

ALIVE IN CHRIST

GRADE 8

The Church

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Our Sunday Visitor

SACRAMENTS



Why and how is the Paschal Mystery the basis for our worship, the Sacraments, and the liturgical year?

CHURCH HISTORY TIMELINE

- 590** Pope Saint Gregory the Great elected
- 910** Monastery of Cluny founded
- 1992** New *Catechism of the Catholic Church* is published
- 2000** Divine Mercy Sunday added to Church calendar

Go to page 348 for more



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Our Catholic Tradition

- The liturgy is the official public worship of the Church. The symbols and rituals of the liturgy form us in prayer and communicate God's gift of life. Our spiritual life strengthens our moral life. (CCC, 1190, 2047)
- The Sacraments at the Service of Communion celebrate a commitment to serve God and the community and help build up the People of God. (CCC, 1534)
- The seasons and feasts of the Liturgical Year emphasize different aspects of the Paschal Mystery of Christ. The Eucharist is at the heart of what it means to be Catholic. Participation in Sunday Mass and our own regular personal prayer help us live the life of Christ. (CCC, 1194)

Our Catholic Life

- As the Lord's Day, Sunday observance includes required attendance at Mass, the omission of unnecessary work that would distract from the day's purpose, and attention to living a good life. (CCC, 2192–2195)
- Practicing and living by the virtues of modesty and chastity can help all people, no matter whether they are married, ordained, or single. The grace of the Eucharist and Reconciliation can strengthen all of us to be pure and self-respecting. (CCC, 2348, 2533)
- Because we are different each year, we enter into the Church's seasons and feasts with different needs, hopes, and relationships with God and others. (CCC, 1168)

Worship and Grace

♥ Let Us Pray

Leader: God our Father, you bless us with your grace. You invite us to participate in your life. Send your Spirit to be with us every day.

“Enter, let us bow down in worship;
let us kneel before the LORD who made us.
For he is our God,
we are the people he shepherds,
the sheep in his hands.” **Psalm 95:6-7**

All: God, we rely on you.

📖 Scripture

“Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.” **Acts 2:46-47**

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Have you ever thought...

- How does the Church worship?
- What is the relationship between worshipping God and living a holy life?

Getting Started

In this chapter, you will explore how God acts through the symbols and rituals of the Church, investigate the relationship between worship and moral living, and learn the importance of a day of worship and rest.

Catholic Faith Words

- liturgy
- Seven Sacraments
- Blessed Sacrament
- Tabernacle
- Precepts of the Church
- sanctifying grace
- actual grace

In the chart below, record the Third Commandment and three different ways that we keep this Commandment.



Keeping the Third Commandment	
The Third Commandment tells us ...	
<hr/> <hr/> <hr/>	
I keep this Commandment when I ...	
1.	<hr/> <hr/> <hr/>
2.	<hr/> <hr/> <hr/>
3.	<hr/> <hr/> <hr/>

IDENTIFY

Routines The first Christians followed Jesus' commands and his example. In doing so, they established routines that helped them grow spiritually and live holy lives (see Acts 2:42–43, 46, 47).

What routines do you practice every day?

Which ones keep your mind healthy? Which ones keep your body healthy?

What routines do you and your family follow that keep your spiritual life healthy?



The Church Worships

What are liturgy and the Seven Sacraments?

The Church uses patterned actions called rituals in her **liturgy**, the official public worship of the Church. The word *liturgy* originally meant a “public work,” or an action in the name of or for the people. To Catholics, the term describes the participation of all the faithful in the work of God. When we worship, we give praise and thanks to God.

Rituals use actions and symbols. Symbols have layers of meaning. Symbolism means you always see the same material object (ring, candle, bread, water) but can find additional meanings besides the obvious outer layer. A symbol is a sign of something that is abstract or spiritual, like the concepts of justice or country. Symbols use real elements to get across a deeper meaning.

Because rituals generally remain the same and use symbols and repeated gestures, they free us to go beyond the actions that make them up to enter more deeply into the spiritual meaning “layer by layer.”

