What is a Sacrament?

Traditional definition: An outward sign instituted by Christ to give inward grace.

- Outward sign... An action performed, sometimes with a prop / object
- Instituted by Christ... Started by Jesus 2,000 years ago, who passed on the task to the first bishops (the apostles), who then passed the task on to bishops and priests after them until the present day.
- To give inward grace... Grace = A free gift of God’s life and love. When we receive the sacraments it’s like God putting all of his goodness into our souls so that we become pure and holy. God’s grace also strengthens us so that we can become the saints we are called to be.

Your definition: __________________________

(Put it in your own words!)

How to remember the 7 sacraments:

1. Baptism
2. Reconciliation
3. Eucharist
4. Confirmation
5. Holy orders
6. Marriage
7. Anointing of the Sick

BRECHMA!!!
Sacraments of Initiation

1. Baptism
2. Eucharist
3. Confirmation

Sacraments of Healing

1. Reconciliation
2. Anointing of the Sick

Sacraments of Service

1. Marriage
2. Holy Orders

What Sacraments Look Like

The sacraments were given to us by Jesus. Their origin can be found in the Bible, though they sometimes look a little different today than they did 2,000 years ago.

The Sacraments in Other Christian Traditions

1. Catholic Christians = 7 sacraments
2. Orthodox Christians = 7 sacraments
3. Protestant Christians = Usually between 0-2 sacraments (Baptism, Communion)

Why Don’t All Receivers of the Sacraments Turn Into SUPER SAINTS?

While the sacraments are EXTREMELY powerful, we can sometimes diminish their power through:

1. Our sins
2. Lack of faith
3. Not wanting to use God’s grace to think, speak, and act like a saint