

The Sacraments In General

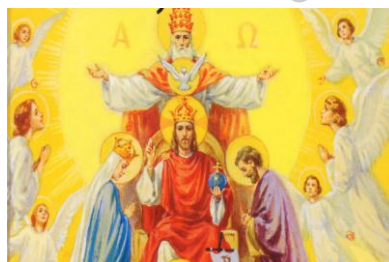
An Introduction to Sacraments

 We live in two worlds: a physical world and spiritual world.

Physical
World



Spiritual
World



 We have a body and a soul.

BODY



SOUL



 The body we can see.

 The soul is invisible.

 Our body has many parts.

 It has eyes, a mouth, a nose, arms, legs, and all of those other parts that make up the body.

What does our soul have?

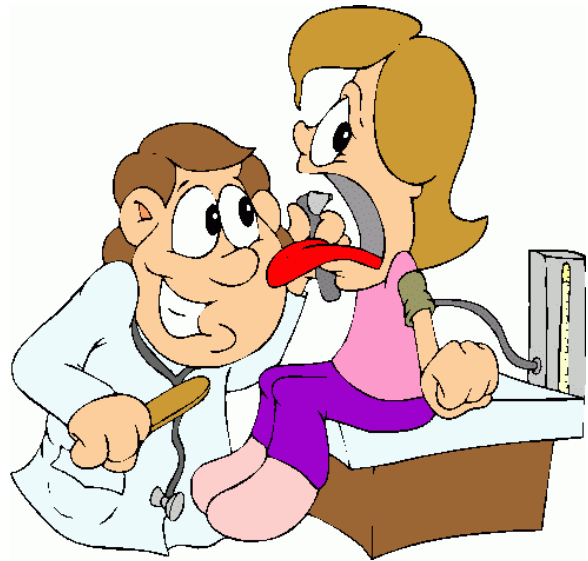
- ✚ It has an intellect and will.
- ✚ The intellect is part of the soul that thinks and figures things out.
- ✚ The will is part of the soul that helps us make choices.
- ✚ The soul also has memory.
- ✚ It has a conscience too.
- ✚ It is our judgment maker.
- ✚ Love and grace live in the soul too.





How do we take care of our bodies?

- ❖ **We clean, feed, and exercise our bodies.**
- ❖ **We go to a doctor to get well, if our body is sick.**





How do we take care of our soul?

❖ **The Sacraments! There are seven of them!**



Baptism
(cleans the soul)



Eucharist
(feeds the soul)



Confirmation
(exercises the soul)



Reconciliation / Confession
(We go to the priest, if our soul is sick with sin)



Anointing of the Sick
(Helps heals the soul & body)



Marriage
(The two become one. They are given special graces to help them to be a good husband and wife)



Holy Orders
(A man is made a priest. He is given special graces to help him to be a good priest)



**Our soul is missing something when God creates it.
It is created in a state of darkness.
What is it missing?**



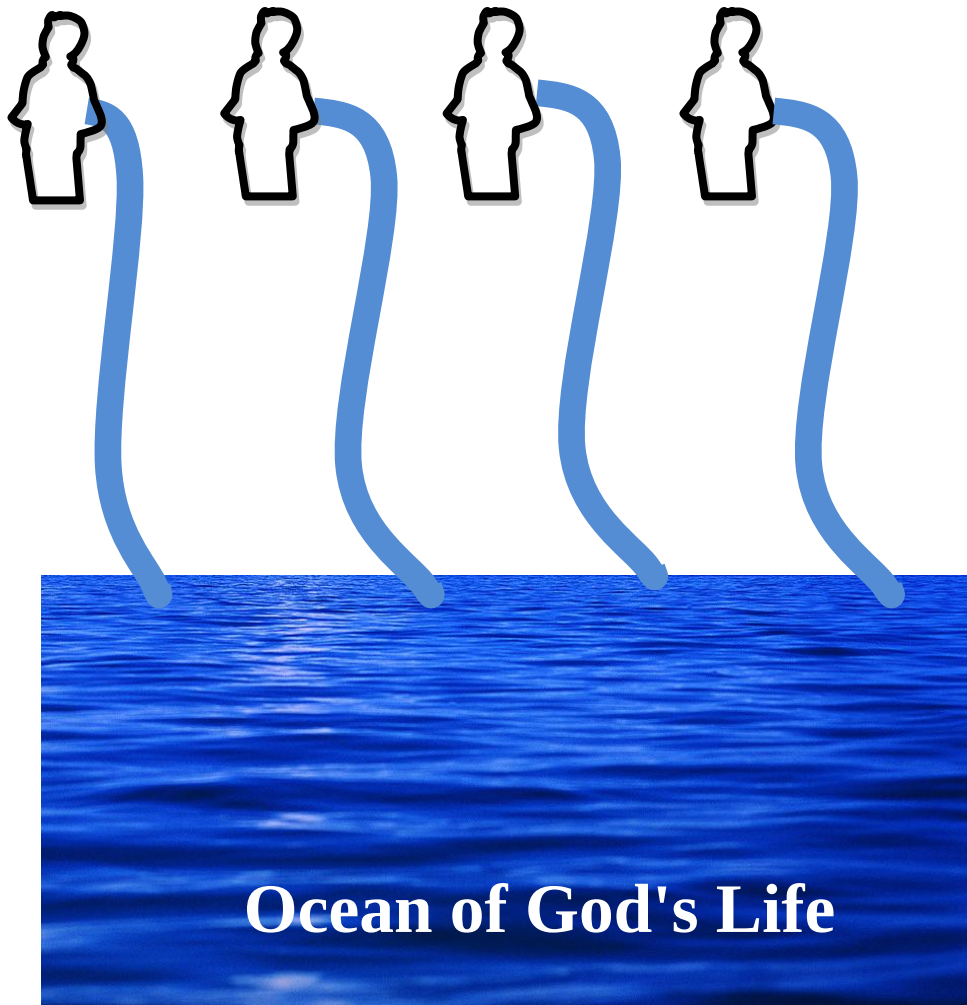
**It is missing sanctifying grace.
Sanctifying grace is a share in the life of God.
It is a special gift – a gift of God's very life.**



