

Edge At Home Activities Overview: Sacraments Semester

Part I: Sacraments of Initiation

Hello Middle Schoolers and Parents,

On the following pages you'll find the faith formation at-home activities for the first half our our Edge semester on the Sacraments. We will be starting with the Sacraments of Initiation: Baptism, Confirmation, and Eucharist.

As there is a lot of information, terminology, and FAQ with the Sacraments, there are also some additional resources included in the beginning of this packet of materials which may be of benefit and use to you, including a list of terms to know. I would strongly encourage parents to take time occasionally to go over these terms with your middle schooler as the terms fit into the focus for the week.

As always, if you have any questions, please let me know. All responses to questions can be submitted through the Google Form as they have been.

Edge At Home Activities: Sacraments Semester

Part I: Sacraments of Initiation

Terms to Know:

Sacrament: Efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each Sacrament. They bear fruit in the lives of those who receive them with the proper dispositions (attitude).

There are seven Sacraments: Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Holy Orders, and Holy Matrimony. They are necessary for salvation.

Efficacious: Meaning the Sacraments convey the grace they signify (i.e. they do what Christ created them to do) because in each Sacrament, Christ himself is at work.

Sacraments of Initiation: The Sacraments of Baptism, Confirmation, and the Eucharist. These three Sacraments lay the foundation of every Christian life, allowing them to share in the divine life of God. The faithful are born anew by Baptism, strengthened by Confirmation, and receive in the Eucharist the food of eternal life.

Sacraments of Healing: The Sacraments of Reconciliation and Anointing of the Sick. These Sacraments continue the healing work of Jesus, both physically and spiritually.

Sacraments at the Service of Communion: The Sacraments of Holy Orders and Holy Matrimony. These sacraments are directed towards the salvation of others as well as one's self. They confer a particular mission in the Church and serve to build up the People of God.

Sanctifying Grace: Supernatural life, the sharing-in-God's-own-life that is the result of God's Love, *the Holy Spirit*, indwelling in the soul. Sanctifying grace is first given in Baptism, restored in Reconciliation, and increased in the other Sacraments.

Sacramental Grace: In addition to the sanctifying grace which is common to all the sacraments, each sacrament also gives the sacramental grace of that particular sacrament. These are other special graces which God wills to give us for our particular spiritual needs and our particular state in life.

Matter: Whatever is required to be present for the Sacrament to take place. (For example, the Matter of the Sacrament of Baptism is water.)

Form: What is said and done for the Sacrament to take place. (For example, the Form for Baptism is: "*I baptize you in the name of the Father, and of the Son, and of the Holy Spirit*" spoken while water is poured on the recipient.)

Edge At Home Activities: Sacraments Semester

Part I: Sacraments of Initiation

Fruits the Sacraments of Initiation

Baptism:

- Remission of original sin.
- Birth into the new life by which man becomes an adoptive son of the Father, a member of Christ, and a temple of the Holy Spirit.
- Incorporation into the Church, the body of Christ, and participation in the priesthood of Christ.
- The imprinting, on the soul, of an indelible spiritual sign, the character, which consecrates the baptized person for Christian worship. Because of this character, Baptism cannot be repeated.

Confirmation:

- An increase and deepening of baptismal grace.
- A deepening of one's roots in the divine filiation, which makes one cry, "Abba, Father!"
- A firming of one's unity with Christ.
- An increase of the gifts of the Holy Spirit.
- A strengthening of one's bond with the Church and closer association with her mission.
- Special strength of the Holy Spirit to spread and defend the faith by word and action as a true witnesses of Christ, to confess the name of Christ boldly, and to never be ashamed of the cross.
- The imprinting, as in Baptism, of a spiritual mark or indelible character on the Christian's soul. Because of this character, one can receive this sacrament only once in one's life.

Holy Eucharist:

- An increase in the communicant's union with Christ.
- Forgiveness of venial sins.
- Preservation from grave sins.
- A strengthening of the bonds of charity between the communicant and Christ.
- A strengthening of the unity of the Church as the Mystical Body of Christ.

The Seven Sacraments



	Matter	Form	Minister	Effects
Baptism	Water (Immersion, Infusion or Sprinkling)	"I baptize you in the name of the Father, Son, and Holy Spirit"	Bishop, Priest or Deacon (In an emergency anyone can baptize)	Cleanses Original Sin, made and adopted son/daughter of God, entrance into the Church, receive the Holy Spirit, indelible mark on the soul
Reconciliation	Contrition for and Confession of Sins	"I absolve you of your sins in the name of the Father, Son, and Holy Spirit"	Bishop or Priest	Healing and forgiveness of sins, grace to avoid future sin, healing of relationship with Christ, reconciles relationship with the Church
Eucharist	Bread and Wine	"This is My Body" & "This is My Blood"	Bishop or Priest	Unity with Christ, unity with the Church in Heaven, Earth, and purgatory
Confirmation	Chrism/Blessed Oil & The Laying on of Hands	"Be sealed with the gift of the Holy Spirit"	Bishop (The bishop may also designate a priest to Confirm)	Increase in the Holy Spirit and His gifts, full initiation into the Church,
Holy Orders	Laying on of Hands	The prayer of ordination according or the particular order (deacon, priest, or bishop)	Bishop	Indelible mark on the soul, Able to act as a representative of Christ in a unique way, specific effects different for the three level – deacon, priest, bishop
Matrimony	Mutual Consent to Enter into Marriage & Consummation of the Marriage	Vows	The Couple	Indissoluble bond between the couples, grace for the unity of the family, special grace to help the other attain holiness
Anointing of the Sick	Blessed Oil & The Laying on of Hands	"Through this holy anointing, may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up."	Bishop or Priest	Forgiveness of Sins, strength for the suffering, indelible mark on the soul

