

Habit 4: Invested In His Grace

The Sacraments

Recap of the whole HABITS curriculum:

- Our relationship with God is meant to **grow**
- Spiritual growth is a life-long **journey**
- Developing spiritual habits helps us grow **on our own**
- Accountability with others adds **insight, truth, hope** and **faith**.
- Scripture helps us **know God's ways, deepen our faith** and **change our lives**.
- Sacraments are **encounters with Christ** which sustain us and give us **grace** to live the Christian life.
- Getting involved is a **commitment** to finding **our role** in Christ's Church, enabling His message to spread.
- Stewardship is showing God that He **empowers us** and **is more important** to us than money, possessions, our time and our gifts.

"The church throughout all Judea, Galilee, and Samaria was at peace. It was being built up and walked in the fear of the Lord, and with the consolation of the Holy Spirit it grew in numbers." Acts 9:31

1. **The sacraments of Christian Initiation – Baptism, Confirmation, and the Eucharist – lay the foundations of every Christian life. CCC #1212**

- *"The faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive in the Eucharist the food of eternal life...they thus receive in increasing measure the treasures of the divine life and advance toward the perfection of charity." Pope Paul VI*

2. **Jesus Christ, physician of souls and bodies, has willed that his Church continue, in the power of the Holy Spirit, his work of healing and salvation through the sacraments of Reconciliation and Anointing of the Sick even among her own members. CCC #1421**

- *Then he breathed on them and said, "Receive the Holy Spirit. If you forgive people's sins, they are forgiven; if you do not forgive them, they are not forgiven. John 20:22-23*

3. **The Sacraments of Holy Orders and Matrimony are directed towards the salvation of others...and serve to build up the People of God. CCC #1534**

- *God blessed them, saying, "Be fruitful and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that move on the earth." Genesis 1:28*
- *Every high priest is taken from among men and made their representative before God, to offer gifts and sacrifices for sins. Hebrews 5:1*

Next Step Journal – This journal follows a similar format to a Bible study or devotional. It is broken up into 3 sections (1. Sacraments of Christian Initiation, 2. Sacraments of Healing and 3. Sacraments of Service). The journal includes a “next step” for each sacrament. They are simple, but will take extra effort. Below is a quick look at all of the “Action Steps.” We are asking that you take *at least* one action step in each section.

The Sacrament of Baptism – Either attend a Rite of Baptism (our parish celebrates infant Baptisms the 2nd and 4th Sundays of the month– call the parish office to confirm) **OR** read the Rite of Baptism (search “Catholic rite of Baptism” online)

The Sacrament of Confirmation – Discuss with your family the gifts/fruits of the Holy Spirit as manifested in your family.

The Sacrament of Holy Communion – identify something you are going to do in the next week to bring the presence of Jesus into the life of another person.

The Sacrament of Confession – We encourage you to participate in this sacrament before Confirmation (Saturdays after 8am mass and Wednesdays 530pm-6:30pm). In your Next Step journal are steps for Reconciliation.

The Sacrament of Anointing of the Sick – schedule a visit to a nursing home, a children's hospital, a home-bound parishioner, etc. You may also call Alexa to arrange “shadowing” a Eucharistic minister to the homebound.

The Sacrament of Marriage – write a note to a married couple you admire, explaining what you appreciate about their marriage and/or family.

The Sacrament of Holy Orders – www.vocationnetwork.org/match is an online inventory that they can take. It takes about 20 minutes to complete, and it helps match various options for a discerner. The purpose of taking this test is to help you think in the manner of a discerning person. There is a chance to sign up at the end, and you can skip this portion unless you want more information.

Other options for sacramental participation are:

- Daily Mass (630am + 8am M/T/W/Th/F, and 8am Saturday morning and 630pm Wednesday evenings)
- Perpetual Adoration (open 24/7)
- Confession (5:30-6:30 Wednesday evening or after 8 am mass on Saturdays)
- Parish Reconciliation services during Advent and Lent.