

The Sacraments

Sacraments - The sacraments are visible signs instituted by Jesus Christ to give us grace and to make us holy (CCC 1131).

Matter - The matter of sacrament is the things or actions of which it is composed, such as water in baptism (CCC 1084).

Form - The form of a sacrament is the set of words pronounced by the minister in administering the sacrament (CCC 1084).

Minister - The minister of a sacrament is the person who has the power to confer the sacrament in the Name of Jesus Christ (CCC 1084).

<u>Sacrament</u>	<u>Matter</u>	<u>Form</u>	<u>Minister</u>
Baptism -	Water	“I baptize you in the Name of the Father...”	The ordinary minister is one who has received Holy Orders but, in case of necessity, anyone can baptize provided he has the intention of doing what the Church does (CCC 1256)
Confirmation -	Laying on of hands; anointing with chrism oil	“Be sealed with the Gift of the Holy Spirit.”	The ordinary minister is the bishop, although a priest may receive special faculties to administer the sacrament
Holy Eucharist -	Bread and wine	“This is my Body.... This is the cup of my blood.”	A validly ordained priest
Penance -	Verbal confession of sins	“I absolve you from your sins in the Name of the Father...”	A priest approved by the bishop (CCC 1444)
Anointing of the Sick -	Oil	“Through this holy anointing may the Lord in his love...”	A priest; the pastor of the parish or another priest who has his permission (CCC 1516)
Holy Orders -	Laying on of hands	“We ask you, all-powerful Father..”	A bishop
Matrimony -	Christian man and woman	Exchange of vows	The spouses confer the sacrament on each other

<u>Sacrament</u>	<u>Institution</u>
1. Baptism	Mt. 28:19-20; Mk 16:15-16
2. Eucharist	Mt 26:28; Mk 14:21-24; Lk 22:19-20; 1 Cor 11:23-26
3. Penance	Jn 20:21-23
4. Confirmation	Jn 16:7-15; Acts 2:1-4; 8:14-17; 19:5-6; Heb 6:1-2
5. Matrimony	Mt 19:4-12; Eph 5:28-32
6. Holy Orders	Mt 26:26-28; Mk 14:22-24; Lk 22:19-20
7. Anointing of the Sick	Jas 5:14-15

Sacramental Grace

Besides sanctifying grace, sacramental grace is conferred with each sacrament.

Baptism: We are given the grace to live a holy life. We receive the virtues of faith, hope, and charity, and become part of the Church family, which gives us guidance and support.

Confirmation: We are given the grace to be strong in the Faith and loyal to Jesus. We also receive an outpouring of the gifts of the Holy Spirit and the grace to be soldiers of Christ.

Eucharist: We receive the Body and Blood of our Lord and the grace to love Jesus with all our hearts and our neighbors as ourselves. We are united in the Mystical Body of Christ and are strengthened and nourished by the Eucharist.

Penance: We are restored in sanctifying grace and given the grace to overcome our sins. For example, if we confess lying, God will help us to overcome the sin of lying.

Anointing of the Sick: Gives us the grace to suffer well and die faithfully. We are united to Christ in his Passion so we can be united with Christ in his Resurrection.

Holy Orders: Priests are given the grace to live holy lives and administer the sacraments. They are also given the grace to live their vows of poverty, chastity, and obedience.

Matrimony: Spouses are given grace to love each other and raise children in the Faith by their teaching and example.

References

- Catechism of the Catholic Church (CCC)
- Outlines of the Catholic Faith (OCF)
- United States Catholic Catechism for Adults
- Catholicism for Dummies, by Rev. John Trigilio Jr., PhD, ThD, and Rev. Kenneth Brighenti, PhD
- Holy Bible, Revised Standard Version – Catholic Edition
- Compendium – Catechism of the Catholic Church
- Annulments and the Catholic Church – Straight Answers to Tough Questions, by Edward Peters, J.D., J.C.D.
- God Made It. We Can't Change It. Mary Beth Kremski, This Rock Magazine, February 2007.

The Sacraments of the Church

According to the *Catechism of the Catholic Church*, the sacraments are “efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us” (CCC 1131). Thus, the sacraments are outward signs, perceptible to the senses, given to us by Jesus and entrusted to the Church for the purpose of giving us God’s grace. As defined by the Council of Trent and affirmed by the *Catechism*, there are seven sacraments: Baptism, Confirmation, Eucharist, Penance (or Reconciliation), Anointing of the Sick, Holy Orders, and Matrimony.

Sacraments of Initiation

Two of the sacraments of initiation, Baptism and Confirmation, are received only once because they imprint an indelible (i.e., permanent) mark on one’s soul.

Baptism (CCC 1213–1284). *In baptism, we are freed from original sin and become children of God. In addition, we become members of Christ’s mystical body, the Church.*

Confirmation (CCC 1285–1321). *In confirmation, we are joined more perfectly to the Church and strengthened with a special grace of the Holy Spirit.*

Eucharist (CCC 1322–1419). *In the Holy Eucharist, the “source and summit” of the Christian life, we receive the body and blood of Jesus under the appearance of bread and wine.*

Sacraments of Healing

Penance/Reconciliation (CCC 1422–1498). *In the sacrament of penance (or confession), we confess our sins to a priest who absolves (i.e., forgives) us from them in the name of Jesus, thus reconciling us with God and the Church.*

Anointing of the Sick (CCC 1499–1532). *In the anointing of the sick, those who are seriously ill (not necessarily at the point of death) are anointed by a priest to be strengthened in their illness and receive forgiveness from their sins.*

Sacraments of Vocation

Holy Orders (CCC 1536–1600). *In holy orders, a man is ordained to one of the three “degrees” of ordained ministry in the Church—bishop, priest, or deacon—by which his soul is indelibly (i.e., permanently) configured to the ministry of Christ himself.*

Matrimony (CCC 1601–1666). *In marriage, a man and woman join themselves together in a life-long covenant for the purpose of growing in Christian holiness and the procreation and raising of children.*