esteem.

Overcoming unhealthy boy girl relationship.

In order to achieve this, we should;

1. Get good friends who respect you.
2. Keep yourself busy in constructive activities.
3. Read the bible.
4. Focus on the qualities you would want to have in a friend.
5. Be assertive.
6. Meet with the opposite sex in open place.
7. Ask your guardian or trusted adults for advice.

God the Source of Life.

Human life is given by God.

No one has the right to take it away.

Life is **holy** and **sacred**.

It is God alone who has the right of taking life away.

Christian teachings on God as the only source of life.

Read **Genesis 1:27, Genesis 9:6, Psalms 49:7-8.**

- Life is a gift from God.
- God created human beings according to Genesis 1:27.
- Psalms 49:7-8 teaches us that payment for human life is too great and can never be paid enough.
- We should protect life.
- Human life is made in the likeness of God.
- We should say NO to substance abuse and sex.
- We should inform our parents if we are sick.
- We should avoid playing dangerous games.

Causes of violation of Human Life.

The right to life is the belief that a being has the right to live and should not be killed by anybody. God created human beings so that they would live.

The causes of violations include;

- ❖ Anger.
- ❖ Bitterness.
- ❖ Selfishness.
- ❖ Poverty.
- ❖ Depression.
- ❖ Alcohol and substance use.
- ❖ Not seeking medical help when sick.
- ❖ Inability to tolerate other people's religion.
- ❖ Being biased against gender and ethnicity.

We should raise awareness about avoiding the violation of right of life through social media or posters.

How to cope with emotions and stress.

Emotions are strong feelings we have.

Stress is a state of mental or emotional strain.

Stress can cause different emotions. For example fear, anger, sadness or frustration.

Ways of coping with negative emotions.

Discuss with a friend or guardian.

Praying to God.

Reading the bible.

Sing a song that makes you feel happy or joyful.

GOOD HEALTH PRACTICES.

It is our duty to maintain good health.

A **drug** is anything that if taken, alters the normal functioning of the body.

Alcohol and Substance Use.

- It is the use of alcohol and other harmful substances for enjoyment.
- Harmful substances include miraa, glue, tobacco, bhang e.t.c

Reasons why young people engage in alcohol and substance use.

1. Peer pressure.
2. Bad company.
3. Curiosity.
4. Idleness.
5. Technology.
6. Depression.
7. Stress.
8. Low self-esteem.
9. Bad role models.
10. They feel misunderstood.
11. Failure to find a trusted confidant for their frustration.

Effects of alcohol and substance use to the body and relationships.

Read **Proverbs 20:1, 31:6 and Ephesians 5:18.**

- The bible teaches us not to drink because drinking makes us loud and foolish.
- They only ruin us.
- They make us suffer.
- Breathing problems especially as a result of smoking.
- Liver and kidney problems resulting from alcohol use.
- Negligence.
- It can lead to physical abuse.
- Financial troubles.
- Heart related problems.
- High blood pressure.
- May lead to stroke.
- Can lead to unhealthy relationships among family members.
- Affect one's success in school.
- Can lead to physical injuries.

Ways of avoiding engaging in alcohol and substance use.

- a) Say NO politely to friends who use.
- b) Take a walk for relaxation.
- c) Play a sport.
- d) Avoid bad company.
- e) Keep busy through studies.
- f) Engage in daily chores and productive routine.
- g) Pray for strength to evade temptations.

Appropriate Use of Social Media.

Social media is used to keep in touch with friends.

It is also used to educate and keep us informed.

Meaning of social media for Awareness.

- Social media are forms of electronic communication through which users create online communities, share information, ideas and personal messages.

Uses of social media

include;

- a. Search for information.
- b. For learning and studies.
- c. To communicate with family and friends.
- d. For entertainment.

Social media commonly used today

include;

- i. Facebook.
- ii. Twitter.
- iii. Youtube.
- iv. whatsApp.
- v. WeChat.
- vi. Instagram.
- vii. Viber.
- viii. Telegram.

Effects of appropriate and inappropriate use of social media.

- ❖ Appropriate use of social media enables one to get information he or she needs.
- ❖ It also enables one to save time.
- Inappropriate use of social media may lead to negative influence.
- It also causes time wastage.
- Cyber bullying is the use of electronic communication to harass a person by sending them negative or threatening messages.

Advantages of social media.

- a. It is used for communication with family and friends.
- b. It is used for getting information.
- c. Used for getting knowledge and learning.
- d. It can also be used for entertainment.

Disadvantages of social media.

- a) It reduces face to face communication.
- b) It may lead to negative influence.
- c) It causes anti social behaviors.
- d) It may reduce family closeness.
- e) Some of its contents are inappropriate for children.

Safety measures to observe when using social media.

1. For security and safety, we should not share our personal information on social media.
2. Avoid spending a lot of time on social media.
3. We should not trust all the information displayed on social media as some information may be misleading.
4. Report any form of cyber bullying to the authority.
5. Avoid sharing your passwords.
6. Avoid accepting friend requests from people you do not know.
7. Observe politeness even on social media.
8. Secure your social media accounts and information using passwords and security pins.