

The Good News about the Sacraments

Session 1: Finding God in the Sacraments

Introduction

- First of 7 weeks
- Supplemental materials

Opening prayer

And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. But the Lord God called to the man, and said to him, “Where are you?” And he said, “I heard the sound of thee in the garden, and I was afraid, because I was naked; and I hid myself.” *Genesis 3:8-10*

I came that they may have life, and have it abundantly. *John 10:10*



Proclamation

Jesus came to us, became one of us, came to our level and has given us the sacraments so that we can share in His life with His Father and the Holy Spirit.



I. Incarnation

That which is received is received according to the mode of the receiver.

Stories

- Me hiding from a shot when I was 8
- One of my children hiding from the priest when he was going to talk to her before her First Holy Communion
- Us hiding from God



Why did Jesus become man?

- God always intended for us to share in His life.
- But sin replaces that life in us with emptiness, where we try to fill our lives with lesser things that cannot ultimately satisfy.
- Jesus came to us, became one of us, came to our level to bring us back.



II. Grace

A share in the divine life



Why do we need grace?



What is grace and what does it do?

III. Sacraments

Efficacious signs of grace

How can we receive grace?

Grace

Sanctifying Grace

Sacramental Grace



How can the sacraments bear more fruit in our lives?

Catechism of the Catholic Church, 1131

The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us.

The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament.

They bear fruit in those who receive them with the required dispositions.



What is the Good News about the Sacraments?

- God always intended for us to share in His life.
- But sin replaces that life in us with emptiness, where we try to fill our lives with lesser things that cannot ultimately satisfy.
- Jesus came to us, became one of us, came to our level and has given us the sacraments so that we can share in His life with His Father and the Holy Spirit.
- We are invited to enter into the very life of God through the reception of the sacraments.

Question and Answer

Discussion/Reflection Questions

- Do you have a memory of someone coming to your level to make sure you understood something and that you got what you needed? Would you share about that?
- What does it mean to you that God wants to share His life with you?
- Have you ever had an experience of the sacraments where you felt like you were sharing in God's life? What was that like? If you haven't, what do you think it would be like?



Closing prayer