

Blessed



Step 1: Watch “My Journey with God” video.

Step 2: Complete the following activity by matching each sacrament with it’s effect and the correct image.

Step 3: Together complete the prayer on the back.

Baptism

In this sacrament, God forgives our sins. We tell our sins to the priest. We are given God’s forgiveness and peace.



Reconciliation

We become children of God and members of the church. We receive the Holy Spirit for the first time.



Communion

This sacrament seals us with the Gifts of the Holy Spirit and strengthens us to be a stronger follower of Jesus.



Confirmation

In this sacrament, a man and a woman become husband and wife. They promise to love and be faithful to each other always.



Holy Orders

This is the sacrament of the Body and Blood of Christ. We receive Jesus himself in Holy Eucharist.



Marriage

This is the sacrament for those who are sick or are in danger of death. The priest prays that they may be healed in body, mind, and spirit.



Anointing of the Sick

In this sacrament, a man becomes a deacon, a priest, or a bishop. He then serves the Church by leading and guiding God’s people.



My Little Prayer Process

- 1 Thank God for whomever and whatever you are most grateful today. List what you are grateful for.

- 2 Think about today. Talk to God about the times when you were and were not the-best-version-of-yourself.

- 3 What do you think God is trying to say to you today? Talk to God about that.

- 4 Ask God to forgive you for anything you have done wrong and to fill your heart with peace.

- 5 Talk to God about some way he is inviting you to change and grow.

- 6 Pray for the other people in your life by asking God to guide them and watch over them. List those you are praying for.

- 7 Pray the Our Father.