

# The Sacraments

(Mentor Session 4)

Recap of the whole HABITS curriculum (each meeting reflected on the side):

1. Our relationship with God is meant to **grow** (as this experience has continued, has your vision for this year changed? If not, that's okay, but be open to growth as each year of life continues)
1. Spiritual growth is a life-long **journey** (not a two-year Confirmation process; challenge yourself to stay involved each year and continue growing!)
2. Scripture helps us **know God's ways, deepen our faith** and **change our lives**.
3. Developing spiritual habits (& using your gifts) helps us grow **on our own**
5. Accountability with others adds **insight, truth, hope** and **faith**.
5. Stewardship (sacrificing our time, talent, or treasure) is showing God that He **empowers us** and **is more important** to us than money, possessions, our time and our gifts.
6. Getting involved is a **commitment** to finding **our role** in Christ's Church, enabling His message to spread.

TODAY's session we'll discuss how:

4. Sacraments are **encounters with Christ** which sustain us and give us **grace** to live the Christian life.

"The church throughout all Judea, Galilee, and Samaria was at peace. It was being built up and walked in the fear of the Lord, and with the consolation of the Holy Spirit it grew in numbers." Acts 9:31

## What are the Sacraments?

### **1. The sacraments of Christian Initiation – Baptism, Confirmation, and the Eucharist – lay the foundations of every Christian life. CCC #1212**

- *"The faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive in the Eucharist the food of eternal life...they thus receive in increasing measure the treasures of the divine life and advance toward the perfection of charity."*  
Pope Paul VI

### **2. Jesus Christ, physician of souls and bodies, has willed that his Church continue, in the power of the Holy Spirit, his work of healing and salvation through the sacraments of Reconciliation and Anointing of the Sick even among her own members. CCC #1421**

- *Then he breathed on them and said, "Receive the Holy Spirit. If you forgive people's sins, they are forgiven; if you do not forgive them, they are not forgiven. John 20:22-23*

### **3. The Sacraments of Holy Orders and Matrimony are directed towards the salvation of others...and serve to build up the People of God. CCC #1534**

- God blessed them, saying, "Be fruitful and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that move on the earth." Genesis 1:28
- Every high priest is taken from among men and made their representative before God, to offer gifts and sacrifices for sins. Hebrews 5:1

### **Filling in the Holes**

- How is your sacramental life? (attending mass weekly, confession, adoration)
- What doubts or challenges do you face when it comes to reconciliation or the Eucharist?
- Have you ever been to daily mass or spent time in the adoration chapel?

### **Your "Next Step Journal" is the small white book (yellow cover)**

We don't often refer back to this journal throughout your 6 sessions, but this is a handy tool to look upon often.

**Next Step Journal** – This journal follows a similar format to a Bible study or devotional. It is broken up into 3 sections (1. Sacraments of Christian Initiation, 2. Sacraments of Healing and 3. Sacraments of Service). The journal includes a "next step" for each sacrament. They are simple, but will take extra effort. Below is a quick look at all of the "Action Steps." We are asking that you take *at least* one action step in each section.

**The Sacrament of Baptism** – Either attend a Rite of Baptism (our parish celebrates infant Baptisms the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of the month– call the parish office to confirm) **OR** read the Rite of Baptism (search "Catholic rite of Baptism" online)

**The Sacrament of Confirmation** – Discuss with your family the gifts/fruits of the Holy Spirit as manifested in your family.

**The Sacrament of Holy Communion** – identify something you are going to do in the next week to bring the presence of Jesus into the life of another person.

**The Sacrament of Confession** – We encourage you to participate in this sacrament before Confirmation (Saturdays after 8am mass and Wednesdays 530pm-6:20pm). In your Next Step journal are steps for Reconciliation.

**The Sacrament of Anointing of the Sick** – schedule a visit to a nursing home, a children's hospital, a home-bound parishioner, etc. You may also call the parish office to arrange "shadowing" a Eucharistic minister to the homebound.

**The Sacrament of Marriage** – write a note to a married couple you admire, explaining what you appreciate about their marriage and/or family.

**The Sacrament of Holy Orders** – [www.vocationnetwork.org/match](http://www.vocationnetwork.org/match) is an online inventory that you can take. It takes about 20 minutes to complete, and it helps match various options for a discernor. The purpose of taking this test is to help you think in the manner of a discerning person. There is a chance to sign up at the end, and you can skip this portion unless you want more information.

Other options for sacramental participation at SLdM are:

- Daily Mass (8am & 6pm M/T/W/Th; 8am & noon on Friday)
- Perpetual Adoration (open 24/7)
- Confession (5:30pm Wednesday evening or after 8 am mass on Saturdays, and always available by appointment)
- Parish Reconciliation services during Advent and Lent.

**No matter what, stay encouraged to actively engage in God's grace!**

A recent study of non-practicing Catholics found that a large reason for the lack of Mass attendance was the inability of their parish to “entertain” them for the hour. We do NOT go to Mass for entertainment! Mass is created for much more!!! We go to Mass to celebrate Jesus's want to become a part of us! To heal our brokenness!

Non-Catholic Christians might second guess the importance of the Sacraments. **It's your job** as a Catholic Christian to **understand** and **explain** that Jesus didn't leave us the Bible to memorize. It was the Holy Spirit that guided the process of Scripture formation to speak to us. **It was Jesus** that left us with the Sacraments so we can be with him always!

**Your faith WITH the Sacraments can and will sustain you!!!**