

## THE SACRAMENTAL LIFE OF THE CHURCH

### **Session Description:**

This session explores the seven sacraments and their place in the life of the people of God.

### **Focus of the Session:**

“The seven sacraments touch all stages and all the important moments of Christian life: they give birth and increase healing and mission to the Christian’s life of faith (CCC #1210).”

### **Content:**

In conducting this session the instructor will:

1. Introduce the theology of sacraments and the life of grace.
2. Discuss the stages of life as marked by the sacrament: initiation, healing, and vocation.
3. Explore the rituals and symbols of the sacraments.
4. Explain the Biblical understanding of sacraments as “instituted by Christ.”

### **Learning Outcomes:**

As a result of this session, the catechist will:

1. Understand how the sacraments celebrate the lived experience of the Church.
2. Realize the sacraments are particular moments of an ongoing process of conversion.
3. Be convinced of the personal and communal nature of the sacraments.
4. Develop an understanding of grace associated with sacraments.
5. Understand the importance of the Eucharist as “Sacrament of sacraments” (CCC #1211).

### **References:**

- A Catholic edition of the Holy Bible: 1 Corinthians 11: 23-34, Mark 14: 22-26, Matthew 26: 26-30, John 6: 41-71
- *Catechism of the Catholic Church*: Part Two, Section Two: *The Seven Sacraments of the Church*: #1210-1690
- *National Directory for Catechesis*: pp. 113-145