

Sacraments 101

BY DAVID O'BRIEN

This quiz can help you, your students, and your students' families review what you know about our Catholic faith. Check your answers against the answer key on page 43.

1 _____ is the sacrament that welcomes people into the Catholic Church.

- a) first Communion b) baptism c) first reconciliation d) matrimony (marriage)

2 The apostles never did what we do at Mass.

True | False

3 How often can a person receive Holy Communion?

- a) only on Sunday b) Christmas and Easter c) 10 times a day d) once a day

4 Sacraments are the supernatural way that we encounter _____.

- a) Christ b) the saints c) other Catholics d) Pope Francis

5 The sacrament of _____ is how Catholics receive mercy and forgiveness for their sins.

- a) holy Communion b) matrimony c) reconciliation d) ordination

6 The first Christians celebrated baptisms and the Eucharist.

True | False

7 _____ is one of the sacraments of initiation.

- a) holy orders b) marriage c) confirmation d) confession

8 If a person is baptized in a mainline Protestant community, it is recognized by the Catholic Church. True | False

9 "I baptize you in the name of the _____, and of the Son and of the Holy Spirit."

- a) bishop b) Church c) Trinity d) Father

10 Which is the only sacrament that is not celebrated by an ordained bishop, priest, or deacon?

- a) holy orders b) matrimony c) reconciliation d) anointing of the sick

11 "He took _____, said the blessing, broke it, and gave it to them, and said, "Take it; this is my body" (Mark 14:22).

- a) jars of wine b) crackers c) dinner d) bread

12 The sacrament of the anointing of the _____ is celebrated with seriously ill or dying people.

- a) bread and wine b) water c) sick d) Communion hosts

13 _____, deacons and bishops are ordained when they receive the sacrament of holy orders.

- a) priests b) nuns c) monks d) married couples

14 Chrism is the holy _____ that is used at baptisms, confirmations, and ordinations.

- a) oil b) water c) clothes d) candle

15 Eucharist literally means "come together to break bread."

True | False



16 When a baby is baptized, the _____ speak for the child until they can profess their faith for themselves at the sacrament of confirmation.

- a) priests b) grandparents c) altar servers d) parents

17 In the sacrament of matrimony, the couple vows to be open to _____.

- a) wedding presents b) having children c) moving for a better job d) volunteering in the parish

18 Jesus' first miracle was the Wedding at _____ (John 2:1-12), where he turned water into wine.

- a) Cana b) Jerusalem c) Bethlehem d) Nazareth

19 At Pentecost, the Holy Spirit came upon the apostles like tongues of _____ (Acts 2:1-13).

- a) doves b) cows c) incense d) fire

20 Only mortal sins should be confessed to a priest.

True | False



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IQBQ

Sacraments change us no matter what we do because the sacraments are from God, and God wants us to be holy like Christ.

True | False

For more Catholic IQ and to find the answer to the *What's Your Catholic IQ? Bonus Question*, go to Catechist.com.

ANSWERS TO WHAT'S YOUR CATHOLIC IQ?

1 b) "Through baptism we are freed from sin and reborn as children of God; we become members of Christ, are incorporated into the Church and made sharers in her mission" (CCC, 1213).

2 False. They worshipped at the synagogue and heard God's word from the Old Testament. They received the Body and Blood of Christ at the Last Supper (see Luke 22:19-20).

3 d) A Catholic may receive the Eucharist once a day at daily or Sunday Mass. However, it is permissible to receive more than once a day in certain circumstances.*

4 a) Every liturgical action, especially the sacraments, is an encounter between Christ and the Church community. The Holy Spirit makes us into the one Body of Christ despite all racial, cultural, or social differences. (See CCC, 1097)

5 c) Baptism, anointing of the sick and the Eucharist also forgive sins, but going to confession is where Catholics normally seek God's mercy.

6 True. Paul's letters (1 Corinthians 11:23-26) and the Acts of the Apostles (2:42; 8:26-39) tell stories of the first disciples baptizing new Christians and gathering for Mass.

7 c) "Christian initiation is accomplished through: baptism, which is the beginning of new life; confirmation, which is its strengthening; and the Eucharist, which nourishes the disciple with Christ's Body and Blood for his/her transformation in Christ" (CCC, 1275).

8 True. The normal minister of baptism is a bishop, priest, or deacon. However, anyone, even a non-Christian in extreme circumstances, can baptize if they use water, invoke the Trinity, and intend the same thing as the Catholic Church intends for baptism (see CCC, 1256).

9 d) The Trinity is unique to Christianity; one God, three persons—Father, Son, and Spirit.

10 b) In the Roman Catholic rite of marriage, the couple celebrates the sacrament. The priest serves as the Church's witness.

11 d) All four Gospels describe how Jesus told his disciples to eat the bread that is his Body. (See Matthew 26:26, Mark 14:22, Luke 22:19, and John 6:51.)

12 c) "Is anyone among you sick? He should summon the leaders of the church, and they should pray over him and anoint him with oil in the name of the Lord" (James 5:14).

13 a) Men ordained to serve the Church act as another Christ (*alter Christus*) to the faithful.

14 a) Every parish receives a year's worth of chrism (perfumed oil) from the local bishop during Holy Week.

15 False. It means "thanksgiving." The Mass is when Catholics express "gratitude to God for all ... that he has accomplished through creation, redemption, and sanctification" (CCC, 1360).

16 d) Baptism releases the child from original sin, welcomes him/her into the Church, and makes the baby an adopted child of God (see CCC, 1250). Why would parents wait until confirmation to give their child these gifts?

17 b) Catholic couples vow to be faithful to each other, be open to having children, and stay together until they die, no matter what life brings. (See CCC, 1646.)

18 a) In John's Gospel, this miracle marked the beginning of Jesus' ministry.

19 d) The Holy Spirit was poured out at Pentecost, described in Acts 2:3 as tongues of fire resting on each disciple. Fire symbolizes "the transforming energy of the Holy Spirit's actions" (CCC, 696). While the Spirit is present in every sacrament, we identify the gifts of the Spirit at Confirmation, in the anointing of oil, and the laying of hands, as being "sealed" with the Holy Spirit. (See CCC, 1297-1300.)

20 False. Mortal sins *must* be confessed to repair our relationship with God. Monthly confession, however, is a good practice even if we don't have any mortal sins because it gives us God's grace to avoid sin.



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*The Code of Canon Law states in Canon 917: "A person who has already received the Most Holy Eucharist can receive it a second time on the same day only within the eucharistic celebration in which the person participates." Some examples for receiving Holy Communion a second time include: if someone attends two Masses in a day such as a daily Mass, and a wedding Mass later on; or they attend a morning Mass, and then a Vigil Mass for a holy day on the same day; or they are in danger of death in the evening and need viaticum, after they have received Holy Communion at Mass in the morning, they may, indeed, receive a second time.