**Sanctifying grace gets rid
of the darkness.**

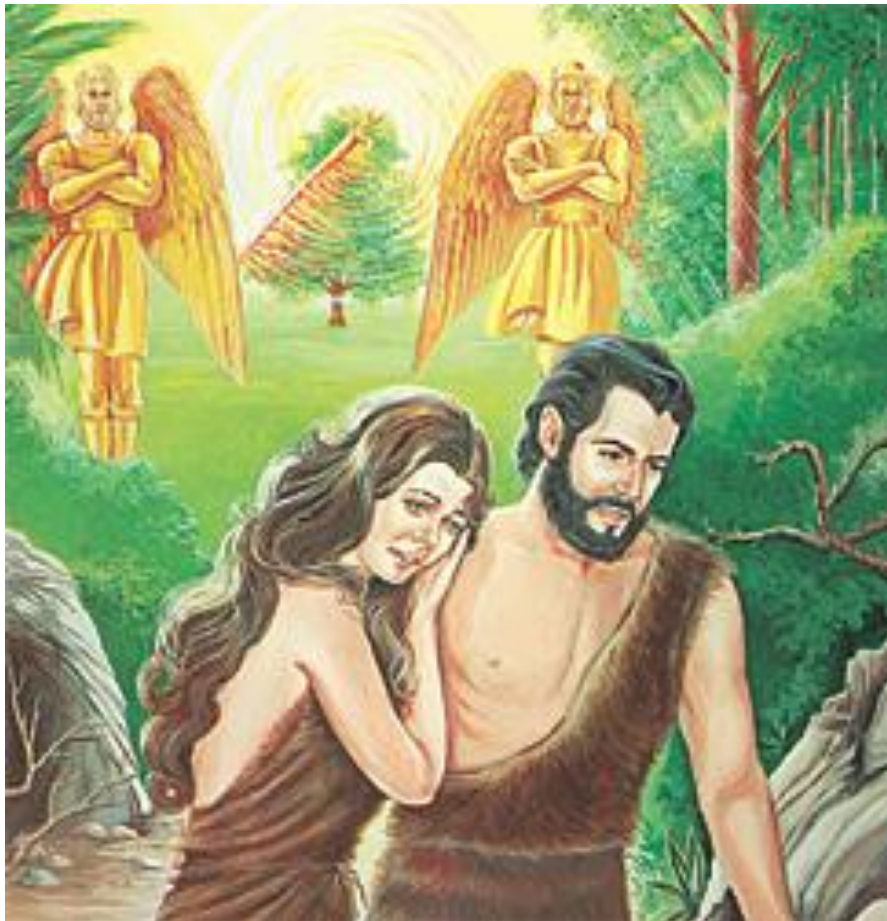
- ✚ Imagine that God is the ocean and we are rivers.
- ✚ Most rivers flow into the ocean, right?
- ✚ Imagine the ocean flowing (backwards) into the rivers.
- ✚ God's life (the ocean) flows into our souls (the rivers).
- ✚ We have a little share of God's life in our soul.
- ✚ Again that life is called sanctifying grace.
- ✚ Our souls need that life to help us to be holy and to make our souls holy.