Edge At Home Activities for January 11th

Transformation: An Introduction to the Sacraments

Sacraments Semester

Main Points:

- There are seven sacraments in the Catholic Church and they all have visible realities that point to the invisible realities of transformation happening in our lives.
- Each sacrament has specific graces for different areas of our lives and the sacraments are necessary for our salvation.
- Sacramentals are different from sacraments. They remind us of holy things and open us up to receive more grace.

Read: Ephesians 2:8-9, Hebrews 4:16, Titus 2:11-14

Watch the Teaching or Read the Teaching (on the following page)

Answer the Following Questions Via Online Response Form or Paper

(Please answer in complete sentences):

1. What is the purpose of the sacraments?
2. What do we mean when we say that sacraments are a "visible sign of an invisible reality"?
3. How do the sacraments make us holier?
4. Have you noticed a transformation in yourself ever after receiving the Sacrament of the Eucharist or receiving the Sacrament of Reconciliation?
5. What is the purpose of sacramentals? What are some of the sacramentals you have at home?

Pray: Take five minutes of silence to pray about what aspects of your spiritual life you would like Jesus to transform. (For example, maybe you need transformation to turn a quick temper and frustration into peacefulness or you need transformation to a harden heart that is quick to gossip or criticize into a heart and tongue that is charitable and seeks to find God in all circumstances.) This could be done as family-time of prayer, with each family member sharing some way they would like to be spiritually transformed through Jesus Christ.

Teaching

Transformation: Introduction to the Sacraments

Series on the Sacraments

When we see people go through these types of transformations or overcome great obstacles, there is often so much more going on inside of them that gives them the strength to make these physical changes in their lives. In the same way, when we receive the sacraments there is something invisible that is happening inside of us that is giving us incredible strength and endurance in our spiritual lives. Sacraments are visible signs of invisible realities in our spiritual lives. For example, the holy water that is used in the Sacrament of Baptism is a physical sign of the invisible reality of what happens during Baptism. The invisible reality is that original sin is washed away and we are made sons and daughters of God and begin our new life in Christ.

There are seven sacraments in the Catholic Church - Baptism, Confirmation, the Eucharist, Holy Orders, Matrimony, Penance, and the Anointing of the Sick - and they reveal to us the great love and mystery of God. Sometimes it is fun to imagine what it would like to have a superpower like being able to fly or to be invisible. But we actually do have access to super spiritual powers through the sacraments. All of the sacraments are all filled with specific graces and "powers that come forth" from Jesus Christ. And, by the working of the Holy Spirit, the sacraments give us spiritual powers to overcome obstacles. The sacraments give us strength for the battle against evil. The sacraments continually build up and sustain all the members of the Church throughout their lives.

The sacraments "confer the grace they signify" because Christ is at work in them. For example, the Sacrament of the Eucharist pours out the graces of salvation, and the Sacrament of Reconciliation pours out the grace to repair our relationship with God when it has been destroyed by sin. Each sacrament has its own specific grace and way that it effects and strengthens our spiritual lives. Sacraments make us holy. They give us strength and grace in specific ways to help us to grow in our relationship with Christ and to become more Christ like. They build up all the members of the Church (the Body of Christ) and nourish our faith.

Not only do the sacraments give us spiritual strength for all areas of our lives, but the sacraments are necessary for salvation. They are the path that Christ has paved for us to walk and they strengthen and unite us to Christ. Jesus even tells us specifically that the Eucharist will bring us eternal life - "he who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day"

The Catholic Church also has sacramentals, which are different from sacraments. There are many sacramentals but a few you might be familiar with are holy water, the rosary, the crucifix, or the scapular. These things are holy signs in our daily life and help open our hearts and minds to receive the grace of the sacraments fully.

The sacraments are transformational. They change everything. You may not be able to visibly see what is happening in your soul when you receive them, but the graces from the sacraments you receive are at work in your everyday life. They make you more Christ like and help you and strengthen you on your journey in faith.

Edge At Home Activities for January 18th

The Waters: Baptism in Scripture

Sacraments Semester

Main Points:

- The Sacrament of Baptism was foreshadowed from the very beginning of Creation and throughout the Old Testament.
- Through Jesus Christ, these prefigurations come to fulfillment.
- Our Lord calls us to share in the mission He gave the apostles - to make disciples of all nations, through Baptism.