Catholic Faith Words

liturgy the official public worship of the Church. It includes the Seven Sacraments and forms of daily prayer.

Seven Sacraments effective signs of God’s grace, instituted by Christ and given to his Church. In the celebration of each Sacrament, there are visible signs and Divine actions that give grace and allow us to share in God’s work.

Blessed Sacrament a name for the Holy Eucharist, especially the Body of Christ reserved in the Tabernacle

Tabernacle the special place in the church where the Blessed Sacrament is reserved after Mass for those who are ill or for Eucharistic Adoration

Effective Signs

We all participate in the liturgy. The priest leads the assembly, the deacon assists, and others serve in the celebration, but we all take part through prayers, singing, silences, and gestures. In the celebration of each Sacrament, there are visible signs—our words and actions—and Divine actions—things we can’t see—that give grace and allow us to share in God’s work. Jesus is present with us, in the assembly gathered, acting in and through the priest, Scripture readings, and most especially in the Eucharist. The latter is known as Christ’s *Real Presence*. This term is used to describe the Catholic teaching that Jesus is really and truly with us in the Eucharist—Body, Blood, Soul, and Divinity.

The liturgy is truly a work of the whole Body of Christ, Jesus the Head, and all of her members. The liturgy includes the celebration of the **Seven Sacraments** and the forms of daily prayer. The Sacraments are effective signs of God’s grace, instituted by Christ and given to his Church. The visible symbols and rituals of the Sacraments illustrate the graces and effects that are received.

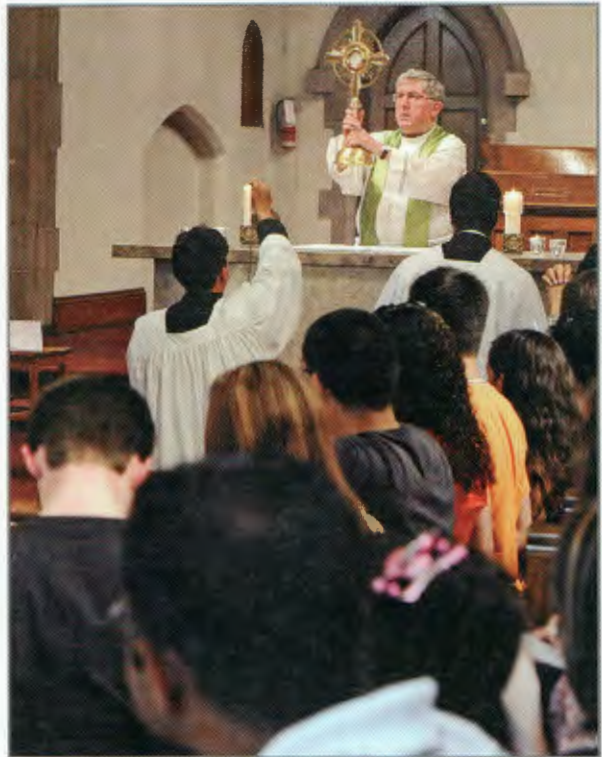
The Church celebrates Seven Sacraments: Baptism, Confirmation, Eucharist, Penance and Reconciliation, Anointing of the Sick, Holy Orders and Matrimony.

The Real Presence of Christ in the Eucharist begins at the moment of consecration during Mass and lasts as long as the **Blessed Sacrament** exists. Christ is completely present in every part of the Eucharist (see CCC, 1377). The Church has always offered the Eucharist for adoration during Mass, but also outside of it. The Eucharist not consumed at Mass is reserved

in the **Tabernacle**. For adoration outside of Mass, the Eucharist is exposed with great care for the veneration of the faithful and often for carrying it in procession (see CCC, 1378).

Eucharistic Adoration is an expression of faith that takes place in the presence of Christ in the Blessed Sacrament. Worship of the Eucharist outside of Mass begins with Exposition. Eucharistic Exposition provides us with the opportunity to worship the Lord in the Blessed Sacrament exposed in either a ciborium or monstrance, which are vessels that hold the Eucharist.

