

# My Sacramental Prep Catechism

## What are the Sacraments?

The Sacraments are outward signs instituted by Christ to give grace. Through the Holy Spirit, Jesus gives the Church the Sacraments to share His life with us always.



## How many Sacraments are there?

There are seven Sacraments.

## What are the seven Sacraments?

The seven Sacraments are Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Marriage, and Holy Orders.

## What are the Sacraments that I am preparing for?

I am preparing for the Sacraments of Penance, Confirmation, and First Holy Communion.

## What is the Sacrament that Jesus gives us to forgive our sins after Baptism?

Because He loves us so much, Jesus gives us the Sacrament of Penance to forgive the sins we commit after Baptism. The Sacrament of Penance is also called the Sacrament of Reconciliation or Confession.

## What is the Act of Contrition?

The Act of Contrition is a prayer we pray to express sorrow for our sins. We pray the Act of Contrition when we go to confession.

## Can you say the Act of Contrition?

Yes, I can say the Act of Contrition!

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.



## Who do I receive in Holy Communion?

In Holy Communion, I truly receive the Body, Blood, Soul and Divinity of Jesus Christ, under the appearances of bread and wine.

## What does Confirmation do for me?

Confirmation seals and strengthens me with the Holy Spirit and with His Gifts that I received at Baptism. Confirmation strengthens me as a beloved child of God.

## What are the Gifts of the Holy Spirit?

There are seven Gifts of the Holy Spirit: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord. They make me like Jesus.

## What are the Gifts of the Holy Spirit like?

The Gifts of the Holy Spirit are like a sail in my soul that the Holy Spirit fills and moves so that I can think, choose, act, and pray with the Holy Spirit's power as God wants me to. Doing God's will makes me happy!

## Am I called to be a saint?

Yes, I am really called to be a saint like my friends in heaven. God will give me the grace to be a saint. I can always trust in God's mercy and love for me. Jesus, I trust in You!

