

Building Strong, Healthy Families

Through the Sacraments

Questions for a Group Discussion

These topics and questions are GREAT tools to use in a Religious Education classroom, however they can in fact be adopted for Adult Learning [including RCIA] and other Bible/Service study groups. This can also be used for Study in the Eastern Rite with the MOST HOLY MYSTERIES

SEVEN SACRAMENTS: [Holy Mysteries]

What has my understanding toward the sacraments been up until now?
Do I have a personal relationship with “my” Jesus?
Do I see myself as an “Evangelist”?

BAPTISM: [Holy Mysteries of Initiation (total immersion)]

How can my learners, at their age, understand what their baptism means?
How specifically can they be evangelists, right where they are?
How might we celebrate our baptism, in the learning setting?

CONFIRMATION: [Holy Mysteries of Initiation- CHRISMATION]

Is there a motivated person who could speak about their ignited faith with Jesus?
What are their attitudes toward this Sacrament—and ending or a beginning?
In what creative ways can I develop a love for saints in them?
How can they understand the gifts of the Holy Spirit on a level appropriate to them?
How might I build enthusiasm about the Sacrament of Confirmation, so they may
look
forward to it for years?

HOLY COMMUNION: [Holy Mysteries of Initiation- EUCHARIST]

What is my own attitude toward Holy Communion?
Do my learners understand this is truly Jesus in the sacrament?
Do my learners understand that this belief separates us from most other Christians?
Have I ever taken those whom I am teaching to Adoration?
Can I share some stories of the Eucharistic Miracles with them to peak their
interest?
How might I inspire those who I teach to adore Jesus in the Blessed Sacrament with
their families?

CONFESSION: [Holy Mysteries of Reconciliation (Repentance)]

What is my own attitude toward Confession?
Am I making a good use of this gift of grace? Why or why not?
What are my learners’ feelings about Confession?
What is their understanding of how often they should go?
How might I inspire my learners to make this sacrament more often?
How can I excite them about the sacrament before they receive it for the first time?
How might I inspire a conversation about Confession at home?

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HOLY ORDERS: [Mystery of Holy Orders]

Have I ever asked any of them if they would consider a religious vocation?
Have I exposed them to priests, deacons, or religious to share their vocation story?
What is their understanding of service, and how might I encourage that more?
Can I arrange to have an altar server visit and talk about that service?
Can our group “adopt” a seminarian, novice, or retired priest or sister?

MATRIMONY: [Mystery of Crowning]

Is the group aware that there are three vocations—married, single, religious?
How might I inspire them to pray for their vocation?
How can I reinforce God’s vision for marriage among them?
How do I do that in light of the reality of divorce?
How do I do this in light of the reality of non-traditional family situations?

ANOINTING OF THE SICK: [Mystery of Anointing]

How might I engage in discussions of heaven, hell, and purgatory?
How might our group engage collectively in works of Mercy?
Could my group attend a funeral mass at the parish?
Do we pray as a class for the sick? For special intentions?
Is there someone who is sick or suffering that we can minister to?
How might I address respect of our bodies and others appropriate to the age level?
How can I encourage our class to “offer it up?”