Read: Genesis 1:1-2, Genesis 7:1-5, Exodus 14:10-31, Joshua 3:14-17. Matthew 3:13-17, Matthew 28:19-20

Watch the Teaching or Read the Teaching (on the following page)

Answer the Following Questions Via Online Response Form or Paper

(Please answer in complete sentences):

1. How does the Sacrament of Baptism transform us?
2. How is the Sacrament foreshadowed in the Old Testament?
3. Why does Jesus become baptized?
4. Why does God call all people to the Sacrament of Baptism?
5. Ask your parents why they had you baptized. What did they share with you?

Pray: When you are baptized as an infant, your parents made promises to raise you in the Catholic faith and nurture your relationship with God. The major beliefs of our faith can be found in any of the forms of the creed. Slowly pray the Apostles Creed, pausing after each line to briefly meditate on each belief. Afterwards, pray a prayer of thanksgiving for the efforts your parents and other family members take to nurture your faith and relationship with Jesus and pray they continue to do this.

Teaching (Page 1/2)

The Waters: Baptism in Scripture

Series on the Sacraments

What are some gifts or blessings that God has given to you? God is the giver of so many good things, however, the most beautiful and magnificent gift He has given us is the Sacrament of Baptism. Baptism is the foundation for our life as Christians and gives us access to the other sacraments.

“To baptize” means “to plunge” or “to immerse.” At our Baptism, we were immersed into water, which symbolizes our dying with Christ and rising with Him into new life, as sons and daughters of the Most High God. Scattered throughout the Old Testament are events, which all involve water, that are like Baptism; these events help us to understand the importance of this great sacrament.

From the very beginning of creation, God used water as “the source of life and fruitfulness”. We read in Genesis, “In the beginning God created the heavens and the earth. The earth was without form and void, and darkness was upon the face of the deep; and the Spirit of God was moving over the face of the waters” (Genesis 1:1-2). The Spirit of God, or the Holy Spirit, moved over the waters making them holy, signifying life and fruitfulness. This water that God makes holy in the story of Creation is a great symbol of the Holy Spirit making us holy through the waters of Baptism.

In the story of Noah’s Ark, we read about Noah and his family who were righteous people in the eyes of God. God warned Noah about an impending flood which was going to wipe away all the evil and unrighteous people in the world. When the flood came, Noah and his family were saved because they followed the commands given by God. (Genesis 6:5-13) Through the flood waters, evil was conquered, which gave way to new beginnings of goodness. When someone is baptized their sins are washed away in the water and they, in a sense, die to their old life and start a new life of holiness as a son or daughter of God.

Later on in Scripture, God’s people, the Israelites, find themselves in slavery to the Pharaoh in Egypt. God desires their freedom and He sends Moses to set them free. One of final moments of their journey to freedom is when Moses parts the Red Sea and the people are freed once and for all from Egypt. Through the crossing of the Red Sea, the Israelites found freedom - the freedom to worship God and follow His mission. (Exodus 14:1-25) Just like the Israelites were freed from slavery by the waters of the Red Sea, we also find freedom from the chains of sin and death through the waters of Baptism. It makes us free to worship God and carry out His mission.

Although the Israelites were free from the Egyptians, they now needed land to call their own. God promised to lead them up to a “land flowing with milk and honey,” which is an expression that referred to a perfect and very fruitful place to live (Exodus 3:17). The Israelites did not find this land right away. They wandered through the desert and, after many decades, the Israelites entered into the Promised Land by crossing through the waters of the Jordan River. It is through the crossing of these waters, that the Israelites were able to receive God’s gift of land. This story of entering the Promised Land is an image of the eternal life, the land that is our own, that we receive through the waters of Baptism. (Joshua 1:1-5)

Teaching (Page 2/2)

The Waters: Baptism in Scripture Series on the Sacraments

When we look at all these events together - creation, the Great Flood, the crossing of the Red Sea, and the entering of the Promised Land through the Jordan River - we are able to see a wonderful and mysterious story that God uses to build up to and foreshadow the Sacrament of Baptism.

In order to fully understand and see the beauty of Baptism, we must move from the Old Testament into the New Testament. It is in the New Testament that we are able to see how all these stories prepared the way for the Sacrament of Baptism, which gives us spiritual freedom and new life. Jesus humbly asks John the Baptist to baptize Him in the waters of the Jordan River. This is significant because Jesus was born without sin and never sinned, so technically He did not need to be baptized. However, it is through this great act of meekness that Jesus is accepting God's mission for Him. In being baptized Jesus is not only revealed as the Son of God, but He also becomes our example. He shows us the way to eternal life and ties it to His death and new life on the Cross which we participate in through our own Baptisms.

Baptism and the Good News of freedom of death and sin are not meant for just a few people to experience. Jesus commissions us to share this news and to bring others to be baptized. In the moments before Christ ascended into heaven, He gave the apostles this mission: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, to the close of the age" (Matthew 28:19-20).

Before God ever spoke creation into existence, He had a plan to free us from sin, make us adopted sons and daughters, and offer us the gift of everlasting life. Throughout the Old and New Testaments, we are able to see that God's plan was always to give us "the most beautiful and magnificent gift" of Baptism.

