



# the Parish of St. Dunstan

A CHILDREN'S CATECHISM TO ECHO GOD'S LOVE IN THE WORLD

PART II: Our Church

Lesson 21: Sacraments

This is the prayer we use to begin our church service:

**Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

I wonder what a sacrament is.

1 Sacraments are all about Jesus

Jesus gave his followers two special gifts: **Baptism** (becoming part of Jesus' family) and **Holy Eucharist** (becoming part of Jesus' life).

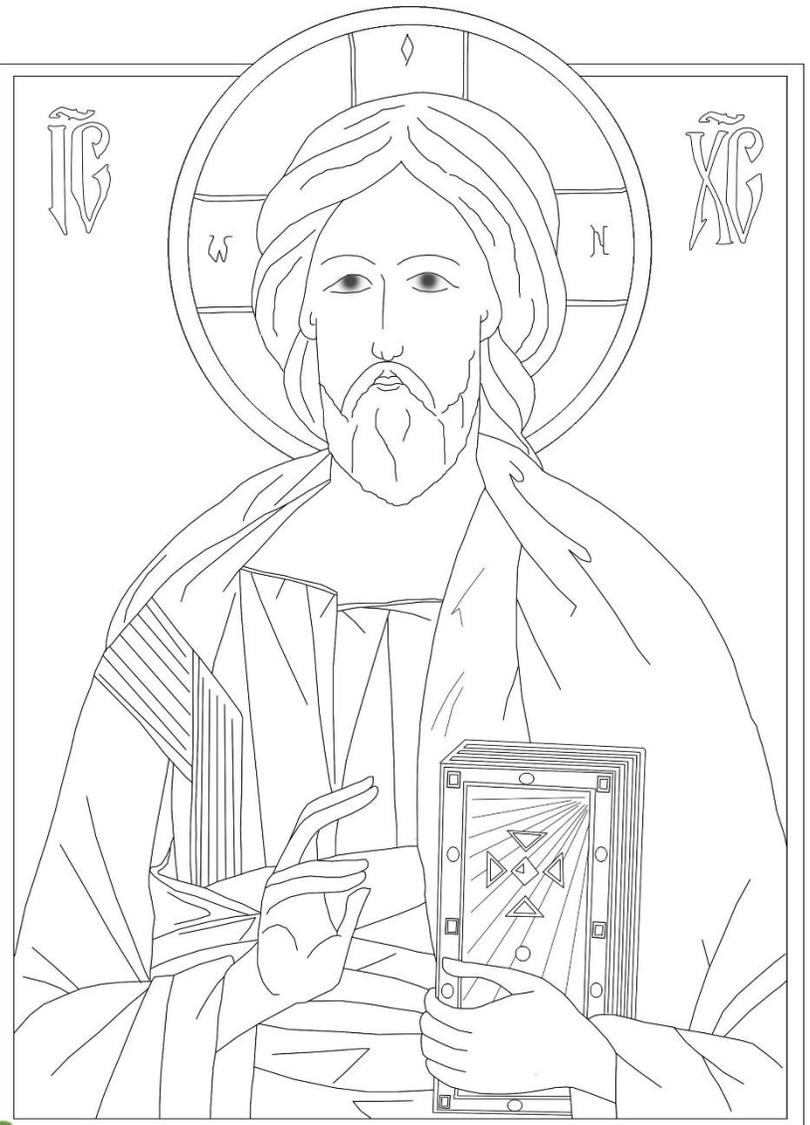
We will learn more about these in the next two lessons.

Jesus continues to give us gifts. These other sacraments help us follow him.

These sacraments include:

**Confirmation** (saying "yes" to Jesus),  
**Reconciliation** (saying "sorry" to Jesus),  
**Anointing** (saying "help me, Jesus"),  
**Marriage** (saying "I will love like Jesus") and  
**Vocation** (saying "I will help, like Jesus").

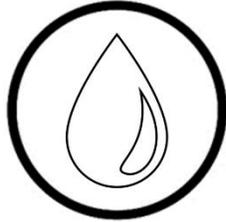
We will learn more about these in later lessons.



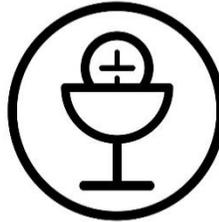
# 2 Sacraments are holy things

But, what does holy mean? Holy means it is filled with God. Holy means that it makes our life different. Sacraments are gifts filled with God to make our life different.

Activity: Colour these symbols of the Sacraments.



Water of Baptism



Bread and Wine of Communion



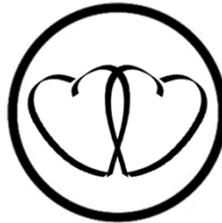
Dove of Confirmation



Oil of Anointing



Sign of the Cross of Reconciliation



Hearts of Marriage



Shoes of Vocation

# 3 Sacraments are free

When God gives gifts they are absolutely, 100% free. The word we use to describe God's free gift is grace. Grace is the smiling face of God on all creation. Everything we do is possible because of the grace of God. Every breath we take is the grace of God. Every bit of food we eat is the grace of God. Our shelter, clothing, family, friends: these are all because of the grace of God. Grace might be the most beautiful word.

Activity: Colour the word Grace. Make it the most beautiful piece of art you have ever created! Add a garden all around it.

g r a c e