

A sacrament is a visible sign given to us by Christ in which we receive grace.

The sacraments nourish and strengthen us to live as Jesus' followers. When we receive a sacrament we meet with Jesus.

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The 7 sacraments are:

Baptism
Confirmation
Eucharist
Penance
Anointing of the Sick
Marriage
Holy Orders

2

“The purpose of the sacraments is to:

- sanctify people
- build up the Body of Christ
- give praise and worship to God.”

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Grace is a gift of God.

It is one way that God shares his life with us.

To receive grace is to experience God active in our lives.

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