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Sacraments Session Contents

Purpose	Scripture References	Content Summary
Session 1 Worship and Grace The liturgy of the Catholic Church is the work of the whole Body of Christ. In this session, young people will learn that God's grace, the celebration of the liturgy, and our participation in the sacraments strengthen us to live by Jesus' example.	Matthew 19:19-20	The way we worship and pray has an impact on the choices we make and the ways we live our daily lives. <ul style="list-style-type: none"> ► The liturgy of the Church is the work of the whole Body of Christ. The liturgy uses symbols and rituals to form us in prayer and communicate God's gift of life; sacraments and rituals show us the deeper meanings of the mystery. ► Our spiritual life comes from God's grace in us, the celebration of the liturgy, and our participation in the sacraments. A strong spiritual life strengthens our moral life; it helps us live by Jesus' example and his teachings and follow the precepts of the Church. ► Sunday is a very special day. As the Lord's Day, Sunday observance includes required attendance at Mass, the omission of unnecessary work that distracts from the day's purpose, and attention to living a good life. <i>Catechism of the Catholic Church:</i> 1131, 1193, 1417, 1715, 1897, 2021-2023, 2042, 2043, 2047, 2082, 2175, 2190-2195, 2757
Session 2 Christ with Us Christ is the first sacrament because he makes God fully known to us. In this session, young people learn that through Christ we share in divine life, and experience his presence as well as his welcoming, forgiving, healing, and nourishing power.	Acts 11:26, John 14:1-10, John 21:11, Matthew 8:1-4, Matthew 16:19, Luke 22:4-20, John 21:15-17, Acts 2:1-4, Matthew 28:15-20	As members of the Church, we know that Christ continues to be with us and take care of us in the sacraments. <ul style="list-style-type: none"> ► Christ is the first sacrament because he makes God known to us and makes it possible for us to share in God's life. The Church is like a sacrament; through her the Holy Trinity enters into communion with us. The Church contains and communicates the invisible graces she signifies. Through the Church, we come to know God and share in his life through the seven sacraments. ► Christ instituted the sacraments. Through them we can know and experience his presence, as well as his welcoming, forgiving, healing, and nourishing power. ► Christ is present in the sacraments, through the assembly gathered, the priest presiding, the Scripture proclaiming, and most especially in the Eucharist, his Body and Blood. <i>Catechism of the Catholic Church:</i> 747, 714, 1096, 1115, 1116, 1131
Session 3 Initiation in Christ In this session, young people will learn about the Sacraments of Initiation. They will learn how these sacraments give and strengthen new life in Christ and nourish members with the Body and Blood of Christ.	Acts 11:26, John 14:1-10, John 21:11, Matthew 8:1-4, Matthew 16:19, Luke 22:4-20, John 21:15-17, Acts 2:1-4, Matthew 28:15-20, Matthew 25:34-36	As Christ first welcomed and fed his followers, we are welcomed, nourished, and belong to the Church through the three Sacraments of Initiation. <ul style="list-style-type: none"> ► In Baptism, the first sacrament, we celebrate new life in Christ through the forgiveness of sins and incorporation into the Church. ► In Confirmation, the spiritual life received in Baptism is strengthened and we are sealed with the Gift of the Holy Spirit so that we can live out our journey of faith. ► In the Eucharist, the sacrament that we celebrate regularly, we are fed with the Body and Blood of Christ and are brought closer to Christ and one another. <i>Catechism of the Catholic Church:</i> 1275, 1278-1280, 1282, 1316, 1317, 1319, 1320, 1408, 1412, 1413, 1415, 1416
Session 4 Forgiveness and Healing God heals us spiritually, emotionally, and sometimes physically. In this session, young people will learn how Jesus' words and actions reveal a compassionate God, one who is willing to forgive and heal those who turn to him.	Matthew 9:35-36, Matthew 18:21-35, Luke 10:9, James 5:13-15, Matthew 9:35-38, Matthew 18:21-35, Isaiah 44:22, Nehemiah 9:17, 2 Chronicles 31:18-19, Ephesians 4:32	As Catholics, we know that God heals us spiritually, emotionally, and sometimes physically in the Sacraments of Healing. <ul style="list-style-type: none"> ► Jesus' words and actions show us that God is compassionate, always willing to forgive and heal those who are willing to turn to him and believe. ► In the Sacrament of Penance and Reconciliation, those who are truly sorry for their sins receive God's forgiveness, receive grace to help them avoid their sins in the future, and in the case of mortal sins are brought back together with him and the Church. ► In the Sacrament of the Anointing of the Sick, those who are seriously ill or are suffering from old age receive God's special grace to be strong, courageous, and hopeful in their trials. If the person is unable to receive forgiveness through the Sacrament of Penance, he or she can receive the forgiveness of sins through the Sacrament of Anointing. <i>Catechism of the Catholic Church:</i> 1486, 1490, 1493-1497, 1529, 2511

