

## UNIT TWO: HOW WE CELEBRATE

### LESSON 2: SACRAMENTS: God's Touch in My Life

#### CONTENTS OF LESSON:

1. 'Sacraments are powers that come forth from the Body of Christ.' The 7 sacraments are God's life-giving touch at all the stages and important moments of Christian life. [CCC 1116, 1210]
  - i. The Sacraments of INITIATION are Baptism, Confirmation and Eucharist;
  - ii. the Sacraments of HEALING: Reconciliation and Anointing of the Sick;
  - iii. Sacraments of SERVICE/MISSION: and Holy Orders and Matrimony. [CCC 1211]
2. Through the RITE of each sacrament, God imparts certain GRACES (gifts):
  - i. Baptism: RITE: Immersing in water (or pouring water) while invoking the Father, Son and Holy Spirit. GRACE: Sins forgiven, new life with the infilling of the Holy Spirit, adoption as a child of the Father, become part of the Body of Christ. [CCC 1239, 1240, 1279]
  - ii. Confirmation: RITE: Anointing with Chrism and the words, "Be sealed with the gift of the Holy Spirit. GRACE: Full outpouring of the Holy Spirit, deepening of Baptismal grace. [CCC 1300, 1302, 1203]
  - iii. Eucharist: RITE: Bread and wine, Holy Spirit invoked, words: "This is my Body..." GRACE: Christ becomes truly present, salvation, closeness to Jesus and the church. [CCC 1412, 1416]
  - iv. Reconciliation: RITE: Repentance, confession, penance, absolution. GRACE: Reconciliation with God and the Church, sins forgiven, peace and strength. [CCC 1491, 1468, 1469]
  - v. Anointing of the Sick: RITE: Laying of hands, prayer, anointing with oil. GRACE: Sins forgiven, get connected to Christ's suffering, strength from the Holy Spirit, healing (if good for the person). [CCC 1531, 1532]
  - vi. Holy Orders: RITE: Laying on of hands, prayer of consecration. GRACE: Become like Christ: as priest, teacher and pastor. [CCC 1597, 1585]
  - vii. Matrimony: RITE: Man and woman give their consent before the Church; priest receives consent and gives blessing. GRACE: The couple is united, receive love and grace to bring up children in the right way. [CCC 1641, 1623]
3. *Many people receive the sacraments, but without experiencing the power of Christ. This is because they touch him, but without faith. Like the woman who touched the fringe of Jesus' garment and experienced healing, we must come with expectation so as to experience his power and peace in our lives.*



REFERENCES: Luke 8:42b-48.

MATERIALS NEEDED: Handouts A and B; Bibles; props for enactment: water, jug, doll, basin, oil in a container, stoles to identify the priests, a hat for the bishop (?)

#### I. STARTER:

[Distribute handouts.]

- Look at the pictures in the handout. It is supposed to represent the life-story of a person. You could be that little baby growing up and it could be your life-story. (Part of it has still to happen!) In each picture there is another person, an adult. Whom do you think it could be? *[It looks like a mother, but could be a grandmother.]*
- Can you explain what is happening in each picture? *[A new-born baby is carried by his mother; the baby is being given a massage (maalish); the baby is a little older now and is being fed; as a child he is being corrected for doing something wrong; he is sick and is being cared for; he is getting married; in the last picture he is grown-up and is caring for others.]*
- Choose any one picture and try to imagine yourself in that situation, not as the mother, but as the child. Can you remember any good time when you were cared for and loved? Spend a little time thinking of one of those moments. You could think of an actual experience of yours, or imagine one. After a few minutes we will share our experience.

For example, if you choose the first picture you could share, “I pictured myself as a new-born baby in a hospital room. The nurse gave me, a little bundle, into my mother’s arms. Both my dad and mum kept looking at me with so much love and wonder. I felt secure and loved.”

[After a few minutes, students share with their neighbor the picture they chose, and what they remembered/imagined. They also share how they felt.]

## II. DEVELOPMENT:

- As you must have guessed, today we are going to look at the Sacraments. What is the connection between the sharing we just did and the Sacraments? [Read the two quotes given in the handout.]  
[The sacraments are God’s life-giving touch at every stage in our lives.]  
Our spiritual life is quite similar to our physical life. We keep growing. We need someone to care for us. Just as a good mother cares for her child throughout his life, so does God. He does this through the seven sacraments. Let’s look at each of the sacraments and try to see what God does and what happens to us. At every sacrament, God gives us something freely. This is known as grace. Grace means a gift given freely by God.

[After each sacrament is discussed, the students fill in the name of the sacrament and the grace received below. the important points are underlined.]

