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Catholic Life & Practices

Celebrating the Sacraments

The Sacraments of Baptism, Confirmation, and Eucharist are called the *Sacraments of Christian Initiation*.

Through these sacraments we are born into the Church, strengthened, and nourished.

The Sacraments of Penance and Reconciliation and Anointing of the Sick are known as the *Sacraments of Healing*. Through these sacraments we experience God's forgiveness, peace, and healing.

The Sacraments of Holy Orders and Matrimony are called *Sacraments at the Service of Communion*. Through these sacraments we are strengthened to serve God and the Church through service to others.

Sacraments of Christian Initiation



Baptism



Confirmation



Eucharist

Sacraments of Healing



Penance and Reconciliation



Anointing of
the Sick

Sacraments at the Service of Communion



Holy Orders



Matrimony



Prayers from the Celebration

Confiteor

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Gloria

Glory to God in the highest,
and on earth peace to people of good will.

We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us;
you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.

He ascended into heaven
and is seated at the right hand
of the Father.

He will come again in glory to judge
the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and
the Son,
who with the Father and the Son
is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic
and apostolic Church.

I confess one Baptism for the
forgiveness of sins
and I look forward to the
resurrection of the dead
and the life of the world to come.
Amen.



Did you Know?

The prayers on pages 36–39 are from the Mass. There are four parts of the Mass: the Introductory Rites, the Liturgy of the Word, the Liturgy of the Eucharist, and the Concluding Rites. The prayers on pages 38–39 are all prayed during the Liturgy of the Eucharist.

Holy, *Holy, Holy*

Holy, Holy, Holy Lord
God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in
the name of the Lord.
Hosanna in the highest.

Latin

Sanctus, Sanctus, Sanctus Dominus
Deus Sabaoth.
Pleni sunt caeli et terra gloria tua.
Hosanna in excelsis.
Benedictus qui venit in nomine
Domini.
Hosanna in excelsis.



Memorial *Acclamation*

We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

Lamb *of God*

Lamb of God, you take away the
sins of the world,
have mercy on us.

Lamb of God, you take away the
sins of the world,
have mercy on us.

Lamb of God, you take away the
sins of the world,
grant us peace.

Latin

Agnus Dei, qui tollis peccata mundi:
miserere nobis.

Agnus Dei, qui tollis peccata mundi:
miserere nobis.

Agnus Dei, qui tollis peccata mundi:
dona nobis pacem.



Visit to the Most Blessed Sacrament

After Communion at Mass, the consecrated Hosts that remain are placed in the tabernacle. A special light, called the *sanctuary lamp*, is always kept burning nearby. This light reminds us that Jesus Christ is present in the Most Blessed Sacrament. We show reverence for Jesus, who is really present in the Eucharist. We do this by *genuflecting*, or bending the right knee to the floor, toward the tabernacle.

We often go into church at times other than the celebration of Mass and the sacraments to "make a visit"—to take time to tell Jesus of our love, our needs, our hopes, and our thanks.

Benediction

Benediction is a very old practice in the Church. The word *benediction* comes from the Latin word for "blessing."

At Benediction a large Host, that was consecrated during Mass, is placed in a special holder called a *monstrance* (comes from a Latin word meaning "to show") so that all can see the Most Blessed Sacrament. Benediction includes hymns, a blessing, and praying the Divine Praises (see page 33). The priest burns incense before the Most Blessed Sacrament. The incense is a sign of the adoration and prayer we offer in God's presence.

This beautiful devotion of Benediction reminds us that Jesus fills our lives with blessings.



The Sacrament of Penance and Reconciliation

Four Parts of the Sacrament

Contrition

- We express heartfelt sorrow.
- We tell God we are truly sorry for our sins and firmly intend not to sin again.
- We pray an act of contrition.

Confession

- We tell or confess our sins to the priest.
- We talk with the priest about ways to love God and others.

Penance

- The priest asks us to say a prayer or perform a good act that shows sorrow for sins. This prayer or action is a *penance*. It helps to make up for any harm caused by sin and to grow as a disciple of Christ.

Absolution

- We are given God's forgiveness of our sins through the words and actions of the priest.

Examination of Conscience

Here are some questions to help you reflect on your relationship with God and others. You might review the Ten Commandments (page 44) and the Beatitudes (page 46).

Love God with all your heart

- Do I make anyone or anything more important to me than God? Have I read from the Bible and prayed?
- Do I respect God's name and the name of Jesus?
- Do I participate in Mass on Sunday and keep Sunday as a day of rest?

Love others

- Do I show obedience to God by obeying my parents, guardians, and teachers?
- Have I hurt others by my words and actions? Have I helped those in need?
- Have I been selfish or taken the belongings of others without their permission? Have I shared my belongings?
- Have I been happy for others when they have the things they want or need?

Love yourself

- Do I respect myself? Do I take good care of my body and show respect to others? Do I respect the dignity of everyone I meet?
- Have I been honest? Have I lied or cheated?
- Do I speak, act, and dress in ways that show respect for myself and others?

How am I Doing?

When we examine our conscience, we think about whether the choices we have made showed love for God, ourselves, and others. We ask ourselves whether we have sinned, either by doing something that we know is against God's law, or by not doing something that God's law calls us to do.

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

More About

Acts of Contrition

An Act of Contrition is a prayer in which we express sorrow for our wrongdoings. We pray an Act of Contrition during the Sacrament of Penance. We can also pray it anytime we want to ask God's forgiveness. You can pray the Act of Contrition on this page or any other Act of Contrition. You can also use your own words of sorrow such as: "Lord Jesus, Son of God, have mercy on me, a sinner."

