

The Institute for Catechesis and Formation

Course Outline for Students



ICF 104 – The Sacraments

This course emphasizes the responsibility of the faithful to participate in the sacraments, and also to cooperate in the graces that flow from each of them in order to live the life of Christ.

Texts: Introduction to Catholicism for Adults, Rev. James Socias (ICA)

Supplemental Reading/Additional Resources:

The Catechism of the Catholic Church (CCC):

<http://www.scborromeo.org/ccc.htm>

The Bible: <http://www.usccb.org/bible/books-of-the-bible/>

Week 1: The Sacramental Nature of the Church

Weekly Reading Before Class: ICA Chapter 11

Definition of Sacrament - What are the Sacraments?

- A sacrament is an efficacious sign of grace, instituted by Christ and entrusted to the Church, by which divine life of grace is dispensed to us through the work of the Holy Spirit. There are seven Sacraments. (CCC #1131).

The Meaning of Sacrament

- Sacraments as efficacious signs of grace – A sign is a physical act that points to a deeper, spiritual reality.

MATERIAL SIGNS USED IN THE SACRAMENTS

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| Baptism | Water |
| Confirmation | Sacred Chrism (blessed Oil) and the laying on of hands |
| Eucharist | Wheat bread and grape wine |
| Penance | Oral confession |
| Holy Orders | The laying on of hands |
| Marriage | Exchange of vows and consummation |
| Anointing of the Sick | Oil and laying on of hands |

Matter, Form and Minister

The celebration of each of the seven Sacraments includes three elements: the matter, the form and the minister.

Sacramental Grace

What is grace?

The word *grace* is derived from a Latin word meaning gift or favor. Divine grace is the *gift or favor* God gives us. It is a gift because it is "free and undeserved help that God gives us" (CCC #1996). It is *free* because we cannot do anything to earn it, and it is *undeserved* because God has no obligation to give it to us.

The Sacraments are necessary for our growth in holiness, for our salvation and to draw us closer to God. They unite us to the Christian community.

Week 2: Sacraments of Christian Initiation: Baptism, Confirmation and Eucharist

Weekly Reading Before Class: ICA Chapters 12 and 13

The Sacrament of Baptism:

Baptism is derived from Greek which means "to plunge, to immerse or to dip". Baptism is the Sacrament of Initiation by which a person enters the Church founded by Christ. It is the foundation of the Christian life and the gateway to the other Sacraments.

Scriptural Basis for Baptism:

- Jewish Rites of Purification
- Baptism is prefigured in the Old Testament

Celebrating Baptism

Who can be Baptized?

- **Adults and Infants** (CCC 1247; 1250-1251)
- **Effects of Baptism**
- **The Necessity of Baptism** (Jn 3:5; CCC #1260)
- **Other Types of Baptism**

The Sacrament of Confirmation:

Confirmation is the second of the Sacraments of Initiation, by which God passes on the grace of Pentecost and perfects the grace received in Baptism. We receive increased gifts and fruits of the Holy Spirit which strengthen us to serve the Church and draw others to the friendship of God.

Scriptural Basis for Confirmation:

- **Old Testament roots**
- **Instituted by Christ**

Celebrating Confirmation:

- Who may receive Confirmation? – every baptized person who has not received this Sacrament and has reached the age determined by the Bishop of the diocese can and should be confirmed in order to complete initiation into the Church (CCC 1319, 1309)

Effects of Confirmation

The Sacrament of the Eucharist:

The Eucharist is the third of the Sacraments of Christian Initiation. The Eucharist is the source and summit of the whole Christian life. The word Eucharist is derived from the Greek (*eucharistia*) "to give thanks."

Scriptural Basis for the Eucharist

- **Old Testament Roots**
- **Instituted by Christ**

The Real Presence

The true, real, and substantial presence of Christ - Body, Blood, Soul and Divinity under the appearance of the consecrated bread and wine of the Eucharist. (CCC 1412, 1376) *Transubstantiation* is the term used to describe this change of the bread and wine into the Body and Blood of Christ.

Effects of the Eucharist

Holy Communion unites us more intimately with God, with one another, and with the Communion of Saints.

Week 3: The Sacraments of Healing: Penance and Reconciliation/ Anointing of the Sick

Weekly Reading Before Class: ICA Chapter 14

The Sacrament of Penance or Reconciliation

The means established by Christ to restore our communion with God and the Church when we have broken or weakened it by sin

The Nature of Sin

Sin is an offense against God; varies both in seriousness and culpability

- **Mortal Sin**
- **Venial Sin**

Sins of Commission and Omission

Scriptural Basis for Reconciliation

- **Old Testament Roots:** God provided ritual sacrifice as a means to atone for sin.
- **New Testament:** Instituted by Christ

Celebrating Penance or Reconciliation

Effects of the Sacrament of Penance or Reconciliation

When received with proper contrition and a commitment to conversion, the Sacrament is the means by which God forgives our sins, reconciles us with Himself and the Church, and strengthens us against future temptation.

The Sacrament of the Anointing of the Sick

The Anointing of the Sick is the Sacrament of Healing that gives health to the soul and sometimes to the body through prayer and an anointing with oil. (

Scriptural Basis for the Anointing of the Sick

- **Old Testament Roots:** Is 33:24.
- **Institution by Christ:** The Gospels record many instances of Christ curing people.

Celebration of the Anointing of the Sick

- Viaticum – “food for the journey”

Effects of the Sacrament of the Anointing of the Sick

Week 4: Sacraments at the Service of Communion: **Holy Orders and Matrimony**

Weekly Reading Before Class: ICA Chapter 15 and 16

These two Sacraments are mainly directed to the salvation of others and are so called Sacraments at the Service of Communion.

The Sacrament of Holy Orders:

Christ instituted Holy Orders and entrusted to His Church in order to pass on the ministries of deacon, priest and bishop until the end of time

- Common Priesthood
- Ministerial Priesthood
- Three degrees of Holy Orders: Episcopacy (bishops), presbyterate (priests), and the diaconate (deacons).

Scriptural Basis for Holy Orders

- Old Testament Roots
- Instituted by Christ

Celebrating Holy Orders

- **Ordination**, from the Latin meaning "to put in order" or "to rank"; consecrated by the Holy Spirit into sacred service to God, the Church and all people
- **Effects of Holy Orders**

Symbols of the Ordained: Bishop, Priest, Deacon

- Clerical Celibacy
- Male Priesthood

The Sacrament of Matrimony:

Exclusive, freely chosen, lifelong, loving, complementary, union of a man and a woman ordered toward procreation and education of children.

Scriptural Basis for Marriage

- **Old Testament Roots:** Designed by God at the very beginning of Creation
- **Instituted by Christ:** Christ elevated marriage to the Sacrament of Matrimony

Celebrating Matrimony

Effects of Matrimony

Divorce and reception of the Sacraments

A Declaration of Nullity – Annulment