

The Sacraments
The Commandments
The Gifts of the Holy Spirit

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Holy Spirit
Catholic Church



Opening Prayer

Come, Holy Spirit, fill the hearts of your faithful.

And kindle in them the fire of your love.

Send forth your Spirit and they shall be created.

And you will renew the face of the earth.

Lord, by the light of the Holy Spirit you have
taught the hearts of your faithful.

In the same Spirit help us to relish what is right
and always rejoice in your consolation.

We ask this through Christ our Lord. Amen.

What is a Sacrament?

- 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)



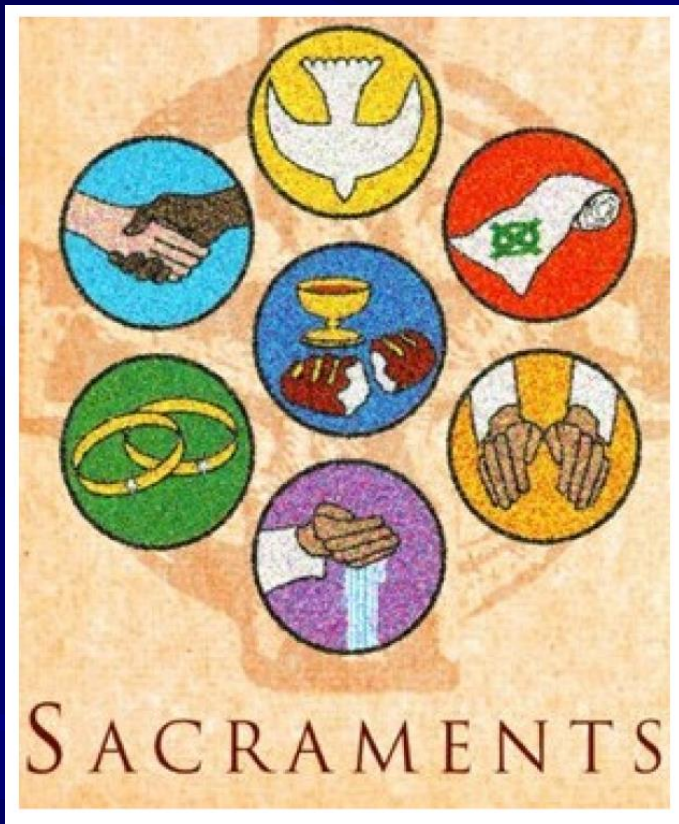
What is a Sacrament?

- As we come to understand the Sacraments, it is important to recognize that the Sacraments have a visible and invisible reality
- A reality open to all the human senses but grasped in its God-given depths with the eyes of faith.
- For example...When parents hug their children, the visible reality we see is the hug. The invisible reality the hug conveys is love. We cannot “see” the love the hug expresses, though sometimes we can see its nurturing effect on the child.

What is a Sacrament?

- The visible reality we see in the Sacraments is their outward expression, the form they take, and the way in which they are administered and received.
- The invisible reality we cannot “see” is God’s grace, his gracious initiative in redeeming us through the death and Resurrection of his Son.
- His initiative is called *grace* because it is the free and loving gift by which he offers people a share in his life, and shows us his favor and will for our salvation.
- Our response to the grace of God’s initiative is itself a grace or gift from God by which we can imitate Christ in our daily lives.

Why are the Sacraments important?



- The sacraments sanctify us, to build up the Body of Christ and, to give worship to God.
- The sacraments heal us from sin and nourish or restore the life of grace in us.
- The sacraments make the power of the Paschal mystery of Jesus present to us for the sake of salvation. By these channels of grace, God makes us his adopted children and increases his life of grace within us.
- The Sacraments touch all the stages and all the important moments of Christian life: they give birth and increase, healing and mission to the Christian's life of Faith. There is thus a certain resemblance between the stages of natural life and the stages of the spiritual life.

Parallel Between the Sacraments and Stages of Natural Growth

Sacraments

- Baptism
- Eucharist
- Confirmation
- Penance & Anointing of the Sick
- Matrimony & Holy Orders

Natural/Physical Growth

- Birth
- Physical Nourishment
- Growth/Maturity
- Psychological & Physical Healing
- Community realities of family life and leadership

What are The Seven Sacraments of the Catholic Church?



- ❖ Baptism
- ❖ Holy Eucharist
- ❖ Confirmation
- ❖ Penance (Confession)
- ❖ Anointing of the Sick
- ❖ Holy Matrimony
- ❖ Holy Orders

The Sacraments can be grouped into three categories: Initiation ~ Healing ~ Service

■ Sacraments of Initiation

- Baptism
- Holy Eucharist
- Confirmation

■ Sacraments of Healing

- Penance (Confession)
- Anointing of the Sick

■ Sacraments of Service

- Holy Matrimony
- Holy Orders



What are the effects of the Sacraments of Initiation?

