

**Junior High - Sample Questions
The Eucharist - Fr Daoud Lamei**

(updated 7/11/2015)

1. Father Daoud Lamei explains that man is a creature vulnerable to hunger. List the three types of “food: available to man? Explain each type and support your answer with biblical verse and references if necessary.
2. Father Lamei provides us with two crucial points as to why the Lord mentions the Tree of Life ahead of the Tree of Knowledge of Good and Evil. Genesis 2:9 states that “the tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil.” Explain each point in detail.
3. What is the primary purpose of life, which was lost when death entered into the world after Adam sinned? What was the result of sin?
4. What does the “fiery sword” that guards the way to the tree of life symbolize? Man is not capable of accepting what 2 things without the “fiery sword”? What is the sacrament of life man will not be able to approach? Use biblical verse and references to support your answer.
5. Fr. Lamei gives a spiritual cure for whoever is “sick of sin”, or someone who cannot stop sinning. What is the spiritual cure given? State the 2 of the 4 actions mentioned for this specific case.
6. Explain the symbolism of The Sacrament of Baptism in the Old Testament and its importance in the partaking of the Tree of Life.
7. There are two kings Fr. Lamei mentions in the account of Melchizedek; describe these two kings and what they symbolize
8. Melchizedek celebrates Abraham, which was an early indication of the Sacrifice of the Eucharist. What does Melchizedek bring out to celebrate? Provide biblical verse and reference. After receiving the blessing from Melchizedek, what act does father Abraham do that was never done in history before, and we still hold to this day?
9. Fr. Lamei states that Abraham received a blessing from Melchizedek “and he blessed him and said blessed be Abram of God Most High, Possessor of heaven and earth” (Gen. 14:19) Who are the “agents” that are given the ability to give blessings from the Great Chief of Priests? Who is the Greatest Priest? Thoroughly explain the blessings the “agents” can grant.
10. Fr. Lamei explains that the priest is an agent, an extension to the agency of our Lord Jesus Christ who is the greatest priest. What four ways can a priest “bless God”?
11. "After refusing Satan's gift, what did the Lord promise Abraham that his reward would be? State the Verse. Also, Abraham offered a sacrifice to Melchizedek, what do we pray in the liturgy related to those offering sacrifices?
12. "In Exodus 12, the Israelites are given explicit instructions on how to eat the Passover Lamb. It is clear that the lamb should be eaten after slaughter because the lamb's blood is needed to have the angel of perdition pass over the house. What are the 5 other explicit instructions given on how the Passover lamb should be eaten? Explain

each and explain the symbolism and how it relates to the Holy Eucharist.

13. In the Passover Account, what does Fr. Lamei say the **Lamb's Blood** is a symbol for? When should the lamb be eaten? What does the bible say of who does not eat from it? What is referenced by Fr. Lamei regarding the Manna? Provide the two points it's compared to.
14. In the Old Testament, God sent the Israelites that were living in the desert manna from the sky. Compare three ways in which the Manna that was given to the Israelites is similar to the Eucharist that is given to us in the New Testament. Provide biblical references to support your answer.
15. The tabernacle Moses formed in the wilderness was comprised of three sections. Describe each section in detail.
16. What do the "golden lamp" and the "altar of incense" that were placed around the Eucharist table symbolize, in the Account of the Bread of Faces?
17. In the Old Testament, Fr. Lamei states that the Bread of Life was only approached by the "sanctified", which is why only the Jewish priests were allowed to eat from the "Holy". As humans living in the New Testament, how are we allowed to partake of the Body and Blood of Jesus Christ when we are not made sanctified priests? Which part of the Liturgy refers to this?
18. Leviticus 24:5-7 says "take fine flour and bake twelve cakes with it". List the four things the number stands for.
19. What does Fr. Lamei say the true bread of faces is? Provide 2 biblical verses and references to support your answer.
20. A famous account regarding the Bread of Faces occurred in the Old Testament and mentions David and his men. Who do they symbolize in the New Testament? What did our Lord Jesus Christ justify using this story?
21. What does "pure frankincense" symbolize in our spiritual lives?
22. In the Old Testament, in Leviticus Chapter 1, the burnt offering to be given was explained in great detail, referencing the offering of Christ HIMSELF. What are the three main points Fr. Lamei discusses about the offering? Explain each point and its connection to the Holy Liturgy.
23. Explain the symbolism of "yeast" and "honey" in the offering, according to Coptic custom. Explain why yeast is the main recipe when making the offering?
24. During the Transfiguration of Christ, Moses and Elijah appeared with Him. What do these two saints represent?
25. Elijah fell into a pit of despair and fear and abandoned his message as prophet, pleading for death. What did the angel say to him (provide verse) and what does this represent in our church?
26. Fr. Lamei goes in great depth explaining Psalm 22. This Psalm has become closely connected to the Sacrament of the Eucharist because of its profound meaning. How can each sentence of this beautiful psalm relate directly to our lives?
27. What is the Bible book "Song of Songs" about? Explain.
28. During Holy Liturgy, there are two things likened to the bride. What are they?