Christ gave His Church the mission to baptize, which she is still carrying out today. In every nation, people are coming to the waters of Baptism and are receiving the sanctifying grace of the sacrament. For many of us, we are already baptized (and probably have been for most of our lives), but that doesn't mean God is done with you. Through your Baptism, you are an adopted son or daughter of the Most High God; you are loved and cherished and called to greatness. God has a mission for you; each day He is asking for your cooperation. Just as the apostles were given the mission to make disciples through Baptism, God is also calling you to make disciples. Although you may not be the one to baptize someone, it doesn't mean that you can't help others know the freedom, joy, and love found in Christ.

Edge At Home Activities for February 1st

Divine Mission: The Sacrament of Baptism

Sacraments Semester

Main Points:

- Each symbol and sign in the celebration of the Sacrament of Baptism has a deep and profound meaning, helping us to discover the deeper realities of the sacrament.
- God bound salvation to Baptism; however, God can work outside of the Sacrament of Baptism.
- Through Baptism we receive freedom from sin, become an adopted child of God, are called to serve the Church, and are given the mission to help make disciples for Jesus Christ.

Read: John 3:5, Romans 8:14-17

Watch the Teaching or Read the Teaching (on the following page)

Answer the Following Questions Via Online Response Form or Paper

(Please answer in complete sentences):

1. What are some of the parts of the Rite of Baptism?
2. What do you think it means to be an adopted son or daughter of God?
3. What is the significance of the indelible mark we're given in baptism?
4. How does baptism root us in the Church?
5. Through baptism we share in Christ's role as priest, prophet, and king. What are some ways we might live out each of these roles in our life? (If needed, spend some extra time researching what it means to share in Christ's role as priest, prophet, and king.)

Pray: Pray a renewal of baptismal promises (can be found easily online). Make this a family prayer if possible!

Teaching (Page 1/2)

Divine Mission: The Sacrament of Baptism

Series on the Sacraments

Through the Sacrament of Baptism, God draws us deeper to Himself, helping to satisfy our desire for God. Baptism is the foundational sacrament for the whole Christian life, opening the doors to the fullness of what Christ has to offer through His Church.

Baptism is a pure gift to us from God and is not given to us because of anything that we have accomplished. Therefore, anyone, no matter how young or old, who has never been baptized is able to come and receive the sacrament. Whether an adult or an infant, Baptism is meant to be starting point for our faith journey in the Church. Throughout our entire lives we are called to always be learning about our faith and deepening our relationship with Christ; it is the responsibility of our parents and our godparents to help us on this journey.

Everything that takes place during a baptismal celebration helps to remind us that there is something much deeper taking place than just what we are able to see with our eyes. All of the physical signs and symbols are used with specific intent and have a spiritual meaning, helping us to attentively participate in the baptismal celebration. Baptism is celebrated in the midst of the church community because, in Baptism, the child becomes a child of God and a member of the community.

The Rite of Baptism for Children begins with the reception of the child. Both parents and godparents agree to help the child grow up in the faith, loving God and neighbor. The child is welcomed in the Christian community and the presider, parents, and godparents trace a cross on the child's forehead. The Liturgy of the Word and homily follows and the Prayer of the Faithful (intercessions) are offered for the child, godparents, and family.

Then the presider prays a prayer of exorcism over the child, so that the child may be set free from Original Sin and the Holy Spirit may dwell within the child. The child is then anointed on the chest with the oil of catechumens, "the oil of salvation," as a strengthening before Baptism. Following a brief prayer for the child, the water is blessed, if not already blessed. The parents and godparents renew their baptismal promises.

Finally, the presider asks the parents and godparents if it is their will that the child should be baptized. When they answer "It is," the presider baptizes the child as follows: " [Name], I baptize you in the name of the Father (*immerses child or pours water upon child*), and of the Son (*immerses child or pours water upon child*), and of the Holy Spirit (*immerses child or pours water upon child*)." After Baptism the child is anointed on the crown of the head with the chrism of salvation, Sacred Chrism. The newly baptized child is now a child of God, a priest (joining in worship), prophet (listening to and living God's word), and king (responsible to serve) in Jesus Christ!

In dire circumstances, when having a bishop, a priest, or a deacon baptize a person is impossible, anyone is able to baptize as long as the correct intention is there. "In case of necessity, anyone, even a non-baptized person, with the required intention, can baptize, by using the Trinitarian baptismal formula. The intention required is to will to do what the Church does when she baptizes. The Church finds the reason for this possibility in the universal saving will of God and the necessity of Baptism for salvation" The Lord has given the Church the gift of Baptism to bring about our salvation, which is why it is so important for us to share the Good News (Gospel) with as many people as we can. Although God has bound salvation to Baptism, God is able to work outside of the Sacrament of Baptism. (CCC 1257)

Teaching (Page 2/2)