■ Baptism...

- Cleanses us from sin, reborn as children of God, united with Christ and made members of His Holy, Catholic Church.

■ Holy Eucharist...

- The “source and summit” of the Christian life in which we receive the literal Body, Blood, Soul and Divinity of Jesus Christ under the appearances of bread and wine to spiritually feed and strengthen us in our life of faith.

■ Confirmation...

- The faith given in Baptism is now “confirmed” and made strong. We become “soldiers for Christ.”

What are the effects of the Sacraments of Healing?

■ Penance...

- We receive God's forgiveness of our sins, restore our relationship with Him, and are fortified against future sin. All mortal sins must be confessed in sacramental confession. Mortal sins = 1) serious matter, 2) know it is serious matter, 3) do it anyway...full consent of will.

■ Anointing of the Sick...

- Prayers for recovery for the sick and infirm, forgiveness of sins, strengthens the soul of the sick person, and prepares one for heaven.

What are the effects of the Sacraments of Service?

■ Holy Matrimony...

- Sanctifies a man and woman to live the married vocation faithfully, fruitfully and permanently...until death to us part. Mirrors the love of the Holy Trinity. The man & woman are the ministers of this sacrament. The bishop, priest or deacon act as witnesses for the Church.

■ Holy Orders...

- The ordination of men to be deacons, priests and bishops, which are the three levels of Holy Orders. Grace to live this sacred calling and vocation to serve the spiritual and corporal needs of the Church.

How often can we receive the Sacraments?

■ Baptism, Confirmation and Holy Orders...

- Only once in a lifetime. Cannot be repeated since these sacraments seal the persons soul with an indelible spiritual mark or character that cannot be erased.

■ Holy Eucharist...

- Daily, if desired.
- Must be prepared and properly disposed...i.e. no known mortal sin.
- Must be practicing Catholic.
- Also...Catholics are not to receive communion at any Protestant or Non-Catholic churches.

How often can we receive the Sacraments?

■ Penance...

- As often as needed, especially for mortal sins. Recommend at least once a month. Pope St. John Paul II and Mother Teresa went weekly.

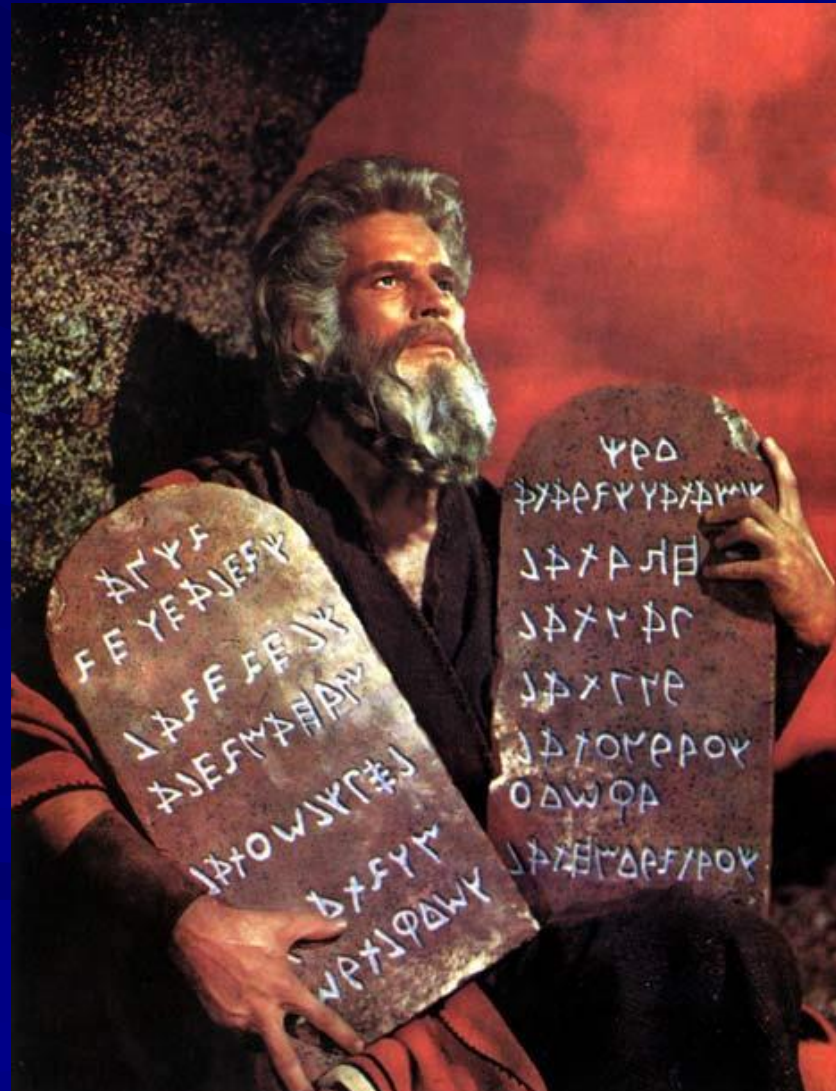
■ Anointing of the Sick...

