



Diocese of Buffalo

## Department of Lifelong Faith Formation

A member of the Division for Evangelization and Catechesis

### IV. Sacraments and Prayer

**Rationale:** Persons encounter God in the Sacraments. The sacraments, most centrally the Eucharist, are the source and strength of the Catholic community and are essential to the life of the Church.

Through an appreciation of liturgy and a desire for personal spirituality, adolescents are led to a rich personal, communal, and personal prayer life.

**Goals:** That students grow in their knowledge about and their understanding of the place of sacraments in their life and in the life the Church.

That students view prayer as a natural and necessary part of their faith life and spiritual growth.

**Objectives:** To understand the nature of worship and to explore and appreciate the role of sacraments in the Catholic tradition.

To enable students to participate in the celebration of the Church's worship and sacramental life in a more meaningful way through a deeper understanding of rituals and symbols.

To reflect on ways to enter more prayerfully into the celebration of the Eucharist.

To value and experience different approaches to prayer.



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## Sacraments & Prayer (Page 1)

Outline	Activities	Critical Reflection
<p><b>I. Sacraments</b></p> <p><b>A. Sacramental Awareness</b></p> <p><b>B. Rituals and Sacraments</b></p> <p><b>C. Jesus - Primary Sacrament Who Reveals God to Us</b></p> <p><b>D. Church - Sacrament that Brings Christ into Our World</b></p> <p><b>E. Occurrence of Spiritual Transformation in Sacraments</b></p> <ol style="list-style-type: none"> <li>1. opens us to the power of God in our life</li> <li>2. moves faith from head to heart</li> </ol>	<p>Identify and discuss ways that God is present in your daily life.</p> <p>Tell about a celebration in which you participated that included rituals.</p> <p>Invite a guest speaker who has recently received a sacrament and been moved spiritually by the experience (new members of the church, parents, married couple.)</p>	<p>What is meant by day-to-day holiness? Do you consider yourself a holy person?</p> <p>What are some initiation rituals in our culture? What do they have in common with our Sacraments of Initiation?</p> <p>What is the role of the church in our world? The role of our Pope?</p> <p>How can you become a sacrament in the same way the Seven Sacraments are signs of God's presence in the world?</p>



**Sacraments and Prayer** (Page 2)

Outline	Activities	Critical Reflection
<p><b>II. Sacraments of Initiation</b></p> <p><b>A. Baptism</b></p> <ol style="list-style-type: none"> <li>1. Lord’s Baptism</li> <li>2. Rituals of Baptism</li> <li>3. Infant Baptism</li> <li>4. Adult Baptism (RCIA)</li> <li>5. Our Baptismal Call</li> </ol> <p><b>B. Confirmation</b></p> <ol style="list-style-type: none"> <li>1. Pentecost</li> <li>2. Rituals in Confirmation</li> <li>3. Holy Spirit’s power in our Church community</li> <li>4. Gifts and Fruits of the Spirit</li> <li>5. Our call to share gifts</li> </ol>	<p>Draw a mural using symbols of Baptism and share with children preparing for First Eucharist.</p> <p>Learn about your baptism. When and where was it held? Why were your godparents selected? Why was your name chosen? What does it mean?</p> <p>Gather at the parish baptismal font for a renewal of baptismal vows (see: <i>Book of Rituals</i>). Give each student a bottle of holy water and discuss its use.</p> <p>Who are your parish’s RCIA candidates? Pray for them, invite them to speak to the class, host a parish reception for them during Easter.</p> <p>Attend a baptism at your church and notice how each symbol is used.</p> <p>Conduct a meditation on baptism/water. (Recording: <i>Guided Meditations for Youth on Sacramental Life</i>; St. Mary’s Press, Winona, MN; 1993.)</p> <p>Research the history of Confirmation.</p>	<p>Imagine that you are about to be baptized. Think of three things that you would like to have “made new” in your life.</p> <p>Discern how you are answering your baptismal call</p> <p>Name ways the Holy Spirit is alive in our world today.</p> <p>Which gift of the Spirit do you feel you need most?</p> <p>What do you think are responsibilities of someone confirmed in the Spirit?</p> <p>Discuss the differences between Baptism and Confirmation.</p>



