

Session 2—Personal Reflection

Name: _____

How does God make us holy? _____

What is the "matter" of a sacrament? _____

What is the "form" of a sacrament? _____

Pick one of the seven sacraments and note it's matter and form:

Sacrament: _____

Matter: _____

Form: _____

How do the 10 Commandments protect us? _____

What are the Two Greatest Commandments? _____

Which of the Beatitudes do you most identify with? _____

Why? _____

Use other side of page if necessary

The Matter and Form of the Sacraments

The matter, simply put, is the material used for the sacrament, for example, water for baptism. It is the sensible, visible part of the sacrament. The form, or formula, is the prayer that goes with the sacrament, for example, "I baptize you in the name of the Father and of the Son and of the Holy Spirit."

Sacrament	Matter	Form	Ordinary Minister
Baptism	(Flowing) water	"I baptize you in the name of the Father and of the Son and of the Holy Spirit"	Priest or Deacon (in emergencies anyone may baptize)
Confirmation	Anointing with Chrism	"Be Sealed with the gift of the Holy Spirit"	Bishop
Eucharist	Wheat based bread and pure grape wine	The words of institution: "This is my Body.. This is my Blood..."	A priest is needed to consecrate the Eucharist. A priest and deacon act as ordinary ministers of Holy Communion.
Anointing of the Sick	Anointing with oil on the forehead.	"Through this holy anointing, may the Lord in his love and mercy help you with the grace of the Holy Spirit. May the Lord who frees you from sin save you and raise you up."	Priest
Penance	The Acts of the Penitent: Contrition, Confession of Sins, Amending one's life, making of reparation.	"...I absolve you of your sins in the name of the Father and of the Son and of the Holy Spirit."	Priest
Marriage	Mutual offering of consent to enter marriage	Mutual reception of the couple's consent by the Church's minister	Priest or Deacon
Holy Orders	Laying on of Hands (In all three orders)	The prayer of ordination according to the particular order	Bishop

The Sacraments are how God makes us holy

The Ten 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 Two Greatest Commandments

Mark 12: 28-34

You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.

You shall love your neighbor as yourself

The Corporal Works of Mercy:

- Feed the hungry.
- Give drink to the thirsty.
- Shelter the homeless.
- Clothe the naked.
- Care for the sick.
- Help the imprisoned.
- Bury the dead.



The Spiritual Works of Mercy:



- Share knowledge.
- Give advice to those who need it.
- Comfort those who suffer.
- Be patient with others.
- Forgive those who hurt you.
- Give correction to those who need it.
- Pray for the living and the dead.

The Beatitudes

Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying:

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.”

Matt. 5: 1-10