



THE SACRAMENTS

MAY 17 - 23

The seven Sacraments are an integral part of the Catholic Faith. They give meaning to our Faith, traditions, and practices as Jesus Christ instituted them and called them into practice Himself.



LEARNING TARGETS:

- † The Seven Sacraments are special signs and celebrations that Jesus gave his Church that allow us to share in God's life and work.
- † Baptism makes a person a child of God and member of the Church, taking away Original Sin.
- † Baptism, Eucharist, and Confirmation are the Sacraments of Initiation, which celebrate our beginning and membership into the Catholic Church.



VOCAB

- † Sacrament
- † Grace

PREPARATION

Sacraments are Christ-established and are signs which cause what exactly they stand for. Sacraments heal those who use them then plants, restore or rather nourishes grace in their life. These sacraments are seven in number and include baptism, confession, confirmation, holy orders, Eucharist, matrimony and anointing of the sick. Each of the sacraments is as important since they make Paschal power which was Jesus' mystery present in the believers for the salvation sake. These are channels of grace which God through them makes the receivers His children as well as increase grace in them.

MOVEMENT - THE 7 SACRAMENTS SONG (WITH ACTIONS)

Sing and move the following lyrics to the tune of "1 little, 2 little, 3 little pancakes."

WORDS

Baptism and Reconciliation
(1 little, 2 little, 3 little pancakes)

Holy Communion, Confirmation
(4 little, 5 little, 6 little pancakes)

Marriage, Holy Orders, Anointing of the Sick
(7 little, 8 little, 9 little pancakes)

These are the seven Sacraments
(10 little pancakes)

MOTIONS

Baptism and Reconciliation
Pretending to Pour water on your head. Crossing arms like a hug.

Holy Communion, Confirmation
Pretending to hold host up with right hand, left underneath. Make a little cross on the forehead.

Marriage, Holy Orders, Anointing of the Sick
Pretending to put a ring on ring finger. Pretending to hold up a chalice. Make a little cross on your palm.

These are the seven Sacraments
Putting up 7 fingers, waving them side to side.

CRAFT – SEVEN SACRAMENTS MOBILE

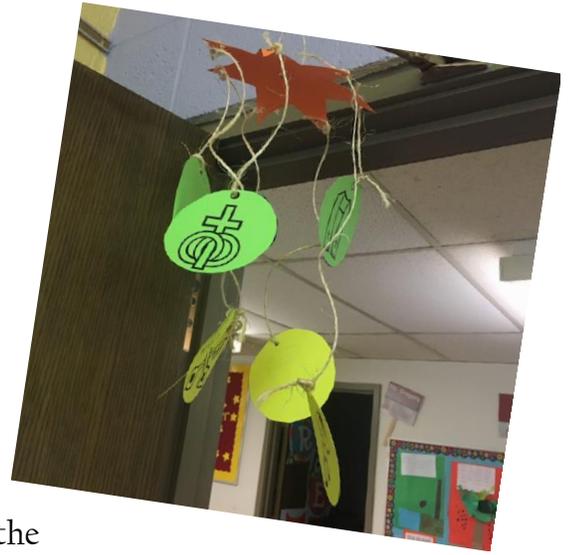
Practice learning the 7 sacraments by creating this fun mobile.

You'll need:

- Template for Mobile (found on CFF/CLOW Google Drive)
- Markers
- Hole Punch
- Scissors
- String

Instructions:

1. Access the mobile template from the Google Drive and print it out.
2. Color the sacraments.
3. On the back of each sacrament circle, write the name of the sacrament that is shown.
4. Cut out the sacrament circles and the top star piece.
5. Use the hole punch and punch one hole in each of the sacrament circles and at the end of each star arm.
6. Take your string and tie the sacrament circles on the end of each string.
7. On the other end of the string, tie it to one of the points of the star.



HANDOUTS / RESOURCE INSTRUCTIONS

† Background Information

The following Resource will provide you and your child with an overview of the seven sacraments. You can either use the resource to go over the information with your child or have them watch this short video to aid in learning.

- YouTube – “The Seven Sacraments” - <https://www.youtube.com/watch?v=qmfSwi3ZKH4> (2:37))

† CLOW- Grade 2: Baptism Symbols

- Ask: What are some ways that we use water at home or school? What about at church?

- Say: Today we will be learning about baptism.

Hold up pictures of the various signs (stop sign, railroad crossing, etc.) Have the kids tell you what the various signs mean.