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### Sacraments and Prayer (Page 3)

Outline	Activities	Critical Reflection
<p><b>C. Eucharist</b></p> <ol style="list-style-type: none"> <li>1. the First Eucharist - The Last Supper</li> <li>2. memorial of Christ's passion, death, and resurrection</li> <li>3. parts of the Mass</li> <li>4. spiritual nourishment</li> <li>5. Living Presence               <ul style="list-style-type: none"> <li>• word</li> <li>• people</li> <li>• priest</li> <li>• Eucharist</li> </ul> </li> <li>6. expression of praise and thanksgiving</li> <li>7. our call to be "Eucharist" for others</li> </ol>	<p>Talk to a lifelong active member of your parish/school about the Holy Spirit's presence in his/her life.</p> <p>What image of the Holy Spirit is portrayed in the following passages: Gn 1:2, 1 Kgs 19:11-13, Mt 3:16-17, and Jn 14:16-17.</p> <p>Create a parish or school display on the Gifts or Fruits of the Spirit for Pentecost Sunday.</p> <p>Read Jn 13:1-15. Reenact these passages at a parish Holy Thursday dinner or for First Eucharist class.</p> <p>Watch the death and resurrection of Jesus from the "Jesus of Nazareth" video.</p> <p>Attend church on Holy Thursday and describe what happens.</p> <p>Participate in the tradition of visiting 7 churches on Holy Thursday - what is the meaning of this?</p> <p>Arrange for a teaching mass for the class (and include the entire parish, if possible)</p> <p>Lead a meditation on the Eucharist. (Recording: <i>Guided Meditations for Youth on Sacramental Life</i>; St. Mary's Press, Winona, MN; 1993.)</p>	<p>Why do you think Jesus chose a meal as the main sign by which his followers were to remember him?</p> <p>Compare the parts of Mass to a special meal with family. What elements are the same?</p> <p>Name a time in your life that you felt a spiritual dying and rising.</p> <p>What part of the Mass is special to you? Why?</p> <p>Who needs you to be Eucharist?</p> <p>What would the world be like if every Catholic who received Eucharist began to live as Jesus did?</p>



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### Sacraments and Prayer (Page 4)

Outline	Activities	Critical Reflection
<p><b>III. Sacraments of Healing</b></p> <p><b>A. Reconciliation</b></p> <ol style="list-style-type: none"> <li>1. Jesus’ ministry of forgiveness</li> <li>2. elements of reconciliation</li> <li>3. our call to heal relationships with others, God, ourselves</li> </ol> <p><b>B. Anointing of the Sick</b></p> <ol style="list-style-type: none"> <li>1. Jesus’ stories of healing</li> <li>2. elements of the sacrament</li> <li>3. our call to offer peace, strength, and forgiveness to the sick</li> </ol>	<p>Reflect on one of these Eucharist hymns: “Song of the Body of Christ” or “We Remember” by David Haas, <u>Celebrating Our Faith</u>, GIA Publication; “We Are One Body” by Dana, <u>Say Yes</u>, Heartbeat Records; “Eat This Bread”, Taize Community; &amp; “The Cup of Life Outpoured” by Katy Feeney, <u>By Your Touch</u>, Heartbeat Records.</p> <p>Identify all the parts of mass where we ask for forgiveness.</p> <p>Prepare an examination of conscience to be used at a class Penance service.</p> <p>Reflect on these Penance songs: “Deep Within” by David Haas, GIA Publications; “Change Our Hearts” by Rory Cooney, North American Liturgy Resources; and “In the Garden” by Katy Feeney, <u>By Your Touch</u>, Heart-beat Records.</p> <p>Read the following passages: Mt 5:4, Jn 11:20-27; Jn 5:19-30. What do they say about death?</p> <p>Attend a communal celebration of the Anointing of the Sick. Discuss ways you can help your sick parish family members.</p>	<p>Discuss one time you felt the healing presence of Jesus. Describe the experience.</p> <p>Reflect on Jesus’ words during His crucifixion, “Father, forgive them for they know not what they do.”</p> <p>How is sin a spiritual sickness?</p> <p>What do you think are the main reasons many people don’t value the Sacrament of Reconciliation?</p> <p>Why is the presence of members of the Christian community an important part of the Sacrament of the Anointing of the Sick?</p> <p>Discuss how those suffering physically, emotionally, or mentally can benefit from healing through this sacrament.</p>



