

The Sacraments:

Overview:

“Sacraments are “powers that comes forth” from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in his Body, the Church. They are “the masterworks of God” in the new and everlasting covenant.”

Catechism of the Catholic Church, #1116

This course endeavors to engage the students in learning how about the history, including the biblical precedent, for each of the seven sacraments of the Catholic Church. Students will study the early use of these sacraments as well as why they are ALL still relevant today.

- No sacrament is an end unto itself; each one requires preparation of some sort and is only a starting or ‘jumping off’ point on our life-long faith journey
- Each of the seven sacraments has a biblical basis

Things to remember when talking with teens about history:

1. Honor your child’s opinions, learning, and experiences.
2. Listen actively to them; make eye contact to show your interest.
3. Remember what learning history was like for you when you were their age. Do not use a lack of interest as an excuse; try to engage them.
4. Make your responses and inquires real; teenagers are very good at sensing false interest.

Topics/Objectives Covered:

Week One: The students will review the basics of the seven sacraments and cover the sacraments of initiation (Baptism, First Eucharist, and Confirmation). Symbols used for each of these sacraments will be present for the student to experience.

Week Two: The students will learn of the sacraments of healing (Penance and Anointing of the Sick) and the importance of recognizing sin and the necessity of asking for forgiveness.

Week Three: This week the students learning of the sacraments of vocation (Matrimony and Holy Orders) with a focus on marriage, as it is the vocation most of us are called to, as well as introducing several religious orders and the potential call to a single, abstinent life.

Week Four: One of our parish priests will lead the class, telling their own vocation story and discussing Holy Orders and discerning the call in their own lives.

The Sacraments: Sacraments of Initiation

Week 1:

Objectives for that week: By the end of this lesson, the teens should know and be able to:

- Be able to give the differences between a sign and a symbol as well as list some of the symbols common to the Catholic Church, particularly the Sacraments of Initiation
- Define and give examples of sacramentals
- Understand the biblical basis for each of the three sacraments of initiation.

Questions to ask:

- If someone were to describe you as a person of faith, what words of symbols would he or she use?
- How can Christ change your life through the sacraments?
- How does participating in the life of God change you?
- What are the seven gifts of the Holy Spirit? What gift of the Spirit do you need in particular to strengthen your life?
- What can you do to prepare yourself to receive Christ in Communion?

Faith Activity:

- Read Romans 1:19-32 as well as Exodus 33:18-23, 1 Kings 19:11-13, and Luke 24:13-35. What do these passages tell us about how we experience God?
- What do the passages Matthew 3:13-17 and Acts 2:38 tell us about baptism?
- Choose one of the symbols of baptism and describe how it holds meaning for you and how it can remind you of your baptism.
- At SJB, we confirm in the fall of our student's senior year, but other parishes around the country do it as several different times. What are some good reasons to celebrate it when we do?
- How would you describe to someone the importance of receiving the holy Eucharist?

The Sacraments: Sacraments of Healing

Week 2:

Objectives for that week: By the end of this lesson, the teens should know and be able to:

- Recognize that sin causes separation, both here on earth and from God.
- Define and give the difference between venial and mortal sins
- Describe the importance of the Sacrament of the Anointing of the Sick
- Understand the biblical basis for the sacraments of healing.

Questions to ask:

- What do you think it means to 'change our hearts'? (CCC #1430)
- How is the Sacrament of Reconciliation a source of strength to live a better life?
- How can we be of assistance to those who are sick, elderly, or dying?
- What does emotional healing mean and why is the Sacrament of the Anointing of the Sick important?

Faith Activity:

- Describe a time when you did not want to reconcile with someone but are glad that you did it anyway.
- Name some of the video games you, your siblings, or friends play. Are they violent? Do you think violent video games make a person more likely to act violently in everyday life? Explain.
- Read Mark 2:1-12, Matt. 18:21-22, Luke 15:11-32 and Luke 19:1-12. What do these passages say about forgiveness?
- Read John 9:1-7, Matt. 8:5-13, Luke 5:12-13 and James 5:14-15. What qualities or attitude are connected with healing in these Scripture passages?

The Sacraments: Sacraments of Vocation

Week 3:

Objectives for that week: By the end of this lesson, the teens should know and be able to:

- Recognize that each of us has a vocation we are called to by God.
- Recognize that religious vows are special promises made to God and often include poverty, chastity, and obedience.
- Understand the biblical basis for the sacraments of vocation.

Questions to ask:

- What qualities do you think are most important in a good marriage? (Ex. Physical appearance, intelligence, respect, love, religion, sense of humor, wealth, generosity, etc.)
- Why do you think marriage, and the family that is created from it, is referred to as the ‘domestic church’?
- What are some of the most important qualities needed as a deacon, priest, or bishop?
- Have you ever thought whether God is calling you to religious life? Why or why not?
- If no, why don’t you start?

Faith Activity:

- List several ways that a couple can show their love for God and for each other.
- Read John 2:1-12, Proverbs 31:10-12, 1 Cor. 13:4-7, Ephesians 5:28-33. What messages about marriage found in these readings apply to marriage today?
- Read Mark 3:13-19, Acts 6:1-6, Hebrews 5:1-10, 1 Timothy 3:1-7. According to Scripture, what are some tasks of leaders of the Church?
- Describe the ideal bishop, priest, or deacon.
- Take the ‘Day in the Life of a Monk’ quiz

The Sacraments: Holy Orders: Guest speaker

Week 4:

This week one of our parish priests came to talk to the students about their call to the priesthood and to field questions from the students.

Ask your child questions about the talk given.

Faith Activity:

- What does it mean to be a Catholic? Discuss this as a family, and talk about your favorite things and not-so-favorite things. Think of ways to improve the not-so-favorite things.
- What is one of the promises we make to God or that God makes to us in each of the sacraments:
 - Baptism:
 - Reconciliation
 - Eucharist
 - Confirmation
 - Matrimony
 - Holy Orders
 - Anointing of the Sick