Rivers sharing God's Life





**When God creates our soul, he creates it without that grace.
Why?**



**Because of Adam & Eve's sin -- the original (or first) sin
committed by the first human beings.**



**Because of that sin they lost sanctifying grace (God's life) in their
soul and also other supernatural gifts.**



We inherit the loss. {The loss is transmitted to us.}



How are we going to get the grace that we need for our soul?.

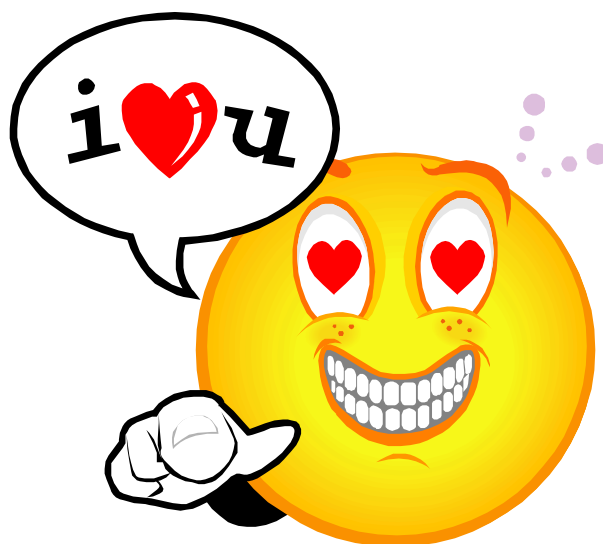


The Sacraments! They will give us sanctifying grace, plus other supernatural graces (or gifts).



The Sacraments are Signs of Love from Jesus

- ✚ The body is used to express our love.
- ✚ How do you say, "I love you."
 - ❖ A hug.
 - ❖ Visiting a sick friend.
 - ❖ Helping your mother.
 - ❖ You can say with your voice "I love you!"



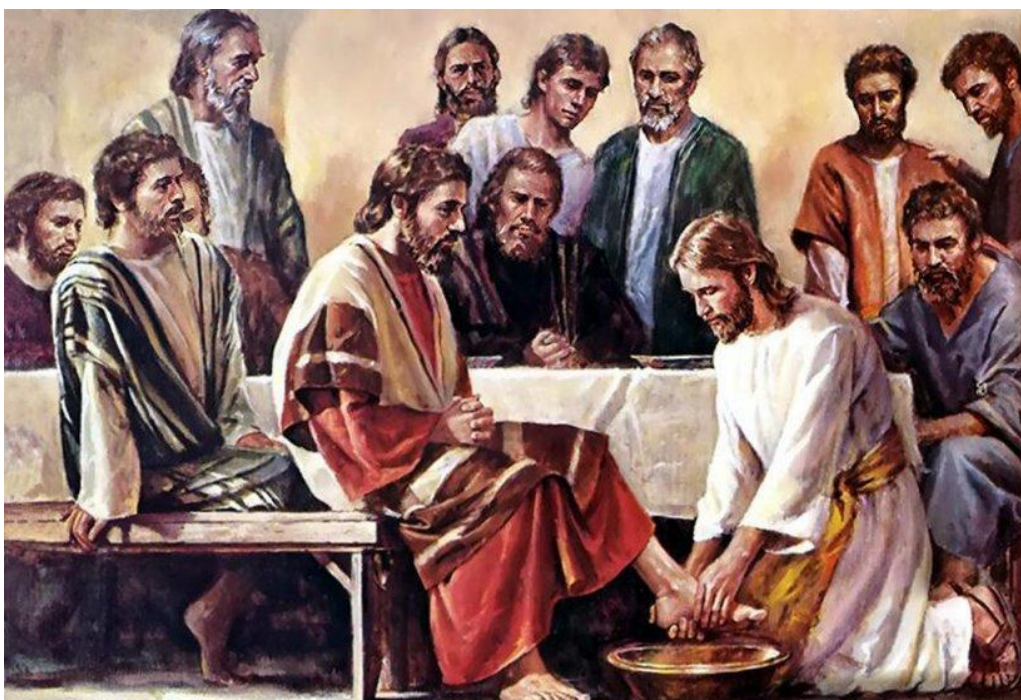
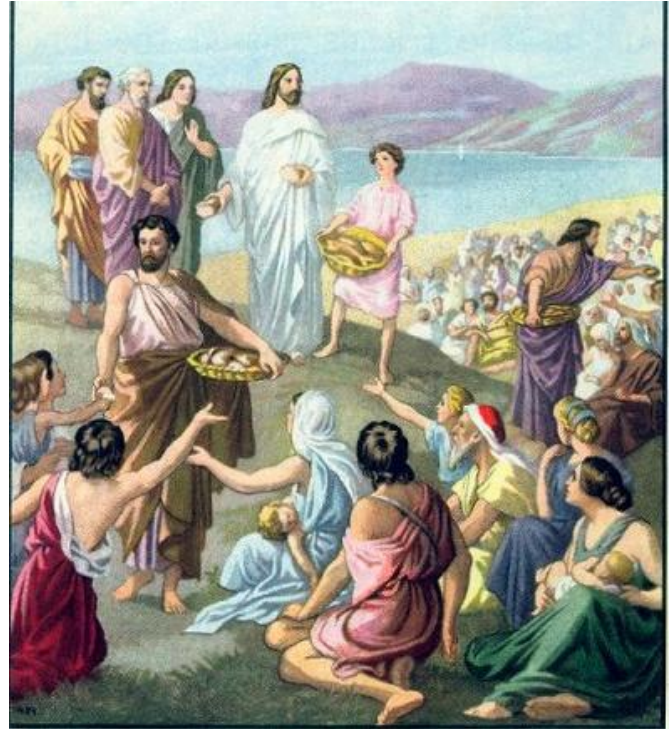
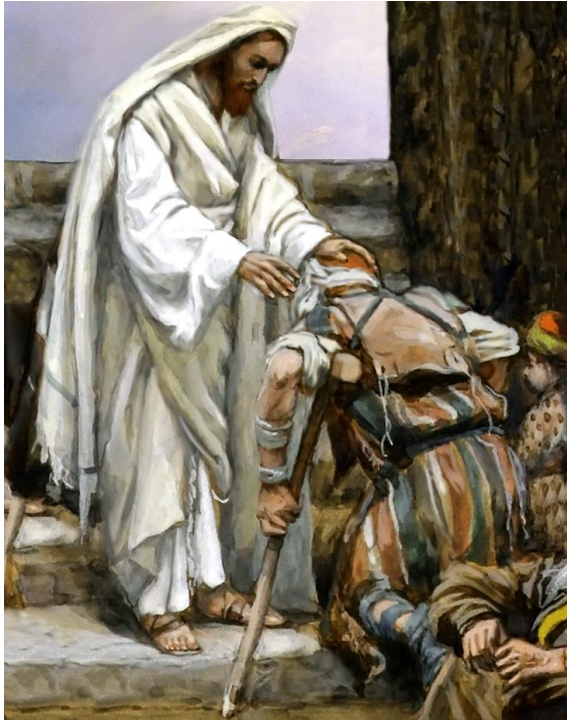


