

## Sacraments



**Alive**  
Part 1  
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*Mysterion* – any manifestation of God's power and love in time and space. A visible sign of the hidden reality of salvation. (CCC – 774)

*Sacramentum* – Sign or Brand – Sacred sign or symbol  
Sacraments *effect* what they symbolize. Instituted by Christ to give grace.

## Grace

Is essentially the gift of God's love and presence. It is a **relationship** between God and us.

“Grace is God's gift of **unwarranted favor.**”

The gift of God's grace is free and ever present. We can choose to accept or reject it.



## Grace:

- ▶ Our Justification comes from the grace of God. Grace is **favor or blessing**, the **free and undeserved help** that God gives us to respond to his call to become his adoptive sons & daughters, partakers of the divine nature and of eternal life.
- ▶ CCC – 1996

## Grace

- ▶ Grace is a **participation in the life of God (the Divine Nature)**. It introduces us into the intimacy of the Trinitarian Life.
- ▶ By Baptism the Christian becomes an “Adopted Child of God” he can henceforth call God “Father,” in union with the only Son and he receives the **Life of the Spirit**.
- ▶ CCC – 1997

## Sanctifying Grace

- ▶ The grace of Christ is the **gratuitous gift** that God makes to us of his own life, infused by the Holy Spirit into our soul in order to heal it of sin and to sanctify it.
- ▶ \*2 Cor 5:17,18
- ▶ CCC – 1999



Given or obtained without payment or return; lacking cause or justification; uncalled-for.

## Sanctifying Grace

- ▶ Sanctifying grace is a **habitual gift**, a stable and supernatural disposition that perfects the soul itself to enable it to live with God, and act by his love.
- ▶ CCC – 2000



Occurring constantly

## Other types of grace:

- ▶ Sacramental Graces
- ▶ Special Graces (Actual)
- ▶ Graces of State
- ▶ \*Romans 12: 6–8
- ▶ CCC – 2003



## Sacraments are

Efficacious signs, 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. They signify and make present the graces proper to each sacrament.

They bear fruit in those who receive them with the required disposition.  
CCC – 1131

## WHY ALL THE PREPARATION?

What we celebrate sacramentally is the **living experiences of God** we have already had. If the human experience has not happened, then the sacramental ritual makes no sense. It becomes just an empty gesture.

## Covenants:



- ▶ Adam (Gen 1:27–29)
- ▶ Noah (Gen 9:9–11)
- ▶ Abraham (Gen 12:1–3)
- ▶ Moses (Exodus 12:3,5–8)
- ▶ David (2 Samuel 7:8–14)
- ▶ Jesus (Luke 1:30–33; 45–55; 67–75)
- ▶ Church (Mat 16:18,19; 26:26–28; 28:18–20)

## How do we know God?

- ▶ The knowledge of God is **inherent** in man. (Romans 1:19)
- ▶ The knowledge of God is **known** from creation. (Romans 1:20)
- ▶ The knowledge of God is **revealed** through his word. (John 1:1–4) (Romans 10:17)
- ▶ The knowledge of God is **seen** in Jesus. (John 1:18)
- ▶ The knowledge of God is the **gift** of faith. (Matthew 16:17)
- ▶ The knowledge of God **comes alive** through the sacramental life of the Church. (John 6:53–58)

## *Sacrament* is the *Sacred* bubbling up through the ordinary.

A *Sacrament* is an *Visible Sign* of God's  
*Invisible Grace*.  
Saint Augustine  
*Jesus is the first sacrament.*  
*The Church is the second sacrament.*

As Jesus revealed the invisible  
God, so the Sacraments reveal  
Christ to the world today.

Through the Sacraments we  
celebrate the presence of Christ  
among us, and we go out to **be**  
Christ's body for the world.

## An Introduction to Liturgy and Sacraments

Deacon Greg Ollick  
2013



### Basic Truth:

- ▶ God is beyond our images.
- ▶ Jesus, as human, made God visible (John 1:18). Therefore Jesus was and is the first sacrament.
- ▶ We share the same Spirit of God that moved in Jesus. The Church is the second sacrament, the sacrament of the risen Christ. We celebrate this through the seven Sacraments.

### Sacraments are:

- ▶ Ways that God reaches out to us.
- ▶ Reveal God's Love.
- ▶ A physical sign of God's love.
- ▶ Signify God's presence.



### *Sacraments Are: (necessary ingredients)*

- ▶ **Human** – We need tangibility.
- ▶ **Symbols/Ritual** – Meaning
- ▶ **Communal** – Celebrated in the context of and with the support of community.
- ▶ **Transformative** – Sacraments are lived rather than simply received.

## Three Dimensions:

- ▶ **Remembers** – They remind us of our experience of God.
- ▶ **Celebrates** – They celebrate God's presence in our lives right now, and they signify his continuous action.
- ▶ **Looks to the future** – We are called to the heavenly banquet.

## The Seven Sacraments

- ▶ The seven 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.
- ▶ CCC – 1210

## Liturgy and Sacraments



## Sacraments

- ▶ Christ desired to give us His sacraments
  - Through bishops, priests, deacons
  - Only Christ's instruments
  - Christ communicates (His grace) through them
    - Words
    - Actions
    - Can change our lives

## Sacrament

- 3 elements of a sacrament:
  - Believer – person who chooses with an open heart
  - Community – takes place in community
  - Christ – acting in the sacraments
- Offers us:
  - Love
  - Salvation
  - Spiritual power => grace

## Sacramental Theology

- ▶ All seven sacraments can be clearly traced back to the spiritual life of the early church, even to the Acts of the Apostles.
- ▶ Early church writings show the sacraments in place and celebrated regularly in the first century.
- ▶ All seven sacraments are supported by NT scripture.

## The Seven Sacraments reveal Christ to the world today:

- ▶ Baptism (Mat 28:19)
- ▶ Confirmation (Acts 1:4,5; 8:14-17)
- ▶ Eucharist (John 6:32-40 Luke 22:19)
- ▶ Reconciliation (John 20:19-23; James 5:16)
- ▶ Anointing of the Sick (James 5:13-15)
- ▶ Matrimony (Mat 19:4-6)
- ▶ Holy Orders (John 20:21,23 Acts 6:3-6  
1 Timothy 4:13,14)

## Early Church witness:

- ▶ Ignatius of Antioch 110AD
- ▶ Justin Martyr 150AD
- ▶ Irenaeus 190AD
- ▶ Origen 240AD
- ▶ Cyril of Jerusalem 350AD
- ▶ Athanasius 370AD

## *Sacraments of Initiation (or Foundation):*

- ▶ Baptism
- ▶ Confirmation
- ▶ Eucharist



THE CHI RHO OF THE SPIRIT

## *Sacraments of Service (or Vocation):*

- ▶ Matrimony
- ▶ Ordination



THE SIGN OF HOLY MATRIMONY

## *Sacraments of Healing:*

- ▶ Reconciliation
- ▶ Anointing of the Sick



## Sacramental Worksheet:

- ▶ What are the outward signs (matter & form)?
- ▶ Who is the ordinary minister?
- ▶ How was it instituted by Christ?
- ▶ What are the gifts/graces of the sacrament? (effects)
- ▶ In what way is it communal?
- ▶ How can it transform our lives?