

## Volunteer Formation Series SAINT ANTHONY



## JUNE 29 | THE SACRAMENTS

The Liturgical Life, Glorification of God, Sanctification of Men

## The Sacraments

- 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. [CCC 1131]
- What does all of this mean?
  - Efficacious=the Sacraments WORK; they produc an actual effect that changes us when we're appropriately disposed
  - *Instituted by Christ*=all Sacraments have their birth in the person of Jesus Christ; he sanctifies them
  - *Entrusted to the Church*=we are called to participate in them throughout our lives; some only once, some as often as possible
  - *Divine life*=GRACE; grace isn't just a pat on the back from God; it is an invitation into his own life, into an intimate relationship with Him; thi is essential for this to be liturgy rather than magic
  - There are particular graces/particular effects that come through each of the Sacraments; each Sacrament is a particular expression/reflection of God's love for us
  - Required dispositions=we should be moved to participate as fully as we can in the liturgy; this is God showering us with love! Just as with any love story, we have to be open to it to receive anything worth having


## **NOTES Eucharist** The source & summit of the Christian life Body, Blood, Soul, and Divinity of Jesus Christ 70% of Catholics don't know or believe this "...in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself" [Eucharisticum mysterium] John 6:35-69 (Bread of Life) Matthew 26:26-29 (Last Supper) • Luke 24:13-32 (Road to Emmaus) The fruits of receiving Holy Communion are: concrete union with Christ; separation from sins both present (venial) and future (venial & mortal); commits us to the poor in a particular way (as we are fed, so we are called to feed our brothers) Reconciliation • Christ instituted the sacrament of Penance for all sinful members of his Church: above all for those who, since Baptism, have fallen into grave sin, and have thus lost their baptismal grace and wounded ecclesial communion. It is to them that the sacrament of Penance offers a new possibility to convert and to recover the grace of justification. The Fathers of the Church present this sacrament as "the second plank [of salvation] after the shipwreck which is the loss of grace." [CCC 1446] Why not just confess straight to God? • Jesus establishes a surer way: John 20:19-23 • We can only receive reconciliation on our own if we show absolutely flawlessly perfect contrition where the sinner completely understands not only the sorrow he or she has caused to the Lord but a perfect understanding of exactly how to make reparation Through the Sacrament, not only are we assured reconciliation even when our contrition isn't perfect, but we also receive penance which helps us to make reparation for the rupture we have caused (the Body of Christ making up for the suffering lacking on the Cross [Col. 1:34]) The fruits of Reconciliation: reconciliation with the Church; restoration to relationship with God; remission of eternal punishment incurred

by mortal sin; remission in part of temporal punishment from sin; peace and serenity of conscience; spiritual consolation and increase of spiritual strength for the Christian battle  Matrimony  Marriage precedes Jesus Christ's entry into the world, but is made an efficacious sign of God's grace when he enters into it  Matrimony is an exchange of binding vows; this is why Christ himself stated the indissolubility of the marriage bond in Scripture  John 2 (Wedding at Cana)  Ephesians 5 (Efficacious sign of the Bridegroom and the Church)  Revelation 21 (The Bride of the Lamb)  "However, Jesus has not placed on spouses a burden impossible to bear, or too heavyby coming to restore the original order of creation disturbed by sin, he himself gives the strength and grace to live marriage in the new dimension of the Reign of God. It is by following Christ, renouncing themselves, and taking up their crosses that spouses will be able to 'receive' the original meaning of marriage and live it with the help of Christ. This grace of Christian marriage is a fruit of Christ's cross, the source of all Christian life."  [CCC 1615]  Effects of the Sacrament: a perpetual and exclusive bond; strength and consecration for duties &	NOTES
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dignity of their state	
The Domestic Church	
<ul> <li>How do we live it out? What does daily life of</li> </ul>	
Matrimonial Grace look like?	
<ul> <li>Daily struggle of married life; marriage=/=the</li> </ul>	
wedding	
• Father=priest of the house	
• Can you live your married life liturgically? • Prayer/Facting / Almosiving together?	
<ul><li>Prayer/Fasting/Almsgiving together?</li><li>Sundays together?</li></ul>	
bandays together.	
<b>Challenge:</b> Daily Mass once this week; Reconciliation once in the next 2 weeks	

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