1. BAPTISM: What sacrament do you think the first picture represents? [Baptism.]
  - In what way can Baptism be compared to the birth of a baby?  
[With the suggestions of the students bring out:]
    - As a baby leaves the darkness of his mother’s womb and enters the world of light, a person who is baptized leaves the kingdom of darkness and enters the light of Christ. He receives spiritual life as the Holy Spirit enters him.
    - As a baby finds himself in the midst of a new family, a baptized person becomes a child of the Father and joins the Body of Christ.
2. CONFIRMATION: What sacrament can be compared with the second picture? [Confirmation.]
  - What similarity can you find? [Bring out:]
    - Oil is used to massage a baby and make him strong. At Confirmation we are anointed with oil and made strong with the power of the Holy Spirit. The same graces we received at Baptism are renewed in us.
3. EUCHARIST: What sacrament connects up to feeding a child? [The Eucharist.]
  - The Eucharist is the ‘bread of life’. It nourishes us and builds us up. Through the Word of God which is read, and the Body of Christ, we meet Christ and receive strength to follow him. And like a family meal, we also come close to the rest of the family: the People of God.
  - In the Eucharist we are actually saved by Christ.
- These 3 sacraments form the foundation of our Christian life. Once we have received them, you could say that we have completed our entrance into the Body of Christ. They are therefore called, SACRAMENTS OF INITIATION. [Write on the blackboard and students write in the handouts.] (Initiation means beginning or installing.) The next 2 pictures are related to healing and are known as SACRAMENTS OF HEALING. [Students enter the heading.]
4. SACRAMENT OF PENANCE/RECONCILIATION: In the fourth picture we see a mother correcting her child. What sacrament do you think connects with this? [Reconciliation or Penance.]
  - If any of you picked this picture to share on, you may have remembered how you felt after doing something wrong. There may have been a feeling of shame and being alone. After being corrected and saying sorry, you may have felt happy again, especially if your mother gave you a hug at the end.
  - The same thing happens in the sacrament of Reconciliation. (Reconciliation means coming together again, or being reunited). God has provided us a way to come back to him and to the Church family after we sin. Our sins are forgiven and we receive peace and strength to try again.

5. ANOINTING OF THE SICK: There is another sacrament which is meant for healing. Can you guess which one it is? [*Anointing of the Sick.*]

When you were sick, there must have been someone near you, sponging your forehead, giving you medicine and special food. At the time of serious sickness, God cares for us through this special sacrament. The sick or dying person is anointed with oil and receives strength from the Holy Spirit. His sins are forgiven and is prepared for his final journey. If it is good for him, he receives physical healing.

- The next two sacraments are called SACRAMENTS OF SERVICE or MISSION. The person is now an adult and is called to reach out in love to others. But for this too he or she needs help and guidance. A good mother cares for her children even when they are grown and supports them in their new responsibilities. God does the same for us. Through these 2 sacraments we are consecrated for the special work we have to do.

6. MATRIMONY: This one is easy to guess! Most adults are called to marriage, to live as husband and wife and bring children into the world. What is the sacrament called? [*Matrimony*]

First of all God unites the couple and helps them to love one another. He also gives them the grace to bring up their children in the right way.

7. HOLY ORDERS: The last picture shows the person serving others. Which sacrament do you think this is? [*Holy Orders.*]

God calls certain men to serve him in the Church, just as he called the apostles. Their task is to lead the people to God. As Jesus told Peter to feed and care for his flock, he asks each of these men to feed his People by the Word of God and the grace of God. Through this sacrament, bishops, priests and deacons are given their special responsibility and authority.

### III. ACTIVITY:

- We have just looked at the GRACE of each sacrament: what God does for us through it. Now we will get a picture of how the sacrament takes place, or the RITE. (The signs, words and actions used) Each group will enact one sacrament for us.

[Divide the class into 7 groups and give each a slip of paper with the outline of the rite. (Included in this note) The students prepare for 5-10 minutes and then enact the rite.]

### IV. INTERIORISATION/PRAYER:

- We have talked about the grace and power that come from the sacraments. But why is it that many people don't seem to experience any change in their lives even after receiving these sacraments? The answer may be found in an incident that happened in Jesus' life. Read and reflect on it and then we will share our insights.

[Students read Luke 8:42b-48 from their Bibles and spend some time meditating and praying with it. After a while, they share the insights they received. Bring out:]

- Many people were touching Jesus in the crowd (imagine being in a crowd of people all pushing and moving along), but still Jesus asked "Who touched me?" This was because only one person had touched him with faith, and he had felt the power going out from him.
- We see the same thing happening today. The sacraments are a chance of touching Jesus himself. But nothing will change in us, unless we have faith. We need to prepare ourselves to touch Jesus. We must say to ourselves, "If only I touch him, I will experience his peace, his healing, his power, his forgiveness!" Then like the woman in the story, we will experience all that we hoped for. Jesus will say to us, "Go in peace!"

[Students spend a little time in prayer.]

HOME ASSIGNMENT: ⇨ Read the handout.