

## Lesson 19 - Means of Grace- Sacraments.

**Goals:** The students will know:

- What are Sacraments
- What do they mean
- What the two chief Sacraments are:
  1. **Baptism**
  2. **Lord's Supper** (also known as the *Holy Communion*, the *Eucharist*, the *Mass*, the *Divine Liturgy*).
- What the five lesser Sacraments are:
  1. **Confirmation**
  2. **Penance** (confession and absolution)
  3. **Unction** (anointing of the sick)
  4. **Matrimony**
  5. **Orders** (ordination).

*Question.* How many Sacraments hath Christ ordained in his Church?

*Answer.* Two only, as generally necessary to salvation; that is to say, Baptism, and the Supper of the Lord.

*Question.* What meanest thou by this word Sacrament?

*Answer.* I mean (1) an outward and visible sign of an inward and spiritual grace given unto us; ordained by Christ himself, (2) as a means whereby we receive the same, and a pledge to assure us thereof.

*Question:* How many parts are there in a Sacrament?

*Answer.* Two; the outward visible sign, and the inward spiritual grace.

### Scripture:

**Matthew 26: 26-28** – “And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; For this is my blood of the new testament, which is shed for many for the remission of sins.”

**Matthew 28:18-20** - "And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things

whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.

**Instruction:**

*What are Sacraments?*

The Sacraments are ceremonies or actions administered by the Church, symbolizing God's love, grace, and mercy which he offers to his people in Christ.

*Are the Sacraments just symbols?*

The Sacraments are not just symbols (signs), but symbols that make real and present to us what they symbolize (signify): **in the Sacraments, God himself shows us what he does (signs of grace), and does what he shows us (means of grace).**

*Do the Sacraments bring benefits and blessings to anyone who receives them?*

In order to receive the blessings of a Sacrament, we must do so repenting of our sins, believing in Christ, and determined to love our neighbor. If we reject what the Sacrament signifies and communicates to us, they stand as signs of the love of God we have refused, and therefore they stand as signs of judgment against us.

*How many Sacraments are there?*

The **two chief Sacraments**, ordained by Christ himself, are

- **Baptism**
- **Lord's Supper** (also known as the *Holy Communion*, the *Eucharist*, the *Mass*, the *Divine Liturgy*).

In addition there are **five other lesser Sacraments**:

- **Confirmation**
- **Penance** (confession and absolution)
- **Unction** (anointing of the sick)
- **Matrimony**
- **Orders** (ordination).

In addition, there are a number of **other ceremonies** which the Church observes: **keeping of the Lord's Day on Sundays and other holy days**; and the **Burial of the dead**.

**Prayer:**

Thank you, Lord, for the great love and mercy you have showed us, in the death and resurrection of your Son, in the gift of the Spirit, in the forgiveness of sins through faith in his blood; and especially for the sacraments which you have given your Church as visible signs of your invisible grace, and the means to receive it: Help us to know you better through receiving them in faith, and to believe and love you more: Through Jesus Christ Our Lord. Amen.

**Activity:**

Using the concept cards given, arrange the names of the Sacraments on your cork board (those cards are printed in color), leaving lots of room below each one.

The game may be played as long as time allows. However, the **Holy Baptism, Holy Communion, and Confirmation** cards are the most important to these lessons, and should be tackled first.

Divide up the black inked cards among the students, so that each student receives at least 1 card per student. Any remaining cards may go another round, or be shared together. Have the student read the card, and decide where it belongs. Then, tack the card underneath the Sacrament, and go to the next card. If the student is stumped, have the class lend a hand. The idea is to acquaint the students with the words, meanings, and symbols of the Sacraments.

See below.

**Holy Communion**

- Eucharist
- Mass
- Divine Liturgy
- Lord's Supper
- Body & Blood of Christ
- Strength and Refreshment of our Souls
- Bread and Wine are its signs
- Remembrance of the sacrifice of Christ's death

**Baptism**

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- Washing from Sin
- Death unto sin
- New birth unto righteousness
- Regeneration
- Rebirth
- First Sacrament
- Water is outward sign or form

### **Confirmation**

- Gifts of the Holy Spirit are inward grace, given to strengthen (firm) our faith
- Laying on of Hands by Bishop is outward sign
- Renewal of Baptismal Vows
- Sacrament before receiving Holy Communion

### **Penance**

- Short for Repentance
- Confession and Absolution
- Cleansing from sin committed after Baptism
- Word of Pardon from priest is its outward sign
- Priest gives help and instructions.
- New life from Christ is its inward gift.

### **Holy Unction**

- Means “anointing”
- Prayer for the Sick
- Its outward sign is the oil used for anointing
- Its inward grace is power of the Holy Spirit to fight against doubt and pain.

### **Matrimony**

- Marriage
- Union of Man and Woman as husband and wife under God
- Outward sign is joining hands and giving and receiving of a Ring.
- Inward grace is man and wife are made one flesh.
- Symbolizes Christ and his church.

## **Holy Orders**

- Ordination
- Sacrament by which men are set apart for ministry in the church.
- Bishops, Priests, and Deacons
- Its outward sign is laying on of hands
- Inward grace is power of the Holy Spirit to do work of the ministry of the church.

Holy Sacrament Concept Cards:

Note:

Sacraments are printed in colored ink. A list is enclosed to show which card goes with each Sacrament.

Depending on time allotted for the game, you may want to begin with Baptism and Holy Communion, then Confirmation. If you have time, you may add Matrimony, Penance, and Holy Orders.

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## **Holy Communion**

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Eucharist

Mass

Divine Liturgy

Lord's Supper

Body & Blood of Christ

Strength and Refreshment  
Of our Souls

Bread and Wine are its signs  
Remembrance of the sacrifice of Christ's death

### Baptism

Washing from Sin

Death unto sin  
New birth unto righteousness

Regeneration

Rebirth  
First Sacrament

Water is outward sign or form

### Confirmation

Gifts of the Holy Spirit are inward grace,  
given to strengthen (firm) our faith

Laying on of Hands by Bishop is outward sign

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Renewal of Baptismal Vows

Sacrament before receiving Holy Communion

### Penance

Short for Repentance

Confession and Absolution

Cleansing from sin  
committed after Baptism

Word of Pardon from priest is its outward sign

Priest gives help and instructions.

New life from Christ is its inward gift.

### Holy Unction

Means “anointing”

Prayer for the Sick  
Its outward sign is the oil used for anointing

Its inward grace is power of the Holy Spirit to fight against doubt and pain.

### Matrimony

Marriage

Union of Man and Woman as husband and wife under God

Outward sign is joining hands and giving and receiving of a  
Ring.

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Inward grace is man and wife are made one flesh.

Symbolizes Christ and his church.

### Holy Orders

#### Ordination

Sacrament by which men are set apart for ministry in the church.

Bishops, Priests, and  
Deacons

Its outward sign is laying on of hands

Inward grace is power of the Holy Spirit to do work of the ministry of the church.