



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

# THE SACRAMENTS OF CHRISTIAN INITIATION

## TOPIC: BAPTISM

### SACRED SCRIPTURE

MT 28:19-20;

ACTS 2:38;

ROM 6:3-4

### REFERENCES:

CATECHISM OF THE CATHOLIC CHURCH  
no. 1213

CREED	LITURGY	LIFE	PRAYER
nos.	nos.	nos.	nos.
385-421	1113-34, 1145-55, 1213-84	1846-76, 1987-2029	2565, 2655, 2725, 2769, 2776, 2779-85

### MATERIALS

- For Sacrament Facts Game: small prize(s), paper, pens
- For Family Conversation/Activity: construction paper, crayons, colored pencils
- For Baptism Role Play Activity: a cup of water, bowl and towel per family

### Goal(s):

- Families will be introduced to and/or review the following terms: Original Sin, sacraments, grace, efficacious signs, rite, Baptism.
- Families will discuss and draw how God reaches out to them through the Seven Sacraments of the Catholic Church.
- Families will reflect on how God fulfills His Old Testament Covenant promises through the New Covenant and the sacraments of the Catholic Church.

### OPENING PRAYER

Lord Jesus Christ, we entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples. Amen.

### ICE BREAKER

#### *Silent Communication*

*For Round One*, family members are secretly given a number and they have to arrange themselves, WITHOUT SPEAKING, in numerical order by holding up fingers or making up their own sign language.

*For Round Two*, have family members arrange themselves in order of the calendar month of their birthdays. The family that arranges themselves the fastest wins! (Larger families may need to break into two groups.) (adapted from [www.signupgenius.com](http://www.signupgenius.com))



# BACKGROUND RESOURCE FOR CATECHISTS LESSON PREPARATION:

## Original Sin

Original Sin may be taken to mean: (1) the sin that our first parents, Adam & Eve, committed; (2) a consequence of this first sin, the fallen state and lack of grace (deprivation of original holiness and justice) in which we are born on account of our origin or descent from Adam. Generally, we refer to the latter meaning when talking about Original Sin: “a sin ‘contracted’ and not ‘committed’—a state and not an act” (see CCC, nos. 404, 416-417)

## Concupiscence

“Concupiscence” refers to the inclination to sin that is a consequence of Original Sin and remains with us even after we are baptized. While our human nature is wounded by Original Sin, it is not completely corrupted. However, we need the life of Christ’s grace which comes in the Sacrament of Baptism. (CCC, no. 405)

## The Seven Sacraments

“The sacraments, instituted by Christ and entrusted to the Church, are efficacious signs of grace perceptible to the senses. Through them divine life is bestowed upon us” (Compendium of the CCC, no. 224). “Sacraments are ‘powers that come forth’ from the Body of Christ .... They are actions of the Holy Spirit at work in his Body, the Church. They are ‘the masterworks of God’ in the new and everlasting covenant” (CCC, no. 1116). Every sacrament is made up of words, actions, and physical signs (see CCC 1084). These make up the liturgical rites or rituals of the sacramental celebration.

## Sacrament of Baptism

The essential rite of the Sacrament of Baptism consists of the following signs (the key words, actions, and physical signs—also traditionally described as the matter [physical signs + gestures] and form [words + intention] of the sacrament): immersion in the baptismal water three times or, more commonly, the pouring of the water three times over the person’s head, while the minister (ordinarily a priest or deacon) says the words (in the Latin Church): “[Name], I baptize you in the name of the Father, and of the Son, and of the Holy Spirit” (CCC, nos. 1239-40). There are additional signs and prayers that occur in the celebration of Baptism as well, including the prayer of exorcism and the anointing with the oil of catechumens (signifying freedom from sin and the devil), the confession of faith, and the consecration of the baptismal water before the rite of baptism, followed by the anointing with sacred chrism (pointing to the gift of the Holy Spirit and incorporation into Christ), the wearing of the white garment (having “put on Christ”), and the reception of the baptismal candle lit from the Easter candle (Christ is our light and in Him we are the “light of the world”). (See CCC, nos. 1234-43.)



# TEACH

## 1. Hook/Question

**Ask:** Why do we need sacraments?  
(Take a variety of answers)

**Answer:** Sacraments give us grace, which is God's life! Grace gives us the power to love like God loves!



## 2. Introduce Topic

A sacrament is an outward sign instituted by Christ to give grace, to help us grow in holiness. They are more than mere signs, however, for through the sacraments the Lord gives His grace—His divine life—to us. This is why the Church refers to the sacraments as “**efficacious signs,**” which means **signs that give grace.**

## 3. CONTENT

### Watch:

God's Grace - Fun and Simple Explanation!  
TheoMatters (2 min)

&/or

Bite Size Catholic: What is Grace? (2 min)

The *Catechism of the Catholic Church* tells us that, “Grace is favor, the free and undeserved help that God gives us to respond to his call to become children of God, adoptive sons, partakers of the divine nature and eternal life. Grace is a participation in the life of God.” (CCC nos. 1996-1997.)