Session 5

Purpose

Faithful Living

In this session, young people will learn about how the Sacrament of Matrimony strengthens the couple to be a model of the love Christ has for his people, and how baptized men ordained in the Sacrament of Holy Orders dedicate their lives to God and the Church.

Scripture References

John 1:1-11, Matthew 28:20

Content Summary

The sacraments strengthen us to be faithful to our commitments and our relationships.

- The Sacrament of Matrimony strengthens the couple to live out their promises to be true and faithful, to be open to the gift of children, and to be models of the love Christ has for his people.
- All baptized persons share in the priesthood of Christ. Some men are ordained for special participation in the mission of Jesus and leadership in the Church. Through the Sacrament of Holy Orders, they receive the grace to act in the name of Jesus to lead and serve the Church community.
- Practicing and living by the virtues of modesty and chastity can help all people, no matter whether they are married, ordained, single, or discerning their state in life. These virtues help you to be faithful to yourself, others, and God. The grace of the Eucharist and Reconciliation can strengthen all of us to be pure and self-respecting.

Catechism of the Catholic Church: 363, 1591, 1592, 1597, 1598, 1600, 1661-1664, 2396, 2397, 2400, 2529, 2530, 2533

Session 6

The Church Year

The Church's liturgical year helps us pattern our lives on the life of Jesus Christ. In this session, young people will learn about the liturgical seasons, and how they help us celebrate the past, present, and future of the Church.

Acts 2:42, Acts 2:42-47, Ecclesiastes 3:18

We grow in our understanding of Jesus and in our relationship with him. The liturgical year helps us pattern our lives on the life of Christ.

- The seasons and feasts of the liturgical year emphasize different aspects of the one Paschal Mystery of Christ, connecting us more closely to the life, teaching, death, and Resurrection of Jesus.
- Because we are different each year, we enter into the Church's seasons and feasts with different needs, hopes, and relationships with God and others. We celebrate the past, present, and future of the Church and how they relate to our lives.
- The Eucharist is at the very heart of what it means to be Catholic. Participation in Sunday Mass and our own regular personal prayer help us live the life of Christ.

Catechism of the Catholic Church: 1110-1112, 1194, 1195, 1407, 1409-1411, 2720

Faith in Action!

CATHOLIC SOCIAL TEACHING THEME: The Call to Family, Community, and Participation

This theme's Faith in Action feature teaches young adolescents the call to family, community, and participation.

Acts 2:42-47, Acts 4:32-35, Ephesians 6:1-4, John 15:16, John 20:21

The Catholic Church calls us to

- promote a sense of community (to strive for the common good) in every level of society
- work for justice
- participate actively in the faith life of our parish and family

Catechism of the Catholic Church: 779, 960, 1890, 1319, 1923



CHRIST with Us

Session Background

Purpose

Christ is the first sacrament because he makes God the Father fully known to us. In this session, young people learn that through Christ we share in divine life, and experience his presence as well as his welcoming, forgiving, healing, and nourishing power.

Objectives

Learners will

- ▶ understand that through the sacraments the Church does what Jesus told the Apostles to do.
- ▶ explore the connection between Jesus, the sacraments, and the Church.
- ▶ consider the challenge to live as Jesus did, and to let the sacraments come alive in us.

Church Documents

For more background on session content, refer to *Catechism* paragraphs 1096, 1115, 1116, and 1131.

The aim of catechesis is to produce in each member of the Church a living, explicit, and fruitful expression of the Christian faith. The primary expression of this faith is in our universal experience of the sacraments where the Holy Spirit draws the community together as the Body of Christ.