Eucharistic Adoration consists of people spending time kneeling or sitting in silent prayer before the Blessed Sacrament, much like the Magi must have done when they first saw Jesus.



Eucharistic Adoration can include prayers, readings, and songs.

REFLECT

In the chart, write what the average person might know about these objects or symbols used in the Church's worship. Then write the meanings you associate with that symbol when worshipping.

Symbols in Worship		
Object	What People Know About Them	Their Meaning in Worship
Ashes	_____	_____
	_____	_____
Bells	_____	_____
	_____	_____
Candles	_____	_____
	_____	_____



Visible and Invisible Realities

What is the connection between worship and moral living?

Perhaps the most famous line in *The Little Prince*, by Antoine de Saint-Exupéry, is this: “It is only with the heart that one can see rightly; what is essential is invisible to the eye.” God’s gift of grace is the free and undeserved gift he gives us so we can become his adopted children. Grace is an invisible but essential part of our lives.

God takes the first step with us, loving us, and offering us his life. Because we are made

Catholic Faith Words

Precepts of the Church some of the minimum requirements given by Church leaders for deepening our relationship with God and the Church

sanctifying grace God’s Divine life within us that makes us his friends and adopted children

actual grace the help God gives us in our particular need or to do a particular good act or to avoid evil

in his image and have free will, we are free to respond to his grace.

His grace makes it possible for us to respond, but we still make the choice of whether to do so or not. Grace connects to what makes us truly human, to our desire to be with God and to be like him, to be free and to be in union with him.

Our Response

How do we respond to God’s grace? And what does our response look like? One important way to respond is to live a holy (God-like) life by participating in the Seven Sacraments and following Jesus’ example. Our spiritual life includes our prayers, celebration of the liturgy, and participation in the Seven Sacraments. It strengthens our moral life—how we live by Jesus’ example and Church teachings. The reverse is also true.

We need God’s help to face the challenges and temptations of everyday life. We can find his help through prayer and the Seven Sacraments. We need the spiritual life to

have a moral life. It is vital that we pray, and prayer is always possible. As Saint Paul reminds us, “Pray at every opportunity in the Spirit” (**Ephesians 6:18**). Prayer and the Christian life are inseparable.

We can give praise and thanks to God by leading moral lives. Although worship in a church building is visible, we can worship in an invisible or spiritual way every minute of the day by leading moral lives. We obey the Ten Commandments, live out the Beatitudes, pray, and follow the **Precepts of the Church**, Church laws that name specific actions that all Catholics must carry out to help them grow in love of God and neighbor. God makes it possible to follow his commands and do all these things by his grace. Grace strengthens our moral life, which will only be complete and perfect when we are together with God in Heaven.

- **Sanctifying grace** is God’s Divine life within us that makes us his friends and adopted children. The Holy Spirit fills our souls to heal us of sin and make us holy.
- **Actual grace** is the help God gives us in our particular need or to do a particular good act or to avoid evil.
- **Sacramental grace** is a grace specific to each of the Seven Sacraments. It is the Gift of the Holy Spirit that helps us fulfill our particular calling.

- **Special graces** (called charisms in Saint Paul’s letter to the Corinthians) are special Gifts of the Holy Spirit connected to one’s state in life or ministry in the Church, such as teaching or giving aid. Special graces might include the extraordinary, like the gift of miracles. They are intended for the good of all members of the Church. The Church also teaches that we have the responsibility to help provide for the material needs of the Church, based upon our ability.

Place check marks next to the two Precepts that can most help you grow right now in your relationship with God.



Precepts of the Church

- | | |
|-----------------------|---|
| <input type="radio"/> | Attend Mass on Sundays and avoid unnecessary work. |
| <input type="radio"/> | Celebrate the Sacrament of Reconciliation at least once a year if there is serious sin. |
| <input type="radio"/> | Receive Holy Communion at least once in the Easter season. |
| <input type="radio"/> | Fast and abstain on days of penance. |
| <input type="radio"/> | Give your time, gifts, and money to support the Church. |

IDENTIFY AND LIST

Discuss with a classmate which of the Precepts of the Church are easiest for you to follow, and which are the most difficult. Then create three additional “Personal Precepts” as a way to challenge yourself and for continued spiritual exercise and growth.