**Ask:** But why do we need grace?

**Watch:** The Gospel Project for Kids: Sin Entered the World

**Ask:** What changed when Adam and Eve sinned?

### Answers:

- Ever since our first parents, Adam and Eve, sinned, all people (with the exception of Jesus and Mary) became sinners (Rom 5:12, 19), because we inherited the stain or wound of **Original Sin** in our souls. Sin separated our first parents, their children and all their descendants, including us, from God.



# CONTENT CONTINUED:

- God the Father promised a rescuer would come and save us from our sins and from the consequence of eternal death, and that is exactly what happened. Jesus, the divine Son of God, came, and suffered, died, and rose from the dead for us. He is our rescuer. He opened the gates of Heaven to save us from eternal death and give us the possibility of eternal life with God.
- Jesus gave us our Catholic Church and the Seven Sacraments, so that He would remain with us, giving us His mercy and grace through the Holy Spirit to wash us of Original Sin and forgive our personal sins to keep us growing closer and closer to God.
- Our Lord Jesus gives us His mercy and grace so that we might follow Him and choose God with our free will.

## SACRAMENT FACTS GAME:

Provide each family with a piece of paper and pen. Explain to families that next, they will watch a short, follow up video about sacraments. After the video they will be asked to write down as many facts as they can about the sacraments of the Catholic Church in two minutes. The facts can include:

- How many sacraments are there?
- Name as many sacraments as possible.
- Which sacrament does a person receive first?
- How do sacraments help us?

### Watch: Catholic Seven Sacraments Lesson

Afterwards, let families share their answers. Consider providing a small prize(s) for the family who wrote the greatest number of sacrament facts!

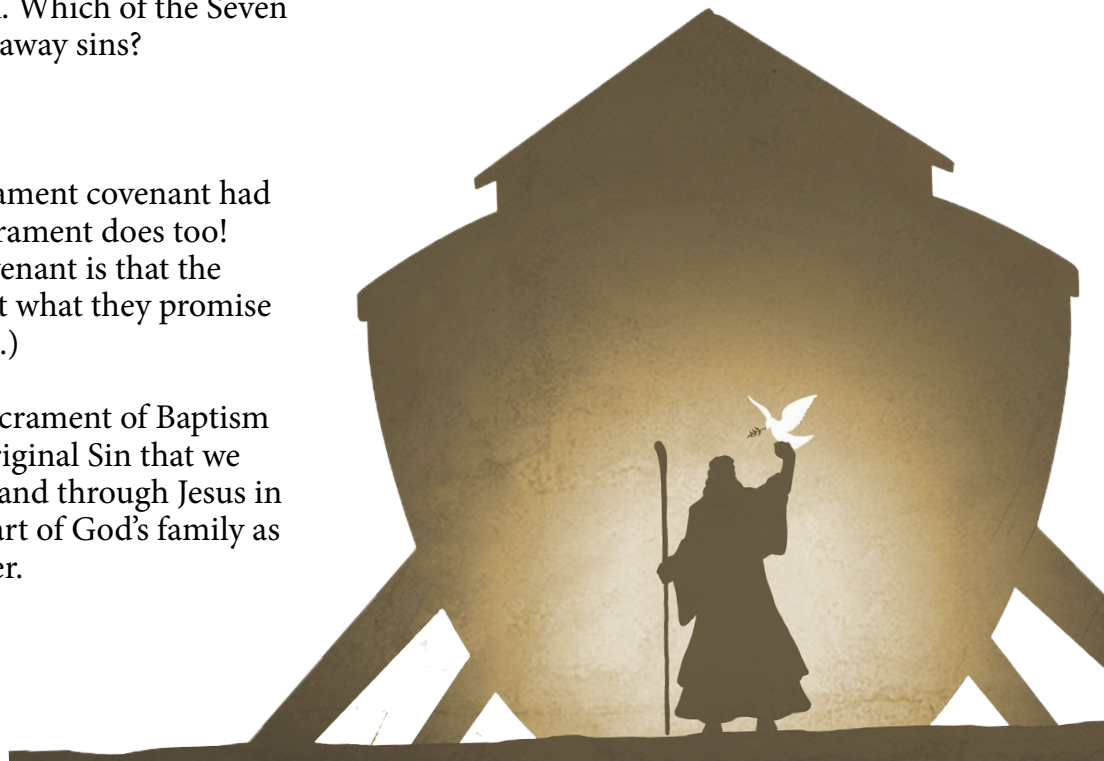


**Ask:** In the story of Noah's Ark, the flood waters washed away everything that was sinful. Which of the Seven Sacraments uses water to wash away sins?

**Answer:** Baptism.

**Explain:** Just as every Old Testament covenant had a sign and a promise, every sacrament does too! (The difference in the New Covenant is that the sacraments actually bring about what they promise and point us toward eternal life.)

**The promise fulfilled** in the Sacrament of Baptism is that God washes away the Original Sin that we inherited from Adam and Eve, and through Jesus in the Holy Spirit, we become a part of God's family as sons and daughters of the Father.