Divine Mission: The Sacrament of Baptism

Series on the Sacraments

Along with receiving salvation, **there are four primary graces or effects that God freely gives to us through the Sacrament of Baptism.** Through Baptism, **God forgives all sin, both original and personal sin.** Even though we will not receive any punishment for these sins, we still have to deal with the effects of sin, such as suffering, illness, and death, as well as the desire to sin. Not only do we receive forgiveness of sin, **we also become adopted sons and daughters of God,** giving us the ability to call God, Father. Our old selves die in the waters of Baptism, and we rise as “new creatures” with Jesus Christ, enabling us to believe, hope, and love God, as well as live a good and moral life, under the guidance of the Holy Spirit. In Baptism, **we become members of the Church,** which means that we are called to serve one another as well as obey our Church leaders, such as our priest, bishops, and the Pope. Through our membership in the Church, we are able to enjoy receiving the sacraments and being nourished by the Word of God. We also receive God’s command to participate in bringing the love of Christ to those who don’t know His love for them. Through Baptism, **we are sealed with an indelible or permanent spiritual mark,** which means that we belong to Christ, and no sin can erase this mark. Because this mark can never be erased, Baptism can only be received once.

The Sacrament of Baptism is a beautiful gift from God. Through Baptism, you have become an adopted son or daughter of God. Our heavenly Father is perfect. He will never abandon you, hate you, or ignore you. He loves you unconditionally. He wants to send His Spirit to comfort and guide you throughout your whole life, but especially when life gets tough. God not only desires for us to know how much He loves us, He wants the world to know of His love.

Edge At Home Activities for February 8th

Fire Fall: Confirmation in Scripture

Sacraments Semester

Main Points:

- Confirmation gives us the strength to become fully initiated Christians in the Church.
- The power of the Holy Spirit was proclaimed by the prophets in the Old Testament. However, the outpouring of the Holy Spirit occurred on Pentecost.
- The apostles pass on this outpouring of the Holy Spirit to all the baptized through the laying on of hands.

Read: Isaiah 11:2, Ezekiel 36:25-27, Luke 4:16-21, Acts 2:1-14, Ephesians 1:13

Watch the Teaching or Read the Teaching (on the following page)

Answer the Following Questions Via Online Response Form or Paper

(Please answer in complete sentences):

1. What do you think God means when he says to the prophet Ezekiel (but speaking to all of humanity): "I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh"? What do you think it means to live with a heart of stone? How were the Israelites hard-hearted in the Old Testament? In what ways might we be hard-hearted?
2. How do you think you would have reacted if you were with the apostles on Pentecost?
3. What does the Holy Spirit enable or empower us to do?
4. What does it look like (in your life) to participate in the ministry and mission of Jesus?
5. Do you intend to be confirmed when you're in high school? Why or why not? How would receiving the Sacrament of Confirmation transform you spiritually?

Pray: We recently had our Confirmation Masses for our teens in January. Pray a decade of the rosary for these teens, meditating on the Third Glorious Mystery: The Descent of the Holy Spirit on Pentecost. Finish by praying St. Augustine's pray to the Holy Spirit: *Breathe in me O Holy Spirit, that my thoughts may all be holy. Act in me O Holy Spirit, that my work, too, may be holy. Draw my heart O Holy Spirit, that I love but what is holy. Strengthen me O Holy Spirit, to defend all that is holy.*

Teaching

Fire Fall: Confirmation in Scripture

Series on the Sacraments

In the Old Testament, God sent many men to reveal His teachings and desires for His people. These men were called prophets. One of these prophets, Isaiah, proclaimed that the Holy Spirit would come and rest on the Anointed One who was the much awaited Savior or Messiah. (Isaiah 11:2)

John the Baptist was the final prophet and through his ministry of baptizing people in the Jordan River, the prophecy of Isaiah came true. When John baptized Jesus the Holy Spirit came down upon Him and He was declared to be the Son of God, the Messiah, the one who would save the People of God. He was the fulfillment of all the prophecies in the Old Testament. Jesus even begins his public ministry by making reference to the Isaiah's prophecy about the Anointed One, claiming that this prophecy is now fulfilled.

Jesus' whole life was filled with the Holy Spirit. The Holy Spirit overshadowed Mary and thus Jesus was conceived. The Holy Spirit was present with Christ for His whole life and was a part of His mission, all the way to His death.

Christ calls us to be a part of His mission, to be witnesses, and to share the Good News of Jesus and the forgiveness of sins. But He doesn't expect us to do it alone. Jesus tells us "I will pray the Father, and He will give you another Counselor, to be with you forever" (John 14:16).

The Counselor that Jesus promised was given to His apostles and to the entire Church on this day (Pentecost). At Pentecost, the disciples received the Holy Spirit which gave them the strength to go out and spread the Good News of Jesus Christ and to participate in His mission. Immediately after being given the Holy Spirit, we see the apostles boldly preaching, no longer afraid or in hiding. Through their preaching, many others immediately become Christians.

The Holy Spirit was not meant just for the apostles on Pentecost but for all the baptized members of the Church. The Holy Spirit was passed down from the apostles through the laying on of hands. We receive this same Holy Spirit during the Sacrament of Confirmation when the bishop extends His hands over us and anoints us with the chrism oil.