- As often as needed for serious illness, medical procedures and operations, infirm due to old age, etc.

■ Holy Matrimony...

- Can be repeated only if spouse dies.

The 10 Commandments



The Decalogue in Sacred Scripture

- ❖ The “Decalogue” means literally “ten words.”
- ❖ God revealed these “ten words” to his people on Mt. Sinai.
- ❖ They were written “with the finger of God,” unlike the other commandments written by Moses.
- ❖ They are pre-eminently the words of God.
- ❖ They are handed on to us in the Biblical books of...
 - ❖ Exodus (20:1-17)
 - ❖ Deuteronomy (5:6-22)
- ❖ Beginning with the Old Testament, the sacred books refer to the “ten words,” but it is in the New Covenant in Jesus Christ that their full meaning will be revealed.

The 10 Commandments

- 1. I am the Lord your God: you shall not have strange gods before me.**
- 2. You shall not take the name of the Lord your God in vain.**
- 3. Remember to keep holy the Lord's Day.**
- 4. Honor your father and your mother.**
- 5. You shall not kill.**
- 6. You shall not commit adultery.**
- 7. You shall not steal.**
- 8. You shall not bear false witness against your neighbor.**
- 9. You shall not covet your neighbor's wife.**
- 10. You shall not covet your neighbor's goods.**

The Role of the Commandments

- ❖ The first three commandments deal with our personal relationship with God: Love but one God, honor his name, and honor his day.
- ❖ The last seven commandments deal with our interpersonal relationships: Honor our parents, honor others people's lives, property, spouses and their right to know the truth.
- ❖ The Ten Commandments are laws that God has revealed to us. They teach us how we should live by giving us laws to guide our actions.
- ❖ Heeding the guidance God gives us in the Commandments will help us know how to serve God and how we should live with each other.
- ❖ It also helps us to be open to the grace of the Holy Spirit and what God can accomplish in us and through us by that grace.

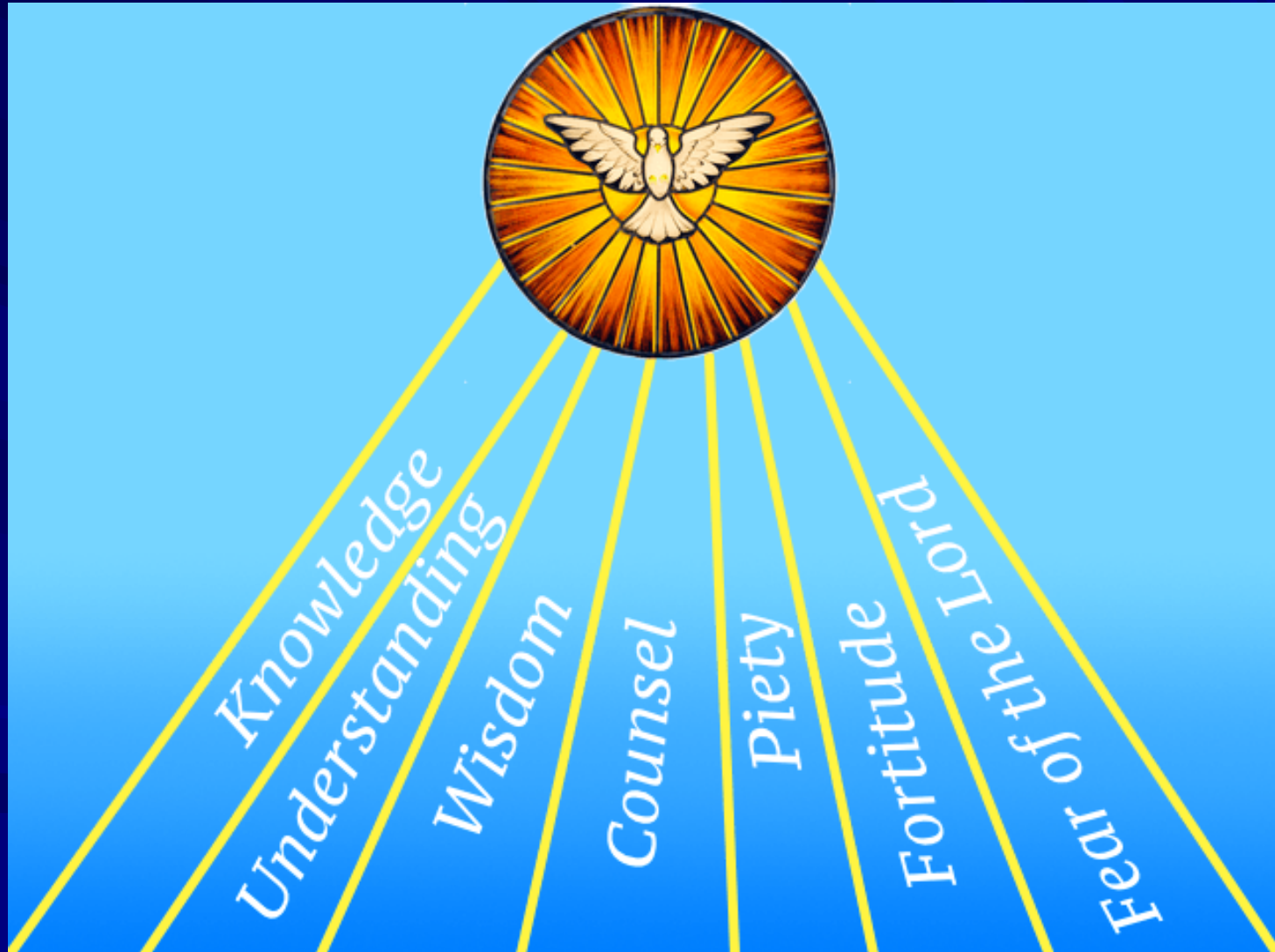
Are the 10 Commandments still relevant for us today?