- Say: We see lots of signs every day that give us information. Here's a picture of another type of sign. Show the picture of the person being baptized.

- Ask: Do you know what's happening in this picture?

- Say: We're going to learn about another kind of sign called baptism. People are baptized to show that they are a child of God.

- Ask: Have you ever seen someone get baptized? What does Father Joe do when we have a Baptism? (Baby wears white, there is a candle, water is poured on the baby, oil is poured on the baby)

- Say: Baptism is a way for someone to show that they are unified with Jesus. Everything about baptism is symbolic. The water represents God's judgment of sin. Going under the water represents God's washing away of sins. Coming out of the water symbolizes the new life that they have in Christ.

- Walk your child through the other symbols of Baptism:

- Oil – anoints us as a holy person.
- White garment – shows that we are pure and clean.
- Candle – Reminds us that Christ is our light and will always help guide us.

Have your child complete the **CLOW – Grade 2 Resource** and match the symbols of Baptism to its description.

Optional: Show your child pictures of their Baptism and tell them about that special day.

† **Grades 3-5: Sacramental Origins**

The Catholic church believes in seven sacraments, while other Christian denominations believe in fewer sacraments. All faiths believe in the sacraments of Baptism and the Eucharist.

So, you may be asked the question “Where is that in the Bible?” The Catholic Church didn’t invent the seven sacraments – each of them can be found in Scripture. Take time to search out scripture that supports the institution for each of the seven sacraments.

Using a Bible and the **Grades 3-5 Resource**, choose a scripture and look it up in the Bible. Once you have located the verse and read through it, try to determine which sacrament it is describing. Write that scripture in the box of the sacrament it is describing. See if you can figure out all of the sacraments.

† **Middle and High School Youth: Sacraments of the Catholic Church WebQuest**

Middle and High School Youth will become detectives for this activity that will have them searching different websites to locate answers about the seven sacraments. To complete this activity found in their **Middle and High School Youth Resource**, youth will need access to a computer that has internet.

† **Older Children and Adults: The Sacraments – A Personal Encounter**

In order to access the movie, you will need to gain access to the Formed website. St. Catherine’s now offers a **free** subscription to Formed, a wonderful website and resource that has been called the “Catholic Netflix.” Formed has inspiring movies and video-based programs, audio presentations, and e-books from the Church’s most compelling speakers and authors.

To take advantage of this program, go to formed.org/signup, then:

1. Select St. Catherine of Siena Ithaca.
2. Register with your name and email address.
3. Check that email account for a link to begin using Formed.
4. Search for “The Spirit and the Sacraments” (25:00)

While watching this video, take some time to use the **Older Children and Adults Resource** to color, reflect and pray. Research shows that coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.



THE SACRAMENTS

Background Information.



THE SEVEN SACRAMENTS

A sacrament is an outward sign of an inward blessing. The sacraments help us connect to the Trinity by using our senses. We are people who sometimes have problems believing without seeing. The sacraments help us believe by using our hearing, seeing, touching, tasting, and smelling. When we receive a sacrament, we receive blessings, or graces, from God.

We have seven sacraments – Baptism, Confirmation, Holy Communion, Reconciliation, Marriage, Holy Orders, and the Anointing of the Sick. All of the sacraments were instituted by Christ, which means that Christ introduced us to the sacrament somewhere in Scripture (the Bible). For example, at the Last Supper in Mark 14:22-25 it says “And as they were eating, Christ took bread, and after blessing it broke it and gave it to them, and said, “Take; this is my body.” And he took a cup, and when he had given thanks, he gave it to them, and they all drank of it. 24 And he said to them, “This is my blood of the covenant, which is poured out for many.” Because Christ told us to “take and eat” we have the Eucharist which is given to us to eat (using our sense of taste). Sacraments bring us closer to God and help us become stronger in our faith.

St. Thomas Aquinas taught us a unique way in how the sacraments are like different stages of our life:

- † We are born: Baptism
- † We grow: Confirmation
- † We are fed: Eucharist/Communion
- † We are healed: Penance/Reconciliation/Confession
- † We recover: Anointing of the Sick
- † We need and form family: Marriage
- † We need and respond to leaders: Holy Orders

The sacraments can be divided into three categories:

SACRAMENTS OF INITIATION

These sacraments lay the foundation of every Christian life.



Baptism

In Baptism we receive new life in Christ. Baptism takes away original sin and gives us a new birth in the Holy Spirit. Its sign is the pouring of water.