Through Confirmation, we grow in grace and are strengthened in the faith. We are called to grow in our understanding of the faith and all that the Catholic Church teaches. This is only done through the power of the Holy Spirit. The deepening of the gifts and graces received from the Sacrament of Confirmation help us to grow in Christian maturity and is necessary as we continue to strive to be holier and more Christ like.

Edge At Home Activities for February 15th

Ignited Within: The Sacrament of Confirmation

Sacraments Semester

Main Points:

- Confirmation both confirms and strengthens our baptismal grace, making the transformative power of Baptism complete.
- During the Rite of Confirmation, one renews Baptismal Promises and the bishop calls for the outpouring of the Holy Spirit by extending his hands over those receiving the sacrament before he lays hands on each person, anointing them with the sacred chrism saying, “be sealed with the Holy Spirit.”
- The gifts and grace of Confirmation are extremely powerful, having been perfected by the Holy Spirit, which transforms us into disciples with a mission of spreading and defending our faith.

Read: John 20:19-23; Acts 1:1-9; Acts 2:1-11

Watch the Teaching or Read the Teaching (on the following page)

Answer the Following Questions Via Online Response Form or Paper

(Please answer in complete sentences):

1. Acts 1:8 says, “you shall receive power when the Holy Spirit comes upon you.” What sort of power do you think this passage is referring to?
2. How is the power of the Holy Spirit different from the power of the world?
3. What is the significance of the sacred chrism used during the Sacrament of Confirmation and the laying on of hands?
4. Why is it so important for us to be witnesses to Christ? Why does Christ want us to share our faith?
5. Can you think of any saints who boldly witnessed their faith (perhaps costing them their lives)? What inspires you about this/these saints?

Pray: Pray with the scripture passage above: John 20:19-23. Use the steps of lectio divina for your prayer:

1. Read the passage. What is the passage saying straightforwardly?
2. Read the passage a second time. Ask the Holy Spirit to inspire within you a word, phrase, or image from the passage through which God desires to speak to you. Spend a moment meditating on this word, phrase, or image and what God might be saying to you through this.
3. Read the passage a third time. Have a conversation with God on what God is inspiring in your heart through this passage.
4. Read the passage a final time. Simply rest in God's presence, receiving whatever God wants to give to you.

Teaching

Ignited Within: The Sacrament of Confirmation

Series on the Sacraments

Confirmation is the second sacrament in the Sacrament of Initiation - it is a crucial ingredient in our formation as Catholics, without Confirmation something is missing in our sacramental formation. Any one who has been baptized can and should receive the Sacrament of Confirmation. In order to be prepared for it, one should spend time preparing to receive the Sacrament of Confirmation.

Sacred chrism is used in both the Sacrament of Baptism and Confirmation. Oil is a very symbolic throughout Scripture, representing abundance and joy, among other things, and in the Sacrament of Confirmation it is a seal representing our total belonging to Christ. It seals us with the Holy Spirit putting us at the service of Christ and gives us divine protection.

When we are sealed with the Holy Spirit during the Sacrament of Confirmation, God calls you to a greater level of discipleship. You are transformed from the inside out and given the gifts and power of the Holy Spirit to help you in the journey of your life to holiness. Confirmation can only happen once because, just like Baptism, this seal of the Holy Spirit is an indelible mark. The Sacrament of Confirmation is so important because it completes and strengthens the transformative graces we receive in the Sacrament of Baptism. The actual celebration of Confirmation begins with a renewal of Baptismal Promises to signify this connection.

Last week we learned about Pentecost, when the Holy Spirit came upon the apostles like tongues of fire. While we may not see actual tongues of fire, the Sacrament of Confirmation gives the same outpouring of the Holy Spirit as the apostles received on that day. Jesus Christ desires for each of us to be filled with the Holy Spirit, and the apostles passed down, through the ages, the authority of Christ to invoke the outpouring of the Holy Spirit.

When the bishop extends his hands over those who receiving the sacrament and calls for the outpouring of the Holy Spirit, anointing them with the sacred chrism saying, "be sealed with the Holy Spirit," he is exercising this power to bring about the same outpouring of the Holy Spirit that the apostles received. The rite ends with the sign of peace to show the new, full communion the person has with the bishop and all the faithful of the Church.

What does this power of the Holy Spirit look like in your life though? What are the effects of the Sacrament of Confirmation? First, there is a deepening of the graces we received at Baptism. We are more conformed to Christ and given a greater sense of the gifts of the Holy Spirit. St. Ambrose wrote: "Recall then that you have received the spiritual seal, the spirit of wisdom and understanding, the spirit of right judgment and courage, the spirit of knowledge and reverence, the spirit of holy fear in God's presence. Guard what you have received. God the Father has marked you with his sign; Christ the Lord has confirmed you and has placed his pledge, the Spirit, in your hearts." Secondly, we are more deeply rooted in our identity as children of God and united more closely with Christ. Lastly, we are given a greater bond with the other faithful and the whole Church; it creates a greater unity within the family of God. The Holy Spirit gives us the strength to defend our faith and to be bold witnesses to Christ. We are called to use this power and the gifts of the Holy Spirit that we have received to be witnesses to our faith and to Christ. We may not be killed for our faith, but most of us will probably face some sort of rejection for what we believe. But that should not stop us from sharing our faith, for that is what Christ has asked of us! Through the sacraments we are given everything we need to go out and share our faith, we are ignited within by the power of the Holy Spirit and transformed so that we can go out into the world and bring the light of Christ to others.