—See *National Directory for Catechesis*, 32

Catechist Formation

The sacraments are seven gifts from a loving God that remind us of his constant presence—through times of great consequence as well as during the ordinary moments of life. The sacraments bring us into a deeper, more intimate relationship with Jesus Christ. Jesus is the one from whom the sacraments originally came, and he gives them their fullness of meaning. Jesus, as the first sacrament, points us directly to God the Father. The seven sacraments of the Church make God known to us in ways that go beyond rational explanation. The sacraments are moments and sources of grace.

- 2 Reflect on a particularly moving experience of the sacraments in your life. What made the experience so memorable to you?



Catechist Prayer

God our Father, thank you for the grace you give me in the present moment to love you, others, and myself. May my participation in the sacraments nourish and sustain me in living as a disciple of Jesus, your Son. Amen.

Young Adolescents Learning Faith

- ▶ Young adolescents are at that wondrous time of psychological and emotional growth—they are stepping into the future and holding onto the past at the same time. Help them see how the sacraments of the Church help keep them grounded and connected to what is most important.
- ▶ Young adolescents are moving into more abstract thinking and can better understand the meaning behind their family's rituals and traditions. The same holds true for their growing appreciation of the meaning of the sacraments, and their connection to God and the Church. This is a good reason to focus on the intellectual content of the Church's basic beliefs and practices.

Preparing for the Session

GO online For a session planning sheet, visit www.osvcurriculum.com.

Session at a Glance

WHAT'S the ISSUE?

10 minutes

PRAY the opening prayer.

SHARE about favorite family traditions.

READ about Maya, **PAGES 12–13**.

REFLECT on the importance of traditions and which Church traditions are especially meaningful to you.

WHAT does FAITH SAY?

40 minutes

READ the **CONNECT** feature, **PAGE 14**.

REFLECT on the statement “It all starts with Jesus.”

READ IT ALL STARTS WITH JESUS, THE SACRAMENTS AND THE CHURCH IS SIGN AND SOURCE OF GOD’S LIFE silently, **PAGES 14–15**.

FACILITATE FAITH WALK ACTIVITY about how Jesus Is God’s Masterwork.

PRESENT how through the sacraments, the Church does what Jesus told the Apostles to do: baptize, break bread, forgive, heal, and bless in his name, **PAGES 16–17**.

EXTEND THE SESSION to explore the actions and attitudes of Jesus in Scripture and their connection to the sacraments, add 15 minutes.

READ the **FAITH WALK** on **PAGE 17**.

EXTEND THE SESSION by creating a We Are God’s Work of Art mural, add 20 minutes.

PRESENT the connection between Jesus, the sacraments, and the Church.

READ the text on **PAGE 18**.

FACILITATE ACTIVITY that explores connections between Jesus, the sacraments, and the Church.

READ how Christian liturgy is rooted in Jewish tradition in **LOOKING BACK** on **PAGE 19**.

PRESENT what **CATHOLICS BELIEVE** on **PAGE 19**.

WHAT NOW?

10 minutes

READ how we can **LIVE OUR FAITH**.

PRESENT ideas on mnemonic devices.

READ about Saint Ludmilla on **PAGE 21**.

EXTEND THE SESSION by creating mnemonic devices, add 15–20 minutes.

PRAY the closing prayer.

Getting Ready

- ▶ Read **Session 2** in the *Sacraments Faith Booklet*.
- ▶ Prepare a prayer space with a small table, simple cloth, a Bible, candle, and cross. Be sure to have matches or a lighter for the candle.
- ▶ Identify young adolescents to help with prayer and to read aloud portions of the text.
- ▶ If you choose to use the **EXTEND THE SESSION—We Are God’s Work of Art** mural, select a place in the room for the mural to be posted.

Supplies Needed

- *Sacraments Faith Booklets*—one per participant
- copies of **Resource 2**—one per participant
- newsprint
- markers
- tape
- Bibles for each participant
- arts and crafts supplies
- mnemonic devices, such as a clock, book, and/or stone
- *Call to Faith Grade 7 & 8 Music CDs*

Personal Sharing Preparation

Prepare for personal sharing and faith sharing.

- ▶ In **What’s the Issue?**, share about your favorite family tradition and why it “helps your heart.” 2 minutes
- ▶ In **What Now?**, share about a mnemonic device you use. 1 minute

Facilitating the Session

WHAT'S the ISSUE?



10 minutes



Visit www.osvcurriculum.com.
Look under Reproducible Resources
for a printable version of this prayer.



