



## How to Live the Sacraments

The Sacraments are not just passive rituals through which we receive grace. They are also promises to change our lives and signs that are meant to be lived. Here's how to LIVE each of the Sacraments.

### 1 Baptism



#### Sacramental Sign

The Sacramental Sign of Baptism is the defeat of Original Sin. We live this sign by fighting against the effects of Original Sin, that Baptism does not immediately get rid of.

#### Sacramental Promise

In our "Baptismal Promises" we vow to fight against Satan, sin and evil and to draw closer to the Holy Trinity. This is an ongoing fight in this lifetime, and one in which there is always room for growth.

### 2 Confirmation



#### Sacramental Sign

The Sacramental Sign of Confirmation is being sealed with the Gifts of the Holy Spirit. We live this sign when we use the Gifts to deepen our intimacy with God, and when we use the accompanying charitable graces to serve the Kingdom of God in the world.

#### Sacramental Promise

In Confirmation we are commissioned to be ambassadors for Jesus. We promise to spread the Gospel (evangelization), to defend the faith, and to serve the world in the name of Jesus. We live this promise especially when we participate in the 3-fold mission of Christ: priest (prayer & sacrifice), prophet (preaching & teaching) and King (service & leadership).

### 3 Reconciliation & Anointing of the Sick



#### Sacramental Sign

The Sacramental Sign of the Sacraments of Healing are the words of healing. Anointing of the Sick reminds us that sickness and death are the results of Original Sin, and we need to Jesus who conquers them.

In Reconciliation, the Sign is the confession of sin and the sorrow for sin. We live these signs by seeing sin as the horror that it truly is and participating in the process of conversion.

#### Sacramental Promise

In Anointing of the Sick we promise to trust in Jesus more completely, even in the midst of suffering and in the face of death.

In the Sacrament of Reconciliation we promise to turn away from sin and to live more completely in the goodness God created us for.

### 4 Holy Eucharist



#### Sacramental Sign

The Sacramental Sign of the Holy Eucharist is Jesus' ongoing gift of Himself to His Church. The Eucharist is Jesus offering His Body and Blood for us so we can be intimately united to Him. We live this sign through full, conscious participation in the Holy Mass.

#### Sacramental Promise

The promise we make to Jesus in the Holy Eucharist is to strive to increase our intimacy with Him, especially through Sacred Scriptures and prayer. The Eucharist is the "source and summit" of our spiritual lives, and it should feed our personal spirituality.

### 5 Holy Matrimony & Holy Orders



#### Sacramental Sign

The Sacramental Sign of Holy Orders and Holy Matrimony is Jesus' love for His Church. Christ ministers this sign by making the sacraments available, preaching and teaching, and ministering. Married couples live this sign by bringing new life into the world and then bringing their children to the love of God through family love.

#### Sacramental Promise

The promise we make in these vocational Sacraments is the promise to learn to love as Jesus loves - selflessly and completely.

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