Edge At Home Activities for February 22nd

Source and Summit: The Eucharist in Scripture

Sacraments Semester

Main Points:

- The Eucharist is the source and summit of our faith.
- The Institution of the Eucharist is foreshadowed in the Old Testament, especially in the book of Exodus in the story of the first Passover.
- At the Last Supper, Jesus institutes the Eucharist as a memorial of His Death and Resurrection, which we continue to celebrate today.

Read: Matthew 26:26-28; John 6:25-59; 1 Corinthians 11:23-26

Watch the Teaching or Read the Teaching (on the following page)

Answer the Following Questions Via Online Response Form or Paper

(Please answer in complete sentences):

1. How is the Eucharist foreshadowed in the Old Testament?
2. How do the miracles of Jesus foreshadow the Eucharist?
3. Why does Jesus command His apostles (and by extension all of the church) to celebrate the Eucharistic meal? How does the Eucharist give life to our souls? How do our souls suffer if we do not receive the Eucharist regularly?
4. Why do you think Jesus desires to give us the gift of the Eucharist? How are the Eucharist and the Last Supper connected to Jesus' death on the cross?
5. How can we show devotion, reverence, and love to the Eucharist? Are these things you currently do?

Pray: Pray both the Anima Christi prayer and the prayer for Spiritual Communion (both can be found online), especially if you have not been to Mass regularly in a long time. If you are not currently attending Mass due to the pandemic, make a plan with you family of when you might return to Mass and how you can prepare for this return.

(Note, as Bishop Ricken has currently given a dispensation from attending Mass, it is not at this time a sin to miss Mass. Once this dispensation has been lifted, all the faithful are obliged to return to Mass attendance for all Sundays and Holy Days of Obligation. Missing Mass unless due to a grave reason (e.g. illness, family emergency, accident, etc.) is mortal (grave) sin. See Catechism 2180-2182 for more information or consult a priest if you have specific questions.)

Teaching (Page 1/2)

Source and Summit: The Eucharist in Scripture Series on the Sacraments

The Eucharist is at the center of everything we do as Catholics for Jesus Christ Himself is contained within it. It is the source and the summit of our faith. Consider the imagery around the room of the mountains. The peak is the highest point, it is the goal, it is the summit. Everything on a mountain leads to and comes from the peak just like everything in our faith leads to the Eucharist and stems from the Eucharist. The Eucharist is the goal of our faith and it gives life to our faith.

The Eucharist is the greatest gift to mankind and is wrapped up in one of the greatest stories of all time. On the night that He was betrayed, Jesus took bread and wine and instituted this great sacrament of His sacrifice. He asked us to partake in the Eucharist until He comes again.

Even before the Institution of the Eucharist, there are multiple stories interwoven throughout Scripture that prepare us and foreshadow the Eucharist. Bread and wine show the goodness of creation and the Creator who gives us the gift of food to eat and wine to drink to sustain us. In the Old Covenant, before Jesus came, bread and wine were offered in sacrifices to give thanks to God the provider.

As the feast of Passover is explained use red paint to make a mark across the top of the door frame to give a visual of the blood of the lamb.

The Feast of Passover is the greatest event in the Old Testament that foreshadows the Eucharist. God's people were in slavery under the rule of Pharaoh. God heard the cries of His people and sent Moses to bring them out of slavery and to the land He promised to them. Moses went to Egypt to ask Pharaoh to set the people free but Pharaoh would not. Through the power of God, Moses sent plagues upon the Egyptians to persuade Pharaoh to let the people go. After a series of devastating plagues Pharaoh still would not let the slaves go, so God sent one last plague. God sent the spirit of death over the Egyptians and the first born son of every household died. God protected His own people from this particular plague by instructing them to put the blood of a lamb over their door and in doing so the spirit of death would pass over them. Pharaoh, who lost his first born son, finally conceded to let the people go and the Israelites were set free. This foreshadows the Eucharist because God saved His people from the slavery under Pharaoh and through Jesus sacrifice on the Cross God saves us from the slavery of sin. Jesus becomes the new lamb of sacrifice and when we receive His Body and Blood the "spirit of death" passes over us, meaning we are given the promise of eternal life. (Exodus 12) Just as the lamb's blood was used to protect God's people, in the same way, when we receive the Blood of the Lamb (Jesus) we are protected from eternal death.

After the Israelites left Egypt, they wandered in the desert for forty years on their way to the Promised Land. Not too long in their journey, they became hungry and were without food. During that time, God gave them bread called manna to sustain them. The manna would appear each morning for the Israelites to collect and feed their families. There was always enough for everyone to eat and no one went hungry. The manna in the desert foreshadows the Eucharist in that God provides a new heavenly food that will never leave us spiritually hungry or thirsty.