PAGE 12



PAGE 13



PRAY Greet the young people as they arrive for the session.

- ▶ Ask for the group's attention and begin prayer with the Sign of the Cross.
- ▶ Light the candle. Have one participant read the Scripture passage, John 14:10–14. Invite a second person to read the prayer.
- ▶ Father of life, you sent your Son, Jesus, to us so that we could come to know you completely. Jesus' actions have the power to save us and bring us to you. Through the grace given to us by your Holy Spirit, teach us about your Son, who points us to you, and is the source of new life. Help us recognize his presence in ourselves, in each other, and in our Church. We pray this in Jesus' name. Amen.

SHARE As a brief focusing activity, invite volunteers to tell about their favorite family tradition. Perhaps it is a tradition that they see themselves continuing with their own families when they are older. Share about your favorite tradition. Tell how this tradition “helps your heart.”

READ Invite a participant to read aloud the story on **PAGES 12–13**.

REFLECT As a large group, talk about the story using the **WHAT ABOUT IT?** question on **PAGE 13** as a guide:

Why is it important to Maya to be there for her family's Christmas tradition?

- ▶ Then, going back to the examples of the favorite traditions the young people shared, ask these questions:
Why do you think traditions are important?
What Church traditions are especially meaningful for you?
- ▶ Allow several minutes for sharing.

WHAT does FAITH SAY?



40 minutes

READ Read the **CONNECT** feature on **PAGE 14** aloud to the group. Explain that in the session they will explore more deeply how Jesus makes God the Father known to us and how he is present in the sacraments of the Church.

REFLECT Write the sentence, *It all starts with Jesus*, on newsprint.

- ▶ Ask the young people to share with a partner what they think this statement means.
- ▶ Collect their ideas, shared aloud as a large group, and add them to the newsprint.

READ Invite a volunteer to read aloud the first two paragraphs under **IT ALL STARTS WITH JESUS**.

- ▶ Ask young people to put in their own words a definition for “grace” and share it with the large group. Reiterate that the sacraments are about receiving God’s grace, the gift of sharing in and participating in God’s own life. Grace makes it possible for us to come to know and love God more completely. God invites us to participate in his life.
- ▶ Invite the young people to read **THE SACRAMENTS** and **THE CHURCH IS SIGN AND SOURCE OF GOD’S LIFE** silently.

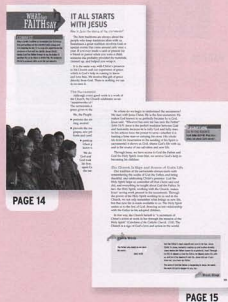
FACILITATE FAITH WALK ACTIVITY Jesus Is God’s Masterwork!

25 minutes

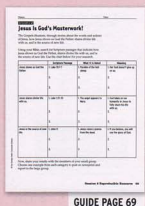
In this activity, young people will explore how Jesus shows and shares God the Father’s love, and is the source of new life.

- ▶ When they have completed the reading on **PAGES 14–15**, form small groups of five to six members.
- ▶ Distribute newsprint and markers to each group.
- ▶ First, ask each group to identify five key points from the reading. Encourage them to focus on points that help them understand Jesus and sacraments in a new way, perhaps points they haven’t considered before. Have the groups list these on newsprint.
- ▶ Briefly allow the small groups to share their results with the large group, and post the newsprints.
- ▶ Then, read aloud the **FAITH WALK** on **PAGE 15**. Tell the groups that their task is to find references in the Gospels of how Jesus, through his life, *shows us God the Father, shares divine life with us, and is the source of new life*.
- ▶ Distribute Bibles and **Resource 2** to each participant, and one sheet of newsprint and markers to each group.
- ▶ Assign each group a Gospel to focus on. (If you have more than four groups, you can have more than one group focus on the same Gospel.) Encourage the youth to work on their own or with a partner to complete the handout. Then, each small group will decide on one example from each of the three categories to post on newsprint. Give the groups 10 to 15 minutes to complete the activity and to list their work on the newsprint.
- ▶ Invite the groups to present what they discovered to the large group. Challenge them to explain how the Scripture passages they have chosen illustrate how Jesus shows us God the Father, shares divine life with us, and is the source of new life.
- ▶ Encourage youth to consider ways Jesus can be a source of life in their own lives and within their families.