- YES!
- The Ten Commandments aren't suggestions or optional laws we can choose to apply if and when it's convenient for us.
- They are laws given to us by God that we are *commanded* to follow each day if we want to stay united with God, make moral choices, and obtain eternal life.
- Now someone approached him and said, "Teacher, what good must I do to gain eternal life?" He answered him, "Why do you ask me about the good? There is only One who is good. If you wish to enter into life, keep the commandments." (Matthew 19:16-17)

Why are the 10 Commandments still relevant for us today?

- ❖ God gave the Ten Commandments to us, and the reason is because he wants us to live good lives — lives that are peaceful, happy and productive. God isn't a harsh, angry judge just waiting for us to get out of line so he can punish us. He is our loving heavenly Father, who knows what is best for us.

The Gifts of the Holy Spirit



What are the Gifts of the Holy Spirit?

- ❖ **Wisdom**
- ❖ **Understanding**
- ❖ **Counsel**
- ❖ **Fortitude**
- ❖ **Knowledge**
- ❖ **Piety**
- ❖ **Fear of the Lord**

Gifts of the Holy Spirit

- ❖ The seven gifts of the Holy Spirit are, according to Catholic Tradition, heroic character traits that Jesus Christ alone possesses in their plenitude but that he freely shares with the members of his mystical body (i.e., His Church).
- ❖ These traits are infused into every Christian as a permanent endowment at his/her baptism, nurtured by the practice of the seven virtues, and sealed in the sacrament of confirmation.
- ❖ They are also known as the sanctifying gifts of the Spirit, because they serve the purpose of rendering their recipients docile to the promptings of the Holy Spirit in their lives, helping them to grow in holiness and making them fit for heaven.

Gifts of the Holy Spirit

■ Wisdom...

- is both the knowledge of and judgment about "divine things" and the ability to judge and direct human affairs according to divine truth.

■ Understanding...

- is penetrating insight into the very heart of things, especially those higher truths that are necessary for our eternal salvation—in effect, the ability to "see" God.

■ Counsel...

- allows a man/woman to be directed by God in matters necessary for his/her salvation.

■ Fortitude...

- denotes a firmness of mind in doing good and in avoiding evil, particularly when it is difficult or dangerous to do so, and the confidence to overcome all obstacles, even deadly ones, by virtue of the assurance of everlasting life.

Gifts of the Holy Spirit

■ Knowledge...

- is the ability to judge correctly about matters of faith and right action, so as to never wander from the straight path of justice.

■ Piety...

- is the perfection of the virtue of religion. While we tend to think of religion today as the external elements of our faith, it really means the willingness to worship and to serve God. Piety takes that willingness beyond a sense of duty, so that we desire to worship God and to serve Him out of love.

■ Fear of God...

- is, in this context, "filial" or chaste fear whereby we revere God and avoid separating ourselves from him—as opposed to "servile" fear, whereby we fear punishment.

The Sacraments, Commandments and Gifts of the Holy Spirit are God's gifts to us to help us become the Saints we are called to be.



Questions & Discussion

Closing Prayer



1 Our Father

1 Hail Mary

1 Glory Be