During his time on earth, Jesus also performed a lot of miracles involving bread and wine to foreshadow the Eucharist. He turned water into wine at the Wedding at Cana and multiplied loaves of bread to feed the crowds of people who came to hear Him preach. The wine at the Wedding of Cana represents the new wine of the Eucharist and the bread in the Multiplication of Loaves represents the abundance of the Eucharistic bread.

Teaching (Page 2/2)

Source and Summit: The Eucharist in Scripture Series on the Sacraments

The night before Jesus died He gathered together with His the twelve disciples to celebrate the Passover meal. But Jesus does something a little bit different this night. He changes the Passover meal to not just be remembrance of what happened in Egypt, but He makes it something new. (*Read Matthew 26:26-28.*) He transformed the bread and the wine into His Body and Blood which would be sacrificed for them on the cross. His Body and Blood become our everlasting food. He becomes the new sacrificial lamb and saves us from slavery and death.

This is the first celebration of the Eucharist. He commands His followers to “do this in memory of me” until He comes again at the end of time. By doing this He left the disciples “a pledge of love, in order to never depart from his own and to make them sharers in His Passover, He instituted the Eucharist as the memorial of His death and Resurrection and commanded His apostles to celebrate it until His return” .

The priest uses the same words as Christ during the Institution of the Eucharist, “On the day before he was to suffer, he took bread in his holy and venerable hands, and with eyes raised to heaven to you, O God, his almighty Father, giving you thanks, he said the blessing, broke the bread and gave it to his disciples, saying: Take this all of you, and eat of it, for this is my body which will be given up for you....In a similar way, when supper was ended he took this precious chalice in his holy and venerable hands, and once more giving you thanks, he said the blessing and gave the chalice to his disciples, saying: Take this, all of you, and drink from it, for this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me.”

The word Eucharist literally means “thanksgiving” but there are also many other names for it such as The Lord’s Supper, the Holy Sacrifice, Holy Communion, and the Holy Mass. Regardless of what it is called, the Eucharist is the greatest gift and we should be thankful for the opportunity to receive the very Body, Blood, Soul, and Divinity of Jesus Christ and the promise of eternal life and freedom from the slavery of sin.

When the Israelites ate of the manna in the desert or when the crowd ate of the bread that Jesus gave them after He preached, they would eventually be hungry again in a few hours. No matter how much they ate, their hunger could never be totally satisfied. In this passage, Jesus isn’t talking about a physical hunger in their stomachs, but the hunger of their souls. Our souls are hungry for fulfillment, love, peace, joy, and purpose. We can snack on the things of this world: social media, Netflix, friends, school, sports, and more, but the hunger of our souls will be only be satisfied by Jesus. Jesus knew we would be hungry so He made Himself to be eternal food. The Eucharist isn’t just any ordinary bread, this is the bread that gives life to our souls. When we have Jesus inside of us, He changes us.

The Church has such a great love for the Eucharist. It’s why we genuflect towards the tabernacle when enter the Church, why we kneel during the consecration, why we reverence the Eucharist before we receive it, and why Catholics have an obligation to Mass each Sunday (so much so that missing Mass without a grave reason such as illness or an emergency is a mortal sin). But the Eucharist is so much more than an obligation, it’s Jesus’ pledge of love. It is a promise that He will never leave us. When we remember His Passion, Death, and Resurrection, we are reminded of His unending love for us. Jesus gives us the Eucharist because He desires to dwell within our hearts and satisfy the deepest hunger of our hearts. You are never alone, Jesus is always here with you and present to you in the Eucharist. He hears all your prayers and loves you so much that He humbled Himself to become bread and wine so that you can share in His life.

Edge At Home Activities for March 1

Celebration of Thanksgiving: The Sacrament of the Eucharist Sacraments Semester

Main Points:

- The Eucharist strengthens our union with Christ and gives life to our soul the same way that food and water gives life to our bodies.
- The Eucharist separates us from sin and helps us to not commit sin in the future.
- The Eucharist unites us all as one Body of Christ as we work out and anticipate our salvation and entrance to eternal glory.

All Youth Must Watch the seven videos in the "Understanding the Mass" Playlist from the account "Breaking in the Habit" on YouTube. Note that this will require more time than usual. The seven videos total about 50 minutes, so I would advise splitting this week's materials over two days. There is a lot of information covered in these videos which youth and parents alike should find very helpful and insightful.

Answer the Following Questions Via Online Response Form or Paper

(Please answer in complete sentences):

1. What did you learn from the videos?
2. What is the purpose of the Mass?
3. What is the purpose of the Liturgy of the Word? Why is it necessary that we hear readings from Sacred Scripture?
4. How is the sacrifice of Jesus made present at every Mass?
5. What is the purpose of the concluding rights and being sent forth from the Mass?

Pray: Again, pray both the Anima Christi prayer and the prayer for Spiritual Communion (both can be found online), especially if you have not been to Mass regularly in a long time.