



Rebuilding My Inner Abbey Webcast

Episode 2: Living the Sacraments

Spiritual Project Guide

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Living Sacramental Signs & Promises

We can live the Sacraments in our daily spiritual lives by living out the Sacramental Sign and the Sacramental Promise of each one. Brainstorm some ideas for living out each Sacrament by filling out the guide below. Use the cheat sheet for guidance. Make your ideas personal!

	Ways I can live the Sacramental Sign	Ways I can live the Sacramental Promise
Baptism		
Eucharist		
Confirmation		
Reconciliation		
Anointing of the Sick		
Holy Matrimony/ Holy Orders		



Notes

