

# **Worksheet 17**

## **The Sacraments – Part 2**

### **Answer Sheet**

#### **What are the Sacraments of Initiation?**

- The Sacraments of Initiation are Baptism, Confirmation, and Holy Eucharist.
- They are called the Sacraments of Initiation because they draw us into the full life of the Church.
- Through them, we are born again in Christ, strengthened by the Holy Spirit, and nourished by the Body and Blood of the Lord.
- Baptism begins our life in Christ, Confirmation deepens and strengthens that life through the Holy Spirit, The Eucharist nourishes and sustains us in communion with Christ.

#### **What does Baptism do?**

- Baptism frees us from sin and gives us new life in Christ.
- It fills the soul with sanctifying grace and unites us to Christ's death and resurrection
- It makes us members of Christ and his Church.

#### **How is Baptism foreshadowed in the Old Testament?**

- At creation, water is connected with life and the action of the Holy Spirit.
- In the flood, water becomes both judgment against sin and the means of a new beginning.
- In the crossing of the Red Sea, water becomes the means of deliverance from slavery into freedom.

#### **What is Confirmation, and what does it give?**

- Confirmation perfects baptismal grace and strengthens us with the gift of the Holy Spirit.
- It seals the Christian for witness, discipleship, and mission.
- It is primarily about what God does in us, not simply our decision to be Catholic.

#### **What does the Church teach about the Eucharist?**

- Christ is truly present in the Eucharist Body, Blood, Soul, and Divinity under the appearances of bread and wine, and this change is called transubstantiation.
- Holy Communion restores and deepens our communion with God and nourishes our spiritual life just as food nourishes physical life.
- Humanity's communion with God was ruptured through the disobedience of Adam and Eve by eating what God had forbidden
- In Christ, God restores Adam and Eve's broken communion by Christ's obedience in giving us his own Body and Blood as heavenly food.

#### **What are sacramentals, and how are they different from sacraments?**

- Sacramentals are sacred signs recognized by the Church.
- They help prepare us to receive grace and to cooperate with it.
- They do not confer grace in the same way the sacraments do.
- Examples of sacramentals include holy water, the rosary, and votive candles.