29. In the account of *the king and his chamber*, what four emotions does wine represent?
30. In the account of the Wisdom's call, Fr. Lamei explains how Wisdom represents our Lord Jesus Christ, and He built His church (house) on rock. What are the seven pillars of the house?
31. In the Account of the Wisdom's Call, Fr. Lamei provides a contemplation on the Person of Wisdom. Provide the mentioned verses and their corresponding contemplation.
32. Which prophet wrote about God preparing a banquet? Compare the two banquets God prepared for His people in the Old Testament, with His New Testament banquet.
33. The Lord prepares the banquet by Himself for us. In the Old Testament, what two times did the God send a banquet and how did His people react to this?
34. Isaiah had a vision of God sitting on His throne with angels surrounding him and glorifying Him. What hymn does the priest chant during liturgy to elevate ourselves to the status of His Divine presence?
35. Upon seeing the vision of God on the throne of His glory, Isaiah was overwhelmed with a sense of joy and peace, following the promise and a sanctified touch. Compare this to when we partake of The Eucharist.
36. Jeremiah was stubborn when God sent him after the ministry of Isaiah and did not want to go because he was only youth. What were the three ways God insisted on His calling?
37. Through the power of the Eucharist we bring Christ's message into the entire world and in spite of human weakness we show no fear. Why is this? Provide a verse.
38. Ezekiel was incapable of getting to his feet independently after viewing the Divine Glory of God. How does this compare to our lives as baptized believers?
39. Since Isaiah and Jeremiah were prophets and saw him on the throne, were they still in need of the Eucharist? Provide biblical verse.
40. Why can a true servant now bear the message of Christ without partaking of the Eucharist? Why must we partake of the Eucharist?
41. In Daniel's vision, Fr. Lamei explains that Daniel was "mourning three full weeks and ate no pleasant food until three whole weeks were fulfilled". How does this mourning process relate to our mourning in order to prepare for the Eucharist? List 2 of the 3 things our church does to receive the joys of the Eucharist.
42. Who was the last prophet that saw a vision including the mourning period? Explain the vision.
43. "Then again, the one having the likeness of a man touched me and strengthened me." (Dan 10:18) What are the Divine touches we may encounter during the Holy Mass?
44. During Zephaniah's vision, he proclaims "Be silent in the presence of the Lord God; For the day of the Lord is at hand". Explain the reasoning of silence of men in the Old and New Testament
45. The Bible states, "in the day of the Lord's sacrifice, That I will punish the princes and the king's children...and such clothed with foreign apparel" Who is the Lord punishing? How does this compare to the Last Supper?

46. The Lord's Supper was enjoyed by the meek Disciples of Christ. What two groups of people did not enjoy the Lord's Supper? What did Judas put on that prevented him from enjoying the Lord's Supper?
47. List the two points in Zephaniah's prophecy that make it "like" the Eucharist. Explain.
48. In what two ways must we approach the Lord's Table? Explain
49. During every single celebration of the Eucharist we attend, we must be filled with sacred awe lest our fate be with the ones who will scream being cast in Hades. List the two things we need to remember while assembling to eat His supper. How do we recite this during the Liturgy?
50. When Christ was born, the Magi brought him gifts of gold, frankincense, and myrrh. What do these gifts symbolize?
51. Explain the reasoning of St. Cyril of why Christ was born in a manger. State two reasons for this comparison. How does the tray used in the Holy Liturgy symbolize the manger? Explain.
52. State two prayers said during the Gregorian liturgy and the Christmas Liturgy that relate to Christ being born in a manger.
53. When the wine ran out at the Wedding at Cana of Galilee, the Virgin Mary said to Jesus, "They have no wine" (John 2:3). How did Christ respond? Explain your answer. Provide biblical reference to support your answer.
54. How is wine made and what does it represent in the Holy Bible?
55. Compare the celebration of the Holy Mass to the historic day of Christ's crucifixion.
56. Jesus transforms water into wine. What are the 8 steps to the transformation? Provide the verse. Paraphrasing is ok.
57. Explain in detail what Fr. Lamei says the secret of faith is? Explain your answer.
58. How does the act of "sanctification" differ from Christ "blessing" the bread?
59. Explain what Fr. Lamei means by "this is an illustration of the discipline of distributing the Sacraments"
60. What is the significance of the six days that Jesus appeared after the transfiguration? Explain.
61. Who were the three Disciples Jesus chose to ascend the mountain with, to witness His transfiguration? What does each disciple represent? Provide biblical verse if applicable.
62. Following Holy Mass and Communion, explain how we "unite" with Christ.
63. In the parable of the invited, Fr. Lamei explains the difference between "worthy" and "unworthy" to partake of the Eucharist. List the 3 points which answer the question "who is worthy of the Eucharist?"
64. Fr. Lamei mentions 4 "doors" regarding the people who are worthy or invited to the supper. What are they? Explain your answer. Provide biblical reference to support your answer.
65. Fr. Lamei states the "beloved few" deserved two things, since God "loved them to the end". What are these two things?
66. Explain how the journey of the disciples of Emmaus is a "lengthy mass" as Fr. Lamei

describes it. What characteristics does it start with, and what happens during the “decisive moment”? Explain.

