



ST. THOMAS MAR THOMA SUNDAY SCHOOL, KUWAIT

## TREASURE CHEST – 2018

### The Beatitudes

1. Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.
2. Blessed are those who mourn,  
for they will be comforted.
3. Blessed are the meek,  
for they will inherit the earth.
4. Blessed are those who hunger and thirst for righteousness,  
for they will be filled.
5. Blessed are the merciful,  
for they will be shown mercy.
6. Blessed are the pure in heart,  
for they will see God.
7. Blessed are the peacemakers,  
for they will be called children of God.
8. Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.
9. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

## **Ten Commandments**


1. You shall have no other gods before Me.
2. You shall make no idols.
3. You shall not take the name of the Lord your God in vain.
4. Keep the Sabbath day holy.
5. Honor your father and your mother.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet anything that belongs to your neighbor.

## **Sacraments of the Mar Thoma church**

1. Holy Baptism
2. Confirmation
3. Confession
4. Holy Communion
5. Holy Matrimony
6. Ordination
7. Anointing the Sick.


**“I AM”**  
sayings of Christ from the gospel of John


 **Bread of Life**  
John 6:35  
*“I am the bread of life; he who comes to me shall not hunger”*


 **Light of the World**  
John 8:12  
*“I am the light of the world who ever follows me will never walk in darkness”*

 **Gate for the Sheep**  
John 10:9  
*“I am the gate for the sheep; whoever enters through me will be saved”*

 **Good Shepherd**  
John 10:11  
*“I am the good shepherd. The shepherd lays down his life for the sheep”*

 **Resurrection & Life**  
John 11:25  
*“I am the resurrection and life. The one who believes in me will live even though they die”*

 **Way, Truth & Life**  
John 14:6  
*“I am the way, the truth, and the life. No one comes to the Father except through me”*

 **True Vine**  
John 15:1  
*“I am the true vine and my Father is the gardener”*

## Sayings of Jesus on the Cross

1. Father, forgive them, for they do not know what they are doing.
2. Truly, I say to you, today you will be with me in paradise.
3. Woman, behold your son. Son, behold your mother.
4. My God, My God, why have You forsaken Me?
5. I thirst.
6. It is finished.
7. Father, into Your hands I commit My spirit.

**\*\*Bible references are not compulsory for “I AM” sayings.**