

# Sacraments and Grace

## VIDEO LINK

<https://youtu.be/fNG4uu-QOrQ>

## GOAL SUMMARY

The goal of this video is to give teens an introduction and overview of the sacraments. The importance of grace is discussed and its importance for the Christian life.

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## VIDEO SUMMARY

Standing in front of an image of St. Peter's Basilica, Ms. Buchi Akpati describes the sacraments and their traditional categories. Buchi explains grace and its significance to living out the Catholic faith.

## DISCUSSION QUESTIONS

1. What are the seven sacraments?
2. Why did God set up the sacraments?
3. What are the sacraments of initiation?
4. How does the Eucharist provide food for our spiritual nourishment?
5. How do the sacraments make us one with Christ?

## SEND

Christ's final promise to his apostles before he ascended into heaven was: "Behold, I am with you always, until the end of the age." (Mt. 28:20) Jesus remains with us through and within the sacraments. Be aware of the presence of Christ in our midst through the sacraments! May we not take for granted the grace of God which is always available to us.

It is through the Eucharist – in a substantial way – that Christ is with us. Christ loves us so much that he wants to be the very food we eat, nourishing our bodies and strengthening us for this life and preparing us for the next life with him forever in heaven.

Pray together the Anima Christi:

*Soul of Christ, sanctify me*

*Body of Christ, save me*

*Blood of Christ, inebriate me*

*Water from Christ's side, wash me*

*Passion of Christ, strengthen me*

*O good Jesus, hear me*

*Within Thy wounds hide me*

*Suffer me not to be separated from Thee*

*From the malicious enemy defend me*

*In the hour of my death call me*

*And bid me come unto Thee*

*That I may praise Thee with Thy saints and with Thy angels*

*Forever and ever,*

*Amen.*

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Alternate prayer:

*O Lord, Jesus. You work within your sacraments to bring us to newness of life and bestow your grace upon us. Help us to not take for granted your presence with us in the sacraments, especially in the Holy Eucharist. Help us to approach you frequently in faith in the sacramental life of the Church. Send your Holy Spirit upon us and fill us with your peace! Amen.*