- 67.** Fr. Lamei explains how important the readings are during the mass and how in every mass the readings take us through a journey from old to new. Compare these readings and prayers to the Holy Mass.
- 68.** Fr. Lamei briefs us on what the old Mass consisted of, such as the prayers, breaking bread, and fellowship. Explain in detail what the prayers consist of.
- 69.** Fr. Lamei explains the sacrament of the Eucharist to be the down payment for the Resurrection and the Victory over death. In the book of Acts, young Eutychus is taken up dead during Mass, but St. Paul is able to raise him once more. How does St. Paul do this?
- 70.** What is the meaning of the word “true” when the priest says “true body” during the Holy Communion?
- 71.** For God appeared long ago to His people in a pillar of cloud by day and fire by night. Therefore, what does the mist of incense primarily represent?
- 72.** List the three things that incense is linked to in church?
- 73.** During vespers and Matins, the alter is filled with incense. What are the three main points that incense or incense-raising represent?
- 74.** When God spoke to Moses regarding his stubborn people, “Get away from among this congregation that I may consume them in a moment”, Moses ordered Aaron to raise incense quickly and make atonement for them. What is the incense offering capable of doing, as it was in the old days?
- 75.** In the beginning of mass during the procession of the Lamb, the priest anoints the Lamb with the symbol of blood (holy wine). What does this action symbolize?
- 76.** What is the Day of Theophania? Provide biblical reference to support your answer
- 77.** What three readings precede the Holy Gospel during mass? What do these readings represent?
- 78.** What does the mass of the believers start off with? Since orthodox thinking sees God’s presence through the Bible, what do we see the Eucharist as?
- 79.** What two hymns are sung during the chief priest’s entry of celebration, and what do they celebrate?
- 80.** What do we proclaim when the priest places the Lamb on the tray with the star/cross above it? What do we announce while circling the altar, and why do we do so? Explain.
- 81.** When the priest covers the altar with the Eprospharin, what is this announcing?
- 82.** Icons in the Orthodox concept, represent a true presence of the person depicted for that person is not dead, though invisible. For this reason, what are the icons blessed with? What two things in the church are blessed with the same thing?
- 83.** What does the icon of the Virgin Mary remind us of?
- 84.** What do the icons of St. Antonious and St. George represent?
- 85.** Why do we prostrate ourselves in front of the icon of the Crucifixion? What do we grant him when we prostrate?

- 86.** Repentance, in the Orthodox thinking, is neither mere remorse over sins or abandoning evil, nor is it an event that took place in one day and ended. Repentance is the very nature of the New Life that starts with two things. List these two things.
- 87.** Fr. Lamei explains that Repentance is a joint work. What is the work between?
- 88.** The more the Mass procession moves forward, the more fervent the repentance. There are 7 steps that occur before we stand with the angels and archangels and cry with them "Agios". Please list seven steps.
- 89.** The Eucharist is a reward for the orthodox upright faith. List 5 ways we must do the remain upright in faith
- 90.** Confessing the faith remains with us until the decisive moment when the deacon concludes the prayer. What does the deacon say?
- 91.** St John the Beloved proclaimed that Christ loved his own, loved them infinitely and unconditionally. What are three ways Christ showed he loved us? How is the sacrament of the Eucharist connected to the commandment of love?
- 92.** The enemy of God attempts to spoil the atmosphere of the Eucharist and turns the sacrament into judgement against us, and we become unworthy. What two reasons does Fr. Lamei use to explain why Judas was unworthy?
- 93.** The Eucharist represents the true Sacrament behind our enjoying fasts and feast. List four ways our church asks us to fast. Explain each one.
- 94.** When celebrating feasts, we are unable to feel their taste except through uniting without Lord Jesus Christ Body and Blood. List the 4 ways we celebrate feasts.
- 95.** The goal of all Christian life is to render each of us a Eucharistic person. What is the literal meaning of "Eucharistic person"? A person who lives the Eucharist sacrament prays to be worthy of Holy sacraments. What part of the Lord's Prayer is this?
- 96.** A Eucharistic person repents in order to prepare for partaking of the Holy Sacraments. What three things does he do to show repentance?
- 97.** What can a "Eucharistic person" find happiness in?
- 98.** What is another name for the Holy Sacrament of the Eucharist?
- 99.** The Eucharistic person is a person who clings to the new Covenant in order to be counted among the choice few. State the verse that supports this idea of the covenant.
- 100.** A Eucharistic person preaches the Eucharist for in so doing he is preaching of the incarnated Lord Jesus Christ. What three things does he preach? Support your answer with a biblical verse.