**Sacraments and Prayer** (Page 5)

Outline	Activities	Critical Reflection
<p><b>IV. Sacraments of Vocation</b></p> <p><b>A. Holy Orders</b></p> <ol style="list-style-type: none"> <li>1. Jesus’ call of the disciples</li> <li>2. a call to serve in Jesus’ ministry</li> <li>3. rituals of Holy Orders</li> <li>4. role and function of deacons, priests, and bishops</li> <li>5. our call to serve others</li> </ol> <p>* Ann Lines, St. Stanislaus, St. John Vianney, St. John Bosco</p> <p><b>B. Matrimony</b></p> <ol style="list-style-type: none"> <li>1. God’s call to love another</li> <li>2. a loving covenant in Christ</li> <li>3. elements and ministers of the sacrament</li> <li>4. purpose of marriage             <ul style="list-style-type: none"> <li>• support</li> <li>• growth</li> <li>• procreation</li> </ul> </li> <li>5. annulments</li> </ol> <p>* Bernadette, Catherine of Siena, Margaret, Dorothy, Agnes, Monica, Catherine of Genoa</p>	<p>Host a panel with a priest, religious sister, deacon and lay ministry to share their story of ministry.</p> <p>Get names of seminarians and pray for them.</p> <p>Lead a parish/school pastor appreciation day/Mass.</p> <p>Invite the pastor or a deacon to lead prayer with the group.</p> <p>Invite a panel from various ministries to the class such as: priest, deacon, seminarian, religious woman, and lay ecclesial ministers. Have them share how they came to recognize their Church vocation.</p> <p>Read Mk 10:6-9. How do two people become one? What does it say about marriage?</p> <p>Interview a married couple. Ask for suggestions on how to create a good marriage and a loving home.</p> <p>Read Eph 5:31-32. What qualities is Paul describing about the relationship between husband and wife and Christ and the Church?</p> <p>Use the <i>Marriage Quiz with Bells and Whistles</i> from <a href="http://www.youthministryaccess.org">www.youthministryaccess.org</a> (subscription service)</p>	<p>What is the difference between a priest and a deacon?</p> <p>How would the church be different if people stopped entering priesthood?</p> <p>What qualities are necessary for a priest’s leadership in a parish and in the Church?</p> <p>Discuss the importance of lay ministry in the Church. In what ways is this necessary?</p> <p>How do you understand the phrase “sacramental nature of marriage” ?</p> <p>Discuss the difference between the Church’s meaning of marriage and the society’s.</p> <p>Discuss the difference between a divorce and an annulment.</p>



