What is a Sacrament?

Traditional definition: 

• Outward sign... An __________ performed, sometimes with a ______/________

• Instituted by Christ... Started by __________ ________ years ago, who passed on the task to the first __________ (the apostles), who then passed the task on to __________ and __________ after them until the __________ day.

• To give inward grace... Grace = A _______ gift of God’s _______ and _______. When we receive the sacraments it’s like God putting all of his ____________ into our ________ so that we become _______ and _______. God’s grace also __________________ us so that we can become the __________ we are called to be.

Your definition: 


How to remember the 7 sacraments:

1. ______________________________
2. ______________________________
3. ______________________________
4. ______________________________
5. ______________________________
6. ______________________________
7. ______________________________
What Sacraments Look Like

The sacraments were given to us by __________. Their origin can be found in the __________, though they sometimes look a little ______________ today than they did __________ years ago.

The Sacraments in Other Christian Traditions

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. __________________________

2. __________________________

3. __________________________