How does Jesus say "I love you"?

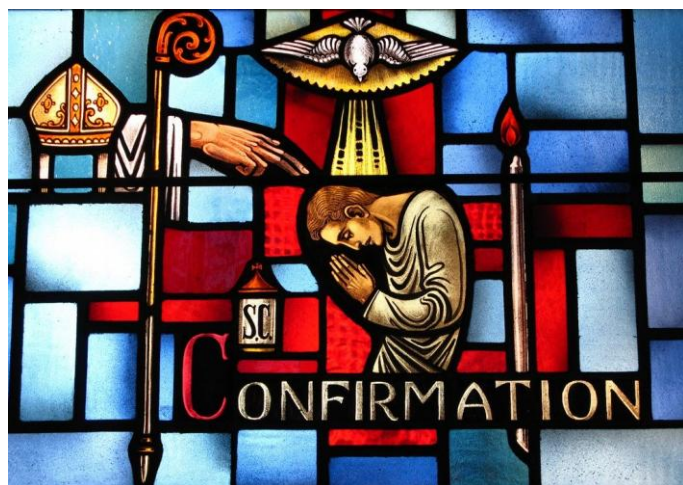


When he was here on earth:

- ❖ **He cured the sick by touching them.**
- ❖ **He fed a crowd by multiplying loaves of bread and fish.**
- ❖ **He served his friends. At the Last Supper he washed the feet of the disciples.**



- ✚ Today Jesus says "I Love You" through the sacraments of the Church.
- ✚ The sacraments are Jesus' way of touching, feeding, curing, and helping us.
- ✚ The sacraments connect the physical world to the spiritual world.
- ✚ We use physical things and words to cause our soul to change.



Definition of a Sacrament

- ✚ A sacrament connects the physical world to the spiritual world.
- ✚ In a sacrament we use physical things and words to cause a change in the spiritual world – a change to our soul.
- ✚ So, there are two things happening in a sacrament – something visible and something invisible.
- ✚ The physical thing and words are called an "outward sign."
- ✚ The physical thing is called the "matter" of the sacrament.
- ✚ The words are called the "form" of the sacrament.
- ✚ The physical thing may be an object like water or an action like laying on of hands.
- ✚ When the "outward sign" of a sacrament is used, grace is given.
- ✚ Also, sacraments were given to the Church by Jesus Christ.