**Sacraments and Prayer** (Page 6)

Outline	Activities	Critical Reflection
<p><b>I. Personal Prayer</b></p> <p><b>A. Personal Relationship with God</b></p> <p><b>B. Finding Sacred Time and Space</b></p> <p><b>C. Journal Writing</b></p> <p><b>D. Spontaneous Conversation/ Presence</b></p> <p><b>E. Kinds of Prayer</b></p> <ol style="list-style-type: none"> <li>1. Blessing</li> <li>2. Praise</li> <li>3. Thanksgiving</li> <li>4. Petition</li> <li>5. Intercession</li> <li>6. Reparation/Sorrow</li> </ol> <p><b>F. Meditation</b></p> <p>* Theresa of Avila, Ignatius Loyola</p>	<p>Use an online prayer site regularly to open class: <a href="http://pray.nd.edu">http://pray.nd.edu</a> or <a href="http://sacredspace.ie">http://sacredspace.ie</a></p> <p>Read Lk 5:15-16. Do you have a desert place? How did you choose this place? Why and when do you go there?</p> <p>Keep a prayer journal. Reflect on your growth in understanding yourself, God, and your Church.</p> <p>Visit <a href="http://www.youtube.com/watch?v=-jqgWZuo5cg">http://www.youtube.com/watch?v=-jqgWZuo5cg</a> for a video about Lectio Divina</p> <p>In small groups or alone, have students create their own prayer video to share with others or even post to the parish website.</p>	<p>Read Ps 28:6-7. What image of God is portrayed in these verses? What does this tell us about how we should pray?</p> <p>Discuss the importance of communication in maintaining a friendship. Compare with maintaining a relationship with God.</p> <p>How do you feel you could improve your prayer life and make your faith experience more meaningful?</p> <p>What is Lectio Divina?</p> <p>How do people in our culture deal with quiet? How can we benefit from quiet time? How can we make our quiet time more meaningful?</p>



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## Sacraments and Prayer (Page 7)

Outline	Activities	Critical Reflection
<p><b>G. Contemplation</b></p> <p><b>II. Spiritual Enrichment as a Community</b></p> <p><b>A. Liturgy of the Hours</b></p> <p><b>B. Stations of the Cross</b></p> <p><b>C. Prayer Services</b></p> <p><b>D. Praying the Rosary</b></p> <p><b>E. Small Faith Sharing Groups</b></p> <p><b>F. Local Retreat Centers</b></p> <p><b>G. Adult faith formation opportunities with the parish</b></p>	<p>Use the prayer book like <i>Day by Day</i> (Ave Marie Press) which has a Liturgy of the Hours for young people.</p> <p>Act out the Stations of the Cross for a group in your parish.</p> <p>Plan a prayer service for all high school students around a topic or feast day. Invite adult members of the parish to join you.</p> <p>Review how to say the rosary and its appeal.</p> <p>Participate in a retreat.</p> <p>Invite members of parish ministries to the many ways the parish supports formation across the life-span.</p> <p>Interview adults on what they do to increase their faith through their prayer life.</p>	<p>Who do you know who is carrying a cross? How can you help them? What cross do you carry?</p>



**Sacraments and Prayer** (Page 8)

Outline	Activities	Critical Reflection
<p><b>III. Liturgical Prayers</b></p> <p><b>A. Liturgical Seasons</b></p> <p><b>B. Holy Days of Obligation</b></p> <p><b>C. Liturgy</b></p> <ol style="list-style-type: none"> <li>1. Introductory (Welcoming) Rite</li> <li>2. Liturgy of the Word</li> <li>3. Liturgy of the Eucharist</li> <li>4. Concluding (Sending Off) Rite</li> </ol> <p><b>D. Assessment of Individual Gifts for ministry</b></p> <ol style="list-style-type: none"> <li>1. liturgical planners</li> <li>2. lectors</li> <li>3. music ministry</li> <li>4. greeters - hospitality</li> </ol> <p><b>E. Liturgy Planning</b></p>	<p>Display a liturgical calendar and explain the Church year. What do the colors of the Church seasons symbolize?</p> <p>Research the Easter Vigil and explain the symbolism and significance of this liturgy.</p> <p>Identify the parts of the Liturgy of the Word &amp; Liturgy of the Eucharist.</p> <p>Participate in the Sunday liturgy at the diocesan youth convention or the Rite of Election and share experiences.</p> <p>Tour the Catholic Center to learn about the ministry of the Diocese of Buffalo.</p> <p>Visit St. Joseph’s Cathedral, the seat of the diocese.</p> <p>Plan a mass for a special occasion.</p>	<p>Does the liturgical season relate to your life? Why/why not?</p> <p>How do modern people “keep the Sabbath?” Could we do this better? How?</p> <p>Discuss the difference between liturgical and private prayer.</p> <p>Why do some young people not attend Sunday liturgy? What would make them more likely to attend?</p> <p>What are three ways parishes could help young people feel part of the liturgy?</p> <p>Why should one participate in the larger church?</p>