# BAPTISM ROLE PLAY ACTIVITY

1. Give each family a cup of water, a bowl and a towel./ Two people are needed, one to be the “presider” and the other to receive “baptism.”
2. Model for families first before having them do the activity on their own.
3. Stress that this is a role play activity and not a real, sacramental Baptism.
4. Explain that usually, a person is baptized by having water poured onto his/her head three times, or the person can be completely immersed three times. However, for this demonstration, the person being “baptized” will use his/her hand (or a doll/another suitable object if available).
5. Have person place their hand in the form of a fist, to look like the shape of a head, over the bowl while the “presider” pours the water over the hand.  
**Explain:** The **sign** for the Sacrament of Baptism is the natural water that is poured on the person three times, accompanied by the words of the presider, “[N.], I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.” Have the presider say these words.
6. Give each person in the family the chance to role play one of the parts.

## FAMILY CONVERSATION/ACTIVITY

“[Sacraments] are like ladders that God gave to Himself by which He climbs down to us.” Dr. Peter Kreeft

**Ask:** What does that mean to you?

**Provide** construction paper and crayons, markers, colored pencils to each family member and ask them to draw/color a picture that shows what the quote means to them.

**Allow** time for each person to explain his/her picture.

## 5. MISSION

# 1

### First, Introduce Mission Activity

Mission Activities are to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

### Second, Explain Activity

Your Family At-Home Mission is to:

- i. Watch the videos about the Sacrament of Baptism
- ii. Find baptism items or sacramental(s) that were received by each family member at his/her Baptism. These could be baptismal candles, or other sacramentals, such as a prayer book, rosary, or crucifix/cross, or even the baptismal clothing and photos.
- iii. Bring those items to the Week 3 gathering.
- iv. This is the month of the Rosary (October), so place your family rosary on your home altar next to your family bible.

# 2

- v. On November 1st, All Saints Day, we celebrate and show God that we are grateful for the saints who are in Heaven and for all the help they give us. Say a prayer to the saint with whose name you were baptized, asking him/her to pray for you.
- vi. On November 2nd, All Souls Day, we pray for our loved ones who have died as well as for all those who are in Purgatory waiting for us to pray for them, so they too can go to Heaven and finally be with God forever! Find a picture of a family member or friend of the family who has died that you would like us all to pray for during Week 3 and on All Soul's Day, or draw a picture of that person if you don't have a photo. Place the photo or picture on your home altar/prayer corner. (This can be the same person that you prayed for last year, or you can add as many people as you want.) \*Remind the families to bring the picture to the Week 3 gathering.
- vii. Be ready to share about who the person is, and why he/she is important to your family. Also, was that special person named after a saint? Do you have a favorite saint? Why is that saint your favorite? Are you named after a saint? Who is that saint?
- viii. Gather in your prayer space/around your home altar as a family. Take a moment to be silent with God together, and say a prayer for your family member or family friend, and for one another. Then end by praying a decade of the Rosary together while meditating on the First Luminous Mystery, *The Baptism of Jesus*.

# 3

## Last, Share Your Experience!

Show the families your own Baptism sacramentals, a picture of your home altar (and tell them about the rosary that you have placed there), as well as the picture of a special person whom you would like to pray for at the Week 3 gathering.

## 6. REVIEW & CLOSE IN PRAYER

Lord, thank you for the precious gift of Baptism, by which you have claimed us as Your own, so that we can publicly declare our love for You and witness to Your love.

Lord, we ask for Your goodness and blessings to be poured out on us, Your faithful servants.

We pray that You would work deeply within our hearts and souls to renew and refresh us each day.

Come guide our footsteps, give us a hope and a vision for the future. Father, through Your Son Jesus and by the power of the Holy Spirit, cover and protect us now, encircle us with Your promises and fill our hearts with joy.

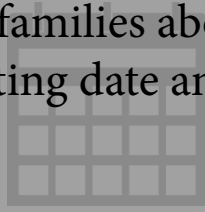
Amen.

Adapted from [www.xavier.edu](http://www.xavier.edu)



# REMIND

Remind families about the next meeting date and time.



## SUPPORTING QUOTES FROM CHURCH DOCUMENTS

*Catechism of the Catholic Church*, nos. 389 & 1213:

**389:** The doctrine of original sin is, so to speak, the “reverse side” of the Good News that Jesus is the Savior of all men, that all need salvation, and that salvation is offered to all through Christ. The Church, which has the mind of Christ, knows very well that we cannot tamper with the revelation of original sin without undermining the mystery of Christ.

**1213:** Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit (*vitae spiritualis ianua*), and the door which gives access to the other sacraments. Through Baptism we are freed from sin and reborn as sons of God; we become members of Christ, are incorporated into the Church and made sharers in her mission: “Baptism is the sacrament of regeneration through water and in the word.”

**Pope Francis, *Angelus Address* (January 8, 2023):**

I renew to all of you — and first of all to myself — the invitation to celebrate the date on which we were baptized, that is, on which we became Christians. I ask you: do any of you know the date of your own Baptism? Some of you certainly do not know. Ask your parents, your relatives, your godparents: what is the date of my Baptism? And then, every year, celebrate that date, because it is a new birthday, a birthday of faith. This is today’s task, for each one of you: to find out the date of your Baptism, in order to be able to celebrate it.