1. _____
2. _____
3. _____

Sunday

How can we make Sunday a day for worship and rest?

From the earliest times of Christianity, Sunday has been celebrated as the Lord's Day: the first day, the eighth day, the day beyond time, the day of Jesus' Resurrection and the day of post-Resurrection appearances, the day of Eucharist. Sunday is a symbolic day for all that Christianity is!

Sunday is the major celebration of the Eucharist because it is the day of the Resurrection. It is the day we gather together as God's family to give God thanks and praise for all he is and all he does for us. It is a day of joy and rest, when we can set aside the things that take up most of our attention during the rest of the week.

The Third Commandment

The Third Commandment required the people of the Old Law to observe the

Sabbath. We observe Sunday. The Sabbath represented God's rest at the end of the first creation, as told in the Book of Genesis.

At one time, "keeping the Sabbath" meant people could not work or play on Sunday. It's come to mean the spiritual practices you engage in that help you care for your soul. Christians celebrate it on Sunday because that was the day of the new creation begun by the Resurrection of Christ.

Because Sunday is the most important Holy Day of Obligation, we are required to participate in the Mass on Sunday or Saturday evening. It is the center of our worship and helps us keep our spiritual rhythm. In our celebration of the Eucharist, Christ is present in the community gathered together, in the Word of God proclaimed, in the person of the priest, and most especially his Body and Blood. Sunday Mass brings us all together to celebrate Jesus Christ and everything he has given the Church and her members to be and do for the world.



Keeping Holy the Lord's Day

- Participate in Mass.
- Avoid work that would prevent us from attending Mass.
• _____
- Avoid unnecessary work that would take away from the needed relaxation of mind and body.
- Perform "good works" that strengthen family bonds and friendships. Contact the lonely or sick or attend parish gatherings.
• _____
- Set aside some leisure time—broaden your interests at museums (even virtual tours), walk outdoors, read, play music, and do restful activities.
- Don't place demanding athletic practices or long hours of work on others that could prevent them from observing the Lord's Day.
• _____

On the lines below, write one way you have followed this advice.



It is highly recommended that we receive Holy Communion every time we attend Mass, provided we are free from mortal sin.

Christ longs to give himself to us and be close to us; partaking of his Body and Blood is our response in saying, "Yes, I want to become like you. I wanted to be nourished by your life and love so I can live as you live and love as you love."

PLAN

In addition to taking part in Mass, what are other ways for you to take time on Sundays to remember who you are and whose you are?

IN SUMMARY Catholics Believe

The way we worship and pray has an impact on the choices we make and the ways we live our daily lives.

- The liturgy is the official public worship of the Church. The symbols and rituals of the liturgy form us in prayer and communicate God's gift of life.
- Our spiritual life—our prayer and worship—strengthens our moral life—how we live by Jesus' teachings and follow the Precepts of the Church.
- Observing Sunday as the Lord's Day includes required attendance at Mass, the omission of unnecessary work that would distract from the day's purpose, and attention to living a good life.

Our Catholic Life

You can make your personal relationship with Jesus Christ and his Church stronger by following the Precepts of the Church, including **honoring the Lord's Day** every Sunday, both by participating in the Mass with your family and by avoiding unnecessary work. Use this time to get close to God in a special way through your full participation in the liturgy. Your voice is needed to respond to the prayers at Mass, your mind is needed to listen to the readings, and your presence is needed to show the world that you are part of the People of God. Participation on the Lord's Day and other Catholic holy days helps you treasure and reflect on your favorite Catholic symbols and seasons. Allow them to join the Word of God to lead you to a deeper understanding of spiritual truths.

