



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

GOD'S SAVING LOVE FOR US: LITURGY AND THE SEVEN SACRAMENTS

TOPICS:

- The Paschal Mystery and the Seven Sacraments
- Jesus is the New Covenant
- Covenants, Signs, Promises

GOALS:

- Families will review Jesus as the New Covenant, as well as an understanding of Covenants, Signs, Promises
- Families will review the Seven Sacraments
- Families will discuss their experience of the Sacraments

MATERIALS:

- Handout for [Learning & Talk Station: Jesus is the Source of the Sacraments](#)
- Handout for [Play Fun Station: Seven Sacraments Charades!](#)
- Crayons or colored pencils

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

Quick Change Artist

1. Two family members step forward.
2. Each player is to observe his or her partner's appearance.
3. Then, the players turn around back-to-back and make three changes (mess up hair, take off a shoe, untuck shirt, take arm out of sleeve).
4. When they face each other again, each partner must identify the changes made by the opponent.
5. This game can be repeated several times by changing partners and increasing the number of changes made until a winner is declared.

Adapted from <https://www.signupgenius.com/>



REVIEW MAIN CONCEPT

Today we will explore the Paschal Mystery and the Seven Sacraments, Jesus as the New Covenant, and gain an understanding of Covenants, Signs, and Promises.

FAMILY SHARING (Large Group)

This month, during Week 2, you reached out to a grandparent(s) or senior adult(s) in your family/community and asked about their experiences of the Seven Sacraments of the Catholic Church.

To whom did you reach out?
Which sacrament did they remember the best and why?
Which sacrament were they the most excited about receiving and why?
Which sacrament has helped them the most and why?

CONTENT

Ask: During the last two years, we read in our bibles about covenants. Does anyone remember what a covenant is?

Answer: A covenant is a special agreement or promise.

Explain: Back in ancient times, like when Noah lived, most people couldn't read or write, so when they were making a special contract or agreement, they made a covenant by cutting an animal in two and stating their promises aloud. It was understood that if either party broke the promise, what had happened to the animal would happen to them. So, a covenant was a very serious agreement. Every covenant that God makes with his people has a sign and a promise.

Ask: What was the sign and the promise in the covenant God made with Noah?

Answer: A rainbow was the sign and the promise was that God loves us and would never again destroy the earth with a flood.

Ask: What did God ask of His people in return?

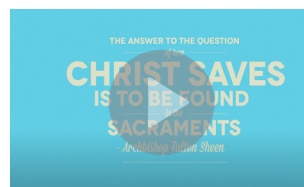
Answer: To love God, to remain close to God and to obey Him.

Explain: Whenever a covenant is made, our relationship with God deepens. We become more and more a part of His Heart, and He becomes more and more a part of our hearts.

Today, God still makes "covenants" with us through His sacraments. When our Lord Jesus came to earth and suffered, died, rose from the dead and ascended into Heaven, He transformed the covenants and promises fulfilling the Old Covenant and making it into the New Covenant. In this New Covenant, He has given us the Seven Sacraments, through the Catholic Church and by the power of the Holy Spirit, as special signs and instruments of His grace and new life with Him. Every time we receive a sacrament, we deepen our family relationship, our covenant, with God our Heavenly Father.

Explain: This year we are going to explore the Seven Sacraments. The sacraments give us God's grace and help us to love one another better!

Watch: [The Seven Sacraments](#)



SEVEN SACRAMENT STATIONS

Create sacrament-themed activity stations for families to visit together. Here are some easy sacrament-themed ideas:

1. Learning & Talk Station: Jesus is the Source of the Sacraments.

Explain: Jesus is the Source of the Sacraments. The Paschal Mystery, which is Jesus' Passion, Death, Resurrection, and Glorious Ascension is what caused the sacraments to exist. Meaning that—if Jesus had not been crucified, died, buried and then risen from the dead on the third day; if He had not ascended to Heaven and taken His place at the right hand of God the Father, as King of kings—we would not have the sacraments.

Families color [the sheet](#) while discussing the questions below.

All of the Seven Sacraments were created from God's love for us, which was fully revealed and poured out through the Paschal Mystery of Jesus. Jesus' sacrifice on the Cross is the source of the grace that we receive in the sacraments. Jesus died to save us. Jesus was (and is) God, fully divine—the eternal Son of the Father—but he was (and is) also fully human. He is true God and true man. He understood that, as human beings, we would need to see Him, to feel Him and to be one with Him, and He promised He would always be with us. So, Jesus gave us the Church and the Seven Sacraments so that we would always have ways to see Him and know He is with us.

Questions:

Which sacrament do you remember the best and why?

Which sacrament were you the most excited about receiving and why?

Which sacrament has helped you the most and why?

2. Play/Fun Station: Seven Sacraments Charades!

1. Cutout the individual sacraments on the handout, so there are seven slips of paper, each with one sacrament and explanation on it.
2. Fold the seven slips and place them in a bag or container.
3. Give a copy of [the handout](#) of the Seven Sacraments to all the players.
4. Before playing, review the handout of the Seven Sacraments by taking turns, and asking various people to read aloud the explanation for each sacrament.
5. Begin playing by asking one person, without looking, to pick a slip of paper out of the bag or container. Then without using words, he/she acts out the sacrament for the others to guess. (Participants can use the handout and/or younger players can get help from an adult when it is their turn to act out the sacrament.)
6. Continue playing until all Seven Sacraments have been guessed.

CLOSING PRAYER

A Thanksgiving Prayer for Family

Father, we give You thanks with all our hearts because of Your constant love and faithfulness. We praise You!

God, You are our loving Father. Your plans and work are wonderful.

Thank You for Your Son Jesus, who is always with us, the Holy Spirit our helper, and our Catholic Church. Thank You for caring for us, Your children. Amen.

REMIND

Remind families about the next meeting date and time.