Confirmation

Confirmation seals our life of faith in Jesus. Its signs are the laying on of hands on a person’s head, most often by a bishop, and the anointing with oil. Like Baptism, Confirmation is received only once.



Eucharist

The Eucharist nourishes our life of faith. Its signs are the bread and wine we receive—the Body and Blood of Christ. Also known as Communion.

SACRAMENTS OF HEALING

These sacraments celebrate the healing power of Jesus.



Reconciliation

Through this sacrament, we receive God's forgiveness. Forgiveness requires being sorry for our sins. In Penance we receive Jesus' healing grace through absolution by the priest. The signs of this sacrament are our confession of sins and the words of absolution. Also known as Penance or Confession.

Anointing of the Sick

This sacrament unites a sick person's suffering with that of Jesus and brings forgiveness of sins. Oil, a symbol of strength, is the sign of this sacrament. A person is anointed with oil and receives the laying on of hands from a priest.



SACRAMENTS AT THE SERVICE OF COMMUNION

These sacraments help members serve the community.



Matrimony

In Matrimony a baptized man and woman are united with each other as a sign of the unity between Jesus and his Church. Matrimony requires the consent of the couple, as expressed in the marriage promises. The couple and their wedding rings are the signs of this sacrament.

Holy Orders

In Holy Orders men are ordained as priests, deacons, or bishops. Priests serve as spiritual leaders of their communities, and deacons serve to remind us of our baptismal call to help others. Bishops carry on the teachings of the apostles. The signs of this sacrament are the laying on of hands and anointing with oil by the bishop.





THE SACRAMENTS

CLOW – Grade 2
Baptism Symbols



BAPTISM: A WELCOME TO THE FAMILY

Directions: Read the description of each symbol of Baptism below. Then, cut apart the names and pictures of each symbol below and paste them into the correct row that matches each description.

THIS IS A SYMBOL OF ORIGINAL SIN BEING WASHED AWAY DURING BAPTISM.		
THIS IS OFTEN WORN TO SHOW PURITY AFTER SIN IS WASHED AWAY.		
THIS IS HOLY OIL THAT IS USED TO ANOINT THE PERSON BEING BAPTIZED.		
THIS IS LIT FROM THE PASCHAL CANDLE AS A SIGN OF CHRIST BEING OUR GUIDE IN FAITH.		

WATER	WHITE GARMENT		
CANDLE	CHRISM OIL		



THE SACRAMENTS

Grades 3 - 5

Sacramental Origins



BIBLE WORKOUT

DIRECTIONS: For thousands of years God was preparing His people to receive the grace of the Sacraments. Look up the following bible verse and read it to figure out which sacrament it is describing. Write the verse into the box of the Sacrament it talks about.

Matthew 28:19

John 20:23

Matthew 26:26-28

Luke 5:12-13

Matthew 16:19

John 16:7-14

Matthew 19:4-6

BAPTISM

EUCHARIST

CONFIRMATION

RECONCILIATION

ANOINTING OF THE SICK

MARRIAGE

HOLY ORDERS



THE SACRAMENTS

Middle and High School

Sacraments of the Catholic Church WebQuest



TAKE A CLOSER LOOK AT THE SACRAMENTS

PART 1: Visit [Loyola Press' Sacraments](#) website and answer the questions below.

1. How many sacraments does the Catholic Church celebrate? _____
2. The sacraments of initiations lay _____.
3. What are the sacraments of initiation?
 - a. _____
 - b. _____
 - c. _____
4. The sacraments of healing celebrate _____.
5. What are the sacraments of healing?
 - a. _____
 - b. _____
6. The sacraments at the service of communion help _____.
7. What are the sacraments of service of communion?
 - a. _____
 - b. _____

PART 2: Watch the video [Catholics Sacraments Explained](#) and answer the questions below.

9. A sacrament is _____.
 - a. an efficacious sign
 - b. instituted by Christ
 - c. used to gain grace
 - d. all of the above

Answer True or False for Questions 10-12.

10. As an efficacious sign, a sacrament is just a symbol and does not represent reality. _____

11. Each sacrament is instituted by Jesus Christ and can be found in the Bible. _____

12. During the sacrament the minister is acting in persona Christi. _____

13. The matter of a sacrament is _____.

14. The form of a sacrament is _____.

15. The minister of a sacrament is _____.

PART 3: Visit the website [The Matter, Form, and Minister of Sacraments](#) and fill in the chart below by clicking through the presentation.

