

Sacraments Review Guide

Lesson 1: God is the source of all life

- God is the Creator of everything visible and invisible
- God is the source of all life and everything good comes from Him
- Invisible things exist although we cannot see them
- A sign points to the existence of something else

Lesson 2: What is a Sacrament

- In the Sacraments of the Church, we receive the free and undeserved gift of God's grace
- The Church is a visible sign of God's love and of the communion between God and humanity
- The seven Sacraments are signs instituted by Christ to give grace
- The Sacraments are signs that actually bring about what they represent
- Grace is the gift of God's life in us and we need this grace to go to Heaven
- There are seven Sacraments: Baptism, Confirmation, Eucharist, Penance and Reconciliation, Anointing of the Sick, Marriage, and Holy Orders.

Lesson 3: Sacraments of Initiation

- Sacraments of Initiation are Baptism, Eucharist, and Confirmation
- These Sacraments make us members of the Church, strengthen us for our life's journey, and give us our vocations as Christians
- We are called to be holy and to share the Gospel

Lesson 4: Baptism

- The gateway to Christian life is Baptism
- Baptism cleanses us from the stain of Original Sin and we become part of God's family
- Foreshadowings of Baptism are found in The Great Flood, the parting of the Red Sea, and the crossing of the river Jordan
- At Baptism, we are reborn in Christ and made sons and daughters of God, made members of the Church, and receive an indelible mark on our souls
- At Baptism, you were set apart for eternal life with God
- Jesus was baptized to teach us the way to salvation
- The white garment worn at Baptism represents how we have "put on Christ" who is pure and sinless

Lesson 5: Confirmation

- Completes or confirms the outpouring of the Holy Spirit received at Baptism and sends the person out to proclaim the Good News
- Confirmation places an indelible mark on our soul
- Old Testament priests and kings were anointed with holy oil as a symbol of consecration
- Confirmation increases the gifts of the Holy Spirit within the person and gives the person special strength to live out the Christian mission
- At Confirmation, we receive an outpouring of the Holy Spirit like the Apostles received at Pentecost
- Increases in us the gifts of the Holy Spirit: Wisdom, understanding, counsel, knowledge, fortitude, piety, and fear of the Lord

Lesson 6: The Eucharist - Jesus, The Passover Lamb

- The Eucharist is a sacrifice
- Foreshadowed in the Old Testament, mainly in the Passover
- In the Old Covenant, God saved the physical lives of His people, the Israelites
- In the New Covenant, Jesus saves the spiritual lives of His people through the shedding of His own Blood
- We commemorate Jesus' sacrifice of His Body and Blood every time we celebrate the Eucharist at Holy Mass
- The Eucharist is the source and summit of our Faith
- The Eucharist was instituted at the Last Supper and Holy Mass represents the Last Supper
- The New Covenant in Christ fulfills the Old Covenant

Lesson 7: Holy Mass and the effects of the Eucharist

- At Mass, the gifts of bread and wine are transformed into the Body and Blood of Jesus in a process called Transubstantiation
- When we receive Holy Communion, our souls are strengthened, our venial sins are forgiven, and we are united with other Christians in the Body of Christ
- Only Catholics in a state of grace should receive Communion in order to receive Jesus' Body and Blood worthily
- We should receive Communion reverently and often

Lesson 8: The Sacraments of Healing

- Jesus came to bring healing to both our bodies and our souls
- The Sacraments of Healing are Penance and Reconciliation and the Anointing of the Sick
- Confession heals us from spiritual sickness and death
- In Anointing of the Sick, we can receive physical healing and strength for our final journey to God

Lesson 9: Penance and Reconciliation

- During this Sacrament, our sins are forgiven and we are reconciled to God and His Church through the confession of those sins and acts of penance
- We are strengthened by this Sacrament to avoid sin in the future
- Confession was instituted by Jesus as a gift of God's mercy
- God always forgives us when we come to him with a contrite heart and ask for His forgiveness
- Jesus granted His Apostles the authority to hear and forgive sins
- Jesus brought forgiven sinners back into the community of the People of God
- Confession of mortal sins is necessary to restore grace to our souls
- Confession includes the actions of the penitent and the actions of God
- Confession restores us to the dignity and blessings of the life of the children of God
- Crossed keys are a symbol of the Sacrament of Penance and Reconciliation

Lesson 10: The Sacrament of Anointing of the Sick

- God is merciful
- We receive a “special gift” from God during the Sacrament of Anointing of the Sick
- There is a relationship between Jesus’ healing and the Church’s continuation of this healing through the Sacrament
- Jesus performed many healing miracles as signs that He was the promised Messiah and the Kingdom of God was at hand
- By His passion, Jesus transformed the meaning of suffering
- Jesus commanded the Apostles to heal the sick in His name, which bishops and priests have the authority to do
- Priests give this Sacrament to those in danger of death through the laying of the hands, prayer, and anointing of their head and hands
- Those who receive this Sacrament are strengthened against fear, united to Christ, and prepared for the final journey

Lesson 11: The Triduum

- The Paschal Triduum are the three holiest days of the Church year
- Triduum begins with evening Mass on Holy Thursday and ends with evening prayer on Easter Sunday
- On Holy Thursday, we celebrate the Institution of the Eucharist and Holy Orders as well as the worth Christ gave to humble service
- Good Friday is a day of mourning in which every Christian is left to ponder the gift of love that Jesus has given in His Passion and Death
- The Easter Vigil is the greatest celebration in the entire Church year

Lesson 12: Holy Orders

- The Sacrament of Holy Orders is directed towards the service of others
- It is a continuation of Christ’s priesthood, which He bestowed upon His Apostles
- Our bishops and priests lead us in faith and show us the way to Heaven
- By making a sacrifice of bread and wine instead of a bloody animal sacrifice, Melchizedek prefigures Jesus Christ
- The Apostles were called to be the first priests
- The degrees of Holy Orders are bishops, priests, and deacons

Lesson 13: Holy Matrimony

- In Holy Matrimony, a baptized man and woman are joined together in a holy covenant
- Christ raised this covenant to a Sacrament in which the couple receives grace to love one another as Christ loves the Church - permanently, faithfully, and fruitfully
- Marriage is not a man’s idea, it is God’s plan
- Marital love reflects divine love
- Original Sin damaged the communion between God and man, as well as between husband and wife, but Jesus redeemed both
- The exchange of consent between the couple makes the marriage and the Holy Spirit seals their covenant
- Marriage creates a bond that lasts as long as the spouses live
- Jesus is the center of marriage and the family