

Lesson Sixteen Preparation: Mark 8:22-26

Sacraments

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- The Sacraments are signs that do what they signify.
- Sacraments are how we encounter with the living God and let him live in us.
- We call God's life in us and the actual help that God gives us "grace."

Read

From the Bible: Mark 8:22-26

From the *Catechism of the Catholic Church*

Jesus' words and actions during his hidden life and public ministry were already salvific, for they anticipated the power of his Paschal Mystery. They announced and prepared what he was going to give the Church when all was accomplished. The mysteries of Christ's life are the foundations of what he would henceforth dispense in the sacraments, through the ministers of his Church, for "what was visible in our Savior has passed over into his mysteries (Sacraments)." Sacraments are "powers that comes forth" from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in his Body, the Church. They are "the masterworks of God" in the new and everlasting covenant (paragraphs 1115 and 1116)

From the *Compendium to the Catechism of the Catholic Church*

Read questions [218-249](#); this will take 15 minutes.

Watch

[What is a Sacrament \(2:18\)](#)

[How Does Grace Come to Us \(2:45\)](#)

[The Seven Sacraments \(2:37\)](#)

[Sketchy Catholicism: Sacraments \(6:34\)](#)

Reflect

Sacraments are signs that bring about what they symbolize. They involve words that alter reality. They communicate spiritual truths through sensate things. How is that even possible?

If you think about it, this is not that far removed from our ordinary experience. When the right person says the right thing at the right time and with the right intention, reality changes. If a duly deputized minister of the law comes up to you says, "You're under arrest," you are, in fact, under arrest. If a duly deputized minister of the Nation League calls out, "Strike three!" it is, in fact, a strike out. There are many other examples: "Will you marry me," "I'm pregnant," "You're hired." Red roses on your anniversary, a present at Christmas, dinner on your birthday. All these things have the ability to communicate something deeper, to change reality.

The sacraments are similar, except that what they communicate is God himself. We are composites of body and soul, and so God comes to us through our senses, through words and water and oil and bread, through sacraments. They are nothing less than encounters with Jesus Christ.

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Sacraments

Lesson Summary

Sacraments are 1) sensible signs that bring about what they signify 2) instituted by Jesus 3) as encounters with God (grace).

There are 2 types of Grace: Sanctifying Grace, God's own life and actual grace gifts and helps from God.

The 7 Sacraments are how the graces of the Pascal Mystery (redemption, salvation, and sanctification) flow to us.

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Our Father, Hail Mary (*Catholic Children's Bible* page 1992)

Read

Mark 8:22-26 - Jesus Heals the Blind Man

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the [suggested journal prompts](#) if you need help.

Reflect

Did Jesus just heal that guy with his spit? Yes he did!

As weird as that seems, that is what Jesus does all the time. In the Gospels, Jesus heals with spit, with touch, with words, and even with his clothes.

Today, we experience Jesus in water, bread and wine, oil, our verbal confession, and in the marriage vows of a man and woman.

We call these things sacraments. They are mysterious encounters with Jesus. Jesus gave us seven sacraments so that we could be close to him and he could be close to us. Just like the people in the Gospels, we can touch Jesus today, in the sacraments.

Watch

[The Seven Sacraments \(2:37\)](#)

[What is a Sacrament \(2:18\)](#)

[How Does Grace Come to Us \(2:45\)](#)

[Sketchy Catholicism: Sacraments \(6:34\)](#)

Discuss

- Share stories of your family's experience of Sacraments:
 - Parents' Marriage
 - Kids' Baptisms
 - First Confession
 - First Communion
 - Parents' Confirmation
 - Anointing of the Sick
- Can anyone name all seven sacraments?

Bible History

Sometime this week, read **God Tells Job to Trust Him (Job 38:1-41)**, pages 828-829 in the *Catholic Children's Bible*.

This is the story of the holy man, Job (pronounced with a long O), and his experience of God and suffering as a mystery.

Live

- Pull out the wedding album and have a conversation around the sacrament of marriage.
- Create a Congratulations card for a newly baptized baby. Present it to a family who had their baby baptized at mass welcoming them into our parish family.
- Ask one of our priests what they love the most about the priesthood.
- Have each person act out one of the seven sacraments and see if you can guess and name all seven sacraments.

Lesson Sixteen Supplemental Materials

Sacraments

Lesson Summary Statements

- Sacraments are sensible signs instituted by Christ to give us grace, God's own life.
- The seven sacraments are Baptism, Confirmation, Eucharist, Penance, Anointing of the sick, Holy Orders, and Matrimony
- A sacrament consists of two parts: the form (words spoken) and the matter (material used).
- Each Sacrament gives us Sanctifying Grace and a particular sacramental grace.
- There are two types of Grace: Sanctifying Grace is the very life of God, and actual grace are helps and gifts
- The seven sacraments are channels that Jesus uses to communicate the graces of the Pascal Mystery, his Life Death and Resurrection, to us.
- The graces of the Pascal Mystery are Sanctifying Grace, salvation, forgiveness, adoption as children of God, unity with God.
- The sacraments communicate grace even if the minister is unworthy, because Jesus acts in the Sacraments.
- The sacraments always give us grace when we receive them properly (participate in the service, are open to the grace of the sacrament, and understand it well according to our ability).
- Liturgy is the public worship of God: The Mass and the other sacraments are liturgy.
- The whole Christ acts in the liturgy, Jesus united to His Mystical body the Church.
- Jesus celebrates the liturgy and the sacraments by acting through his priests and bishops; it is Jesus who baptizes, offers mass, hears confessions, etc.
- Through the liturgical year—the seasons of Advent, Christmas, Lent, Easter, and Ordinary Time—the Church celebrates the whole mystery of Christ. The celebration of the Easter Triduum is the highlight of the year.
- Sunday, the day of resurrection, is reserved for the celebration of the liturgy and for family.

More Resources to Answer Your Questions

Videos

- [What are the sacraments](#) (6:41)
- [What is grace](#) (2:59)
- [How do we increase grace](#) (3:45)
- [A Season for Everything](#) (6:08)

Websites

- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)

Name _____

Draw a line from each name to its picture.



Baptism

Eucharist

Confirmation

Reconciliation

Anointing of the Sick

Marriage

Holy Orders