Sacrament	Matter	Form	Minister
Confirmation			
Eucharist			
Reconciliation			



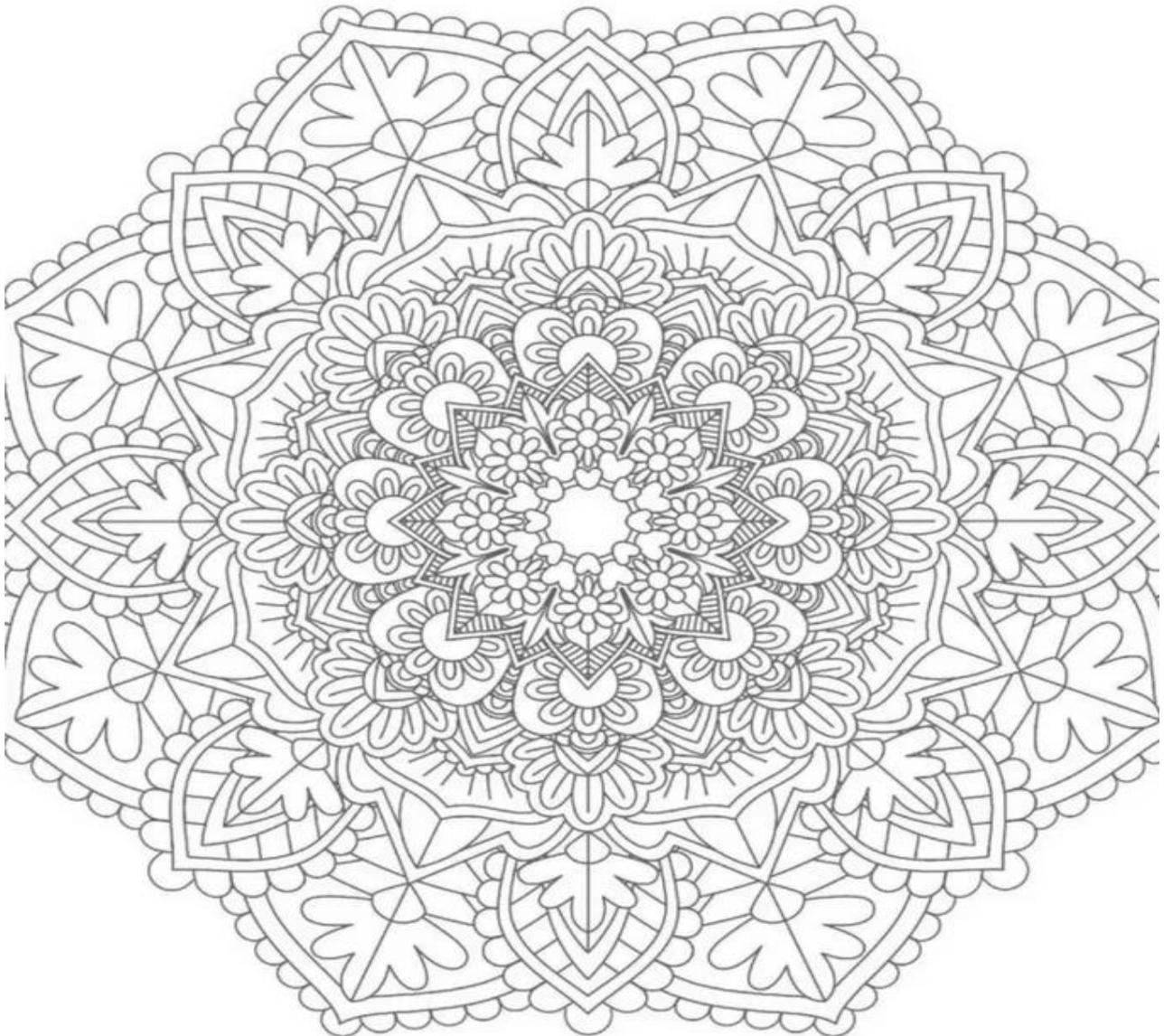
THE SACRAMENTS

Older Children and Adult
The Sacraments – A Personal Encounter



ADULT COLORING PAGE

While you watch the video “The Spirit and the Sacraments” take time to color and pray.



BLESSED ARE THE POOR IN SPIRIT
for theirs is the kingdom of heaven

Matthew 5:3