

# THE SACRAMENTS

## What are the sacraments?

The sacraments are 7 meeting points where God himself is present, waits for you, blesses you and leads you deeper into the community of the Church. A Sacrament is a special moment when we are close to God and we receive his grace (God's love and strength). We know that God always loves us but when we receive a Sacrament it is like God gives us a big hug we know we are especially close to Him.

Some sacraments are unique and have a lasting effect on your life, other encounters happen repeatedly.

### Sacraments of Initiation (Starting the Journey)

1. **Baptism:** The first step where you are welcomed into God's family, washed clean, and given new life with water.
2. **Confirmation:** Sealing your promise to follow Jesus and receiving the Holy Spirit to make you stronger in your faith.
3. **Holy Communion** (Eucharist): Receiving the body and blood of Jesus (in the form of bread and wine) to be close to him.

### Sacraments of Healing (Making Things Right)

4. **Reconciliation** (Confession): Saying sorry to God for mistakes, asking for forgiveness, and feeling God's mercy.
5. **Anointing of the Sick:** A special prayer and blessing for people who are very old, sick, or going to have surgery, bringing them strength and peace.

### Sacraments of Service (Helping Others)

6. **Marriage** (Matrimony): A man and woman promise to love each other and God forever.
7. **Holy Orders:** Men become priests, deacons, or bishops to serve the Church and bring the sacraments to others.

