

Unit Three

I Believe! Help Me to Believe More

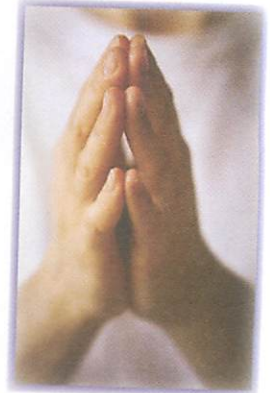
Lesson 4

The Holiness of Time

heart to Heart

Guard us, O Christ our God, under the shadow of your holy and precious cross in peace. Save us from enemies visible and invisible. Make us worthy to give you thanks and to glorify you with the Father and the Holy Spirit, now and always, Amen.

Priest's prayer from Armenian blessing services



What Does It Take To Grow a Faithful Heart?

This unit has been all about what it means to live your faith, for it to grow and be healthy so that you can grow and be healthy spiritually.

Every living thing needs certain things to live: Food and water, sufficient rest, protection from the elements. Even if you never worked in a garden or took care of a plant, you know what it takes to grow one! Sun, water, good soil, seasonable weather and the tender care of the gardener.



Faith is very much the same. It is nourished in many ways as we journey through life. And if we don't do our part in helping it grow, it will wither just as a healthy flower or fruit or vegetable will dry up and fall off the vine if it is not cared for properly.

We've already seen some of the ways we feed our faith. But there are many; list some of them here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Verse Master

"May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice."

Psalm 141:2



Feasts: Celebration → Transformation

You don't have to be a Christian to know what it means to celebrate.

What are some of the celebrations you've attended?

In addition to celebrations that mark special moments in your family, our country celebrates special days as well. Name some. What do these celebrate? They mark either an event, person, or concept important to the country.

The community of believers thinks back on its life and history in the same way. Over time, important people, events and concepts were celebrated. Of course, the most important person to Christians was their Lord and Savior, Jesus Christ. And so, his birth and baptism, his passion, death and resurrection were all commemorated. Everyone connected with his story, especially his mother Mary, was celebrated.

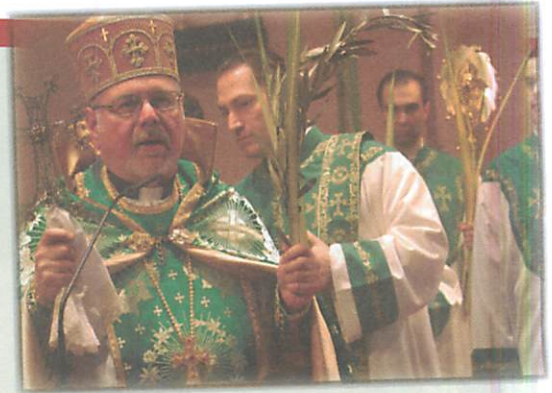
As the centuries passed, key events were marked as feast days and celebrated. Look at the church calendar and find feast days that mark

Important people

Important events

Important concepts

What opportunities do these feast days provide for us so we can grow in faith? The opportunity to...
better understand the life of Jesus Christ and therefore strengthen our faith
learn about and be inspired by the lives of the saints
learn more about the history of the Armenian Church
participate in any special customs associated with the feast
celebrate with your family and the church community, strengthening your bonds



Scenic Overlook

Feast day celebrations are sometimes a combination of historical traditions. For example: The Feast of the Transfiguration was shifted to July when the Armenian calendar was changed in the 6th century. The new time coincided with an observance for Astghig, the pagan goddess of love, beauty, and water. The merging of customs led to the Armenian custom of throwing water on each other on Transfiguration Day. We also continue to refer to it popularly as "Vartavar," a reference to the roses associated with Astghig.

