

# The Sacraments

## The Source of the Spirit-Filled Life

**BAPTISM:** The first of the seven sacraments, and the “door” which gives access to the other sacraments.

Baptism is the first and chief sacrament of forgiveness of sins because it unites us with Christ, who died for our sins and rose for our justification. Baptism, Confirmation, and Eucharist constitute the “sacraments of initiation” by which a believer receives the remission of original and personal sin, begins a new life in Christ and the Holy Spirit, and is incorporated into the Church, the Body of Christ. The rite of Baptism consists in immersing the candidate in water, or pouring water on the head, while pronouncing the invocation of the Most Holy Trinity: The Father, the Son, and the Holy Spirit.

**CONFIRMATION:** One of the ensemble of the Sacraments of Initiation into the Church, together with Baptism and Eucharist. Confirmation completes the grace of Baptism by a special outpouring of the gifts of the Holy Spirit, which seal or “confirm” the baptized in union with Christ and equip them for active participation in the worship and apostolic life of the Church.

**EUCCHARIST:** The ritual, sacramental action of thanksgiving to God which constitutes the principal Christian liturgical celebration of and communion in the paschal mystery of Christ. The liturgical action called the Eucharist is also traditionally known as the Holy Sacrifice of the Mass. It is one of the seven sacraments of the Church; the Holy Eucharist completes Christian initiation completes Christian initiation. The Sunday celebration of the Eucharist is at the heart of the Church’s life.

**MASS:** The Eucharist or principal sacramental celebration of the Church, established by Jesus at the Last Supper, in which the mystery of our salvation through participation in the sacrificial death and glorious Resurrection of Christ is renewed and accomplished. The Mass renews the paschal sacrifice of Christ as the sacrifice offered by the Church. It is called “Mass” (from the Latin *missa*) because of the “mission” or “sending” with which the liturgical celebration concludes (Latin: “*Ite, Missa est.*”).

How have you experience this new life in Christ?

Recall the events of your initiation into the Church?

Sacrifice is a ritualized self-offering. What is the best of you that you can offer back to God?

What would it look like to if you received Eucharist as a renewal of your Initiation into Jesus?

**PENANCE:** The liturgical celebration of God’s forgiveness of the sins of the penitent, who is thus reconciled with God and with the Church. The acts of the penitent—contrition, the confession of sins, and satisfaction or reparation—together with the prayer of absolution by the priest, constitute the essential elements of the Sacrament of Penance.

What forgiveness are you looking for?

**RECONCILIATION:** The sacramental celebration in which, through God’s mercy and forgiveness, the sinner is reconciled with God and also with the Church, Christ’s Body, which is wounded by sin.

What healing do you want?

**ANOINTING OF THE SICK:** One of the seven sacraments, also known as the “sacrament of the dying,” administered by a priest to a baptized person who begins to be in danger of death because of illness or old age, through prayer and the anointing of the body with the oil of the sick. The proper effects of the sacrament include a special grace of healing and comfort to the Christian who is suffering the infirmities of serious illness or old age, and the forgiving of the person’s sins.

What do I need to do to be more prepared for death?

**MARRIAGE:** A covenant or partnership of life between a man and woman, which is ordered to the well-being of the spouses and to the procreation and upbringing of children. When validly contracted between two baptized people, marriage is a sacrament [Matrimony].

What part of my marriage needs to be renewed

**HOLY ORDERS:** The Sacrament of Apostolic Ministry by which the mission entrusted by Christ to his Apostles continues to be exercised in the Church through the laying on of hands. This sacrament has three distinct degrees or “orders”: deacon, priest, and bishop. All three confer a permanent, sacramental character.

Do I see the spiritual life and the mission of the Church as something that I am called to participate in?