

Lesson Three - The Seven Sacraments of the Catholic Church

What is a Sacrament? "an outward and visible sign of an inward and spiritual Grace given unto us, ordained (established) by Christ himself, as a means whereby we receive the same, and a pledge to assure us thereof."

A Sacrament is a gift given to us by Jesus Christ to make our lives Holy. Each Sacrament is a visible sign of God's unconditional love for us; a visible sign where God comes to us, enters into our lives and brings us closer to Him through His Grace.

God's Grace is His gift to us. It is His unmerited (undeserved) mercy, God's kindness and favor.

'Every good gift and every perfect gift is from above' (Jas. 1: 17)

Sacraments of Initiation: Mandatory

Baptism

Confirmation

Holy Communion

Sacraments of Healing: Mandatory

Reconciliation (Confession)

Anointing of the Sick (Last Rites)

Sacraments of Choice: Optional

Holy Orders

Matrimony