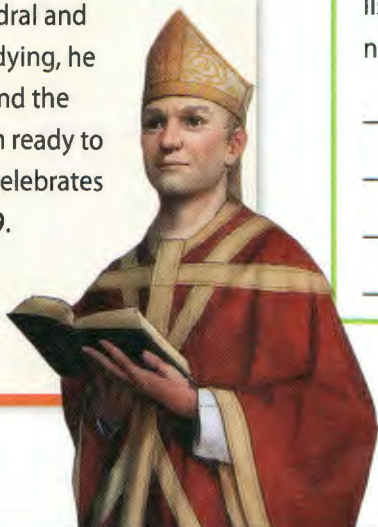


> What is one way you feel part of the Church as you celebrate Mass on Sundays?

People of Faith

Saint Thomas Becket, 1118–1170

Thomas Becket was Lord Chancellor and Archbishop of Canterbury under King Henry II. The appointment changed Thomas' life. He began to wear a monastic habit instead of fine clothes and opposed the king on certain matters. Henry became angry at this rebellion, especially after Thomas excommunicated clergymen who supported Henry. Four of Henry's knights traveled to Canterbury Cathedral and murdered Thomas. As he lay dying, he said, "For the name of Jesus and the protection of the Church, I am ready to embrace death." The Church celebrates his feast day on **December 29**.



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IDENTIFY

Reflect on which times give you the best opportunity to pray.

When are you most likely to feel God's presence?

What can you do to remind yourself to pray and listen at these times? What form does your prayer normally take?



A Gospel Reflection

Leader: In faith and in hope we gather here this day, to hear the Word of God.

Reader: Let us listen to the Gospel according to Luke.

Read Luke 18:1–8.

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Share your Gospel reflections.

Leader: O God,
we are your newest generation,
who long to know the stories of our faith;
to grow in our understanding of the message
your Word has for us,
and to share the Good News
with all your people.

All: Teach us, Lord, we pray.

Leader: O God,
We are your people, who long to grow
in the practices of our faith;
to share fully in the celebrations, rituals,
songs and prayers;
to be active participants in the Body of
Christ.

All: Teach us, Lord, we pray.

Leader: O God,
We are your people, your newest generation;
we long to serve all your poor ones
with the gifts you freely gave us,
and with the love and compassion
of your Son, Jesus.

All: Teach us, Lord, we pray.

Leader: O God,
Like the widow who persisted,
we dare ask for more . . .
We long to be people of prayer,
who turn to you in times of trouble and
fear, who talk with you in our loneliness
and doubt, who cry out to you in our pain
and sorrow, who reach toward you with our
questions and searching,
and who share with you
our joys and our praise.
We ask this through your Son, Jesus. Amen.

Go to aliveinchrist.osv.com for an interactive review.

A Work with Words Complete each sentence with the correct term from the Word Bank.

ritual	liturgy
Mass	actual grace
Church canon	Seven Sacraments
sanctifying grace	Precepts of the Church

- Catholics must follow the _____, minimum requirements given by Church leaders for deepening our relationship with God and the Church.
- _____ is the official public worship of the Church.
- God gives us _____ to help in our particular needs, or to do a particular good act or to avoid evil.
- God's Divine life within us that makes us his friends and adopted children is called _____.
- The _____ are effective signs of God's grace instituted by Christ and given to his Church.

B Check Understanding Circle the letter of the choice that best completes the sentence.

- _____ is/are present through the rituals and symbols of all of the Seven Sacraments.
 - Virtue
 - Signs
 - Jesus
 - Mystery
- The liturgy includes the celebration of the Seven Sacraments and the _____ of daily prayer.
 - hymns
 - forms
 - liturgy
 - Precepts
- _____ refers to Jesus really and truly with us in the Eucharist.
 - Sabbath
 - Reconciliation
 - Communion
 - Real Presence
- The Third Commandment requires us to keep holy the _____.
 - Lord's Day
 - Precepts
 - Law of God
 - a and c
- _____ (called charisms) are intended for the good of all the Church.
 - Special graces
 - Sanctifying grace
 - Actual grace
 - Sacramental grace

C Make Connections On a separate sheet of paper, write a one-paragraph response to the question: What can you do to keep the Lord's Day holy? What difference do you think this might make in your life?