

ACTS—helpful comments

1. The Beatitudes:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on My account.

3. Explain CPR according to the American Heart Association and demonstrate chest compressions.

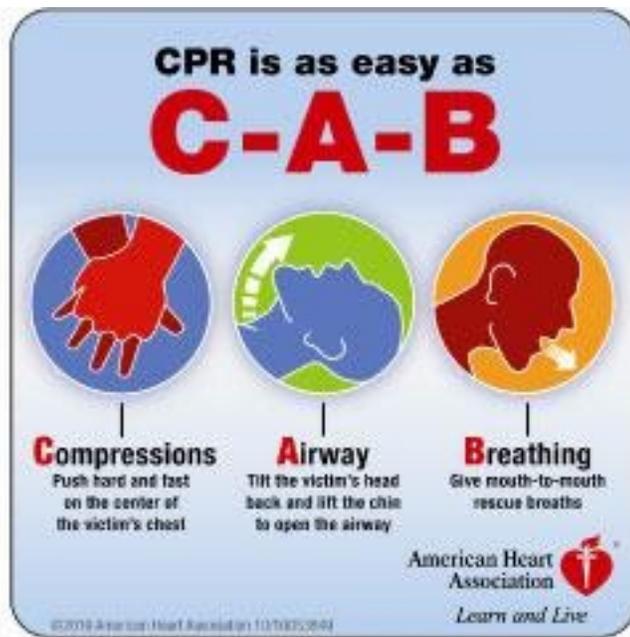
New CPR Guidelines: Chest Compressions First **American Heart Association Says 'C-A-B' Is the Way to Go:**

The new way is C-A-B -- for compressions, airway, and breathing.

The new guidelines apply to adults, children, and infants but exclude newborns.

WebMD Health News

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Here is a step-by-step guide for the new CPR:

- 1.) Call 911 or ask someone else to do so.
- 2.) Try to get the person to respond; if he doesn't, roll the person on his or her back.
- 3.) Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
- 4.) Press down so you compress the chest at least 2 inches in adults and children and 1.5 inches in infants. "One hundred times a minute or even a little faster is optimal," Sayre says. (That's about the same rhythm as the beat of the Bee Gee's song "Stayin' Alive.")
- 5.) If you're been trained in CPR, you can now open the airway with a head tilt and chin lift. If not continue with chest compressions.
- 6.) Pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two, one-second breaths as you watch for the chest to rise.
- 7.) Continue compressions and breaths -- 30 compressions, two breaths -- until help arrives.

4. **What is a parable? Retell a parable of Jesus Christ in your own words to a staff member and talk about its meaning.**

A parable is a story that is used to teach a lesson. Jesus often used parables to teach His followers about the Kingdom of God. The parables are found in the Gospels of Saints Matthew, Mark, and Luke:

Matthew 13: 3-9 Four seeds in soil

Matthew 13: 31-32	Mustard seed
Matthew 13: 44-50	Pearl Merchant
Matthew 18: 10-14	Warning against looking down on others
Matthew 18: 21-35	Unforgiving debtor
Matthew 20:1-16	Workers paid equally
Matthew 21: 28-43	Two sons
Matthew 22: 1-14	Wedding feast
Matthew 25: 1-13	Ten bridesmaids
Matthew 25: 14-30	Loaned money
Mark 4:26-29	Growing seed
Mark 4: 30-32	Mustard seed
Luke 10:25-37	Good Samaritan
Luke 12: 13-21	Rich fool
Luke 15: 11-31	Lost son
Luke 18: 9-14	Two men who prayed

5. Recite to a staff member the three kinds or categories of miracles Jesus performed and give an example of each one.

The Miracles of Jesus are divided into 3 categories:

1. Nature
 - Walking on water (Mark 6:45-51)
 - Feeding of 4,000 people (Mark 8:1-9)
 - Calming of the storm (Luke 8:22-25)
 - Changing water into wine (John 2:1-11)

2. Healing
 - Blind man (Mark 10:46-52)
 - Deaf man (Mark 7:32-35)
 - Ten lepers (Luke 17:11-19)
 - Crippled woman (Luke 13:10-13)
 - Paralytic (Luke 5: 17-26)
 - Invalid (John 5:1-14)
 - Man born blind (John 9:1-12)

3. Raising of the dead
 - Jairus' daughter (Mark 5:21-24, 35-45)
 - Lazarus (John 11: 38-44)