WHAT DOES FAITH SAY? (continued)



FYI Distribute **Resource 2: Jesus Is God’s Masterwork!**





PRESENT Present the content on **PAGES 16–17** through an interactive discussion with the group.

- First, ask the young people how they think the sacraments came to be.

Did Jesus write a manual for his Apostles?

- Listen to their responses, and then share the following points, interjecting questions as you go:

At Pentecost, the Apostles knew that they were responsible for letting others know about Jesus. The Holy Spirit gave them the strength to carry out Jesus' command to baptize, remember him in the breaking of the bread, and to continue his work of healing and forgiving.

- Ask: What did Jesus tell his Apostles to do?
- Listen to their responses and then list on newsprint: Baptize, break bread, heal, and bless in his name.
- Share these key ideas:

The exact words and gestures of the sacraments are not in the Bible, but the attitudes and actions of Jesus are still those of the Church today, expressed in the sacraments.

After Pentecost, the Apostles went out to do the things Jesus asked them. They established the Church first in small Christian groupings, often meeting in homes after work to break bread. Many still followed the Law of Moses and worshipped in the synagogues like other Jews, but they believed in Jesus as the Risen Lord. Soon Christianity spread to non-Jewish land and became a religion separate from Judaism.

Gradually, Christians began to celebrate the Lord's Day on Sunday mornings, and families incorporated other rituals and traditions into their lives as a part of the Church. The Edict of Milan in A.D. 313 issued by the Roman Emperor Constantine granted the freedom of religion. From this time on, Christians celebrated their faith openly.

EXTEND THE SESSION 15 minutes

Scripture, Jesus, and the Sacraments

In this activity, the young people will consider the relationship of Scripture to the actions and attitudes of Jesus, and the sacraments that reflect Jesus.

- Each participant will need a Bible for this activity.
- Invite the young people to work with a partner to complete the Scripture activity on **PAGE 16**.
- Have the pairs join with other pairs to form foursomes and compare their notes.
- Then, create the chart on **PAGE 16** on newsprint.
- As a large group, complete the chart, discussing and resolving any differences of opinion between the young people about what Scripture passage goes where.

READ Introduce the **FAITH WALK** on **PAGE 17** by reminding the young people that Jesus is God's masterpiece, Jesus is the original sacrament, and the sacraments are masterpieces of God.

- ▶ Read the **FAITH WALK** on **PAGE 17**.
- ▶ Encourage young people to allow the "daily bread" of Eucharist to empower them to live as disciples of Jesus.

EXTEND THE SESSION 20 minutes

FAITH WALK—You Are God's Masterwork!

In this activity, the young people will create a We Are God's Work of Art mural depicting how God works through them.

- ▶ Divide into groups of four to six members. Note: You will have one segment of newsprint for each small group.
- ▶ Ask the young people to spend a few minutes gathering their thoughts about how they are God's masterwork.
 - How do they live as Jesus did? How do they see God working through them to promote his kingdom of peace and justice? How do the sacraments, God's grace poured out, come alive in them?
- ▶ Tell the young people that they will create a We Are God's Work of Art mural using the sheets of newsprint you have prepared.
- ▶ Each small group is assigned one section of the mural.
- ▶ First, ask the group members to share with each other their thoughts about how they (or their peers) are God's work of art.
- ▶ Then, tell them that together they will come up with a design for their part of the mural depicting this.
- ▶ Using the art materials you supply, allow the groups 15 minutes to create their portion of the mural.
- ▶ Display the mural in the room, and invite each group to tell about their section.

PRESENT On newsprint, write these three words: *Jesus, sacraments, Church*. Then, using the marker, visually connect the three words. Ask the young people for their thoughts on why or how these three words are connected. Listen to their responses.

READ Next, invite the young people to read **PAGE 18** silently.

FACILITATE ACTIVITY Word Web 5 minutes

In this brief activity, you want the young people to think of as many connections as possible between Jesus, sacraments, and Church.

- ▶ Going back to the three words on the newsprint, ask volunteers to share their thoughts on how the words are connected.

FYI If you choose to facilitate this Extend the Session activity, be sure to incorporate the mural into the environment for the closing prayer.

WHEN THE CHURCH ACTS, CHRIST ACTS

When the Church acts, Christ acts. This is because the Church is the Body of Christ, and Christ is the head of the Church. The Church is the continuation of Christ on earth, and Christ is the source of the Church's life and power. The Church is the instrument of Christ's love and mercy, and Christ is the one who gives the Church the authority to act in his name.

The Church is the Body of Christ, and Christ is the head of the Church. The Church is the continuation of Christ on earth, and Christ is the source of the Church's life and power. The Church is the instrument of Christ's love and mercy, and Christ is the one who gives the Church the authority to act in his name.



PAGE 19

- ▶ Together, using what the young people have just read, have them create with you a word web based on the connection between Jesus, sacraments, and Church. Challenge them to explore all of the many interconnections between Christ and the celebration of the sacraments. To create a word web, have the group brainstorm words that they associate with each of the terms. Make connections between the words by drawing connecting lines.

READ Share that our present-day experience of Christian liturgy is rooted in Jewish tradition.

- ▶ Have the young people read silently the **LOOKING BACK** feature on **PAGE 19**.

PRESENT Ask the group, "So what have we learned?" Listen to their responses, then paraphrase the **CATHOLICS BELIEVE** summary on **PAGE 19**.

WHAT NOW?



minutes



PAGE 20

READ Invite the young people to read the ideas under **LIVE OUR FAITH** on **PAGE 20**.

- ▶ Have them share with a partner which idea they will carry out.
- ▶ Encourage participants to use the suggestion on **PAGE 20** for sharing **FAITH AT HOME**.

PRESENT Explain in your own words what a mnemonic device is, using the text in **WHAT ABOUT IT?** on **PAGE 20**. Show an example using a clock, book, or stone. Share one of your own devices, and explain how it works for you.

- ▶ Have the young people discuss as a large group their ideas for mnemonic devices that will help them remember God's grace in their everyday lives.

READ First, ask the young people what they know about the persecution of Christians around the world.

- ▶ Then paraphrase the first paragraph of **PEOPLE OF FAITH** on **PAGE 21**, emphasizing that we are fortunate in the United States to be able to celebrate our faith openly. Remind the group that prior to the Edict of Milan in the fourth century, Christians often were persecuted for practicing their faith. Point out that religious persecution still exists in parts of the world.
- ▶ Invite the young people to read silently about Saint Ludmilla, who is an example of someone who remained firm in her faith, even under persecution.

EXTEND THE SESSION 15-20 minutes**Mnemonic Devices**

In this activity, young people will create an object to use as their own mnemonic device.

- ▶ Tell them that they can use art supplies to create their own mnemonic device to help them remember that through the sacraments, God's grace is always with them.
- ▶ Brainstorm with the group ideas about what they can make.
- ▶ Give the young people 10–12 minutes to create their mnemonic device. Have volunteers share what they made with the group, and explain how they will use it.

**PRAY****Gathering**

Begin by praying the Sign of the Cross together.

Leader: As we close our session in prayer today, let us pause to reflect on Christ with us.

Readings

Leader: We remember that Jesus shows us God the Father.

Reader 1 proclaims Luke 15:1–7.

Leader: Reflect for a minute on what this Scripture passage says to you about who God is.

We remember that Jesus shares divine life with us.

Reader 2 proclaims Luke 1:31–33.

Leader: Reflect for a minute on how God took on our humanity fully and completely in Jesus in order to share his life with us.

We remember that Jesus is the source of new life.

Reader 3 proclaims John 11:38–44.

Leader: Reflect for a minute on how Jesus offers us new life with God the Father.

Going Forth

God our Father, your Son, Jesus, shows us who you are, and he shares your life with us. Jesus is the source of new life. We thank you for the gift of Jesus. Send us your Holy Spirit to help us to be Jesus' disciples so that we can come to know, love, and serve you more completely. Amen.

Play or sing one of the suggested songs.

FYI The young people might be interested in choosing a separate mnemonic device together as a group to have in the room where these sessions are held. The object of this would be that whenever any of them saw that particular device, they would be praying and remembering God's presence in each other.



Visit www.osvcurriculum.com.

Look under Reproducible Resources for a printable version of this prayer.

FYI If you don't have time for the prayer service, you may choose to pray together the prayer on **PAGE 20** of the *Faith Booklet*.

Suggested Songs

"Present Among Us,"

David Haas, © 2003, GIA Publications, Inc., *Call to Faith Grade 7 & 8 Music CD1*, track 16

"We Are God's Work of Art,"

© 1996, Mark Friedman.
Published by OCP Publications