

## Fifth Grade: Lesson 6: Sacraments and Sacramentals

### Lesson Objective:

After understanding the notion of grace, children are prepared to better understand what the sacraments do. The sacraments of the Church are ways in which God gives us grace. This lesson helps children understand that we are human and experience reality through the senses. Because symbols can communicate deep truths, the signs and symbols in the sacraments help us to experience and better understand the spiritual realities taking place. This lesson also teaches the children the difference between sacraments and sacramentals.

### Learning Outcomes:

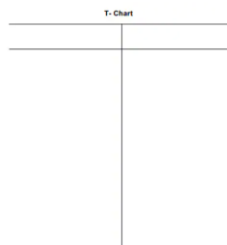
- Define sacrament as an outward sign instituted by Jesus entrusted to the Church by which divine life is dispensed to us (CCC 1131).
- Recognize the sacraments as encounters with Jesus that help maintain their friendship with Him (John 14:16-18).
- Discuss how sacraments, through signs and symbols, are personal encounters with Christ.
- Explain the meaning of and difference between "sign" and "symbol".
- Define sacramentals as special prayers, actions or objects that turn our attention towards God, and prepare us to receive grace.
- Give some examples of sacramentals (holy water, rosary, statues, medals, scapulars, holy cards, etc.) and describe their effects.
- Lead the Rosary.
- Identify and discuss saints particularly associated with the sacraments.

### Materials Needed:

- Prayer Space items, Bible, crayons or markers, pencils
- Copies Needed: Sacramental Handout, Sacramental sheet, Paschal Candle Handout, blank paper for Paschal Candle Art Activity

### As Students Enter Class:

- Anticipatory Set Activity: On the board, make a T-Chart and write the word Sign and the word Symbol. See image below. Ask students to write what they think are Catholic signs and symbols.



### At the Beginning of Class:

- Invite students to prayer space and pray all together.
- Review some of the signs and symbols that students wrote on the board. Ask a few students to explain their thoughts.

Lesson Order	Implementation Ideas
Lesson 6 Video	<p>This video is 1:00 in length.</p> <p>Highlights: Last week we learned about grace, which is God's free gift to us. Today we are going to learn how sacraments give us grace and how sacramentals are used. Even though those two words sound similar, they are different in meaning.</p> <p>Sacraments are encounters with Jesus that help us maintain friendship with Him. They communicate deep truths of Faith and our encountered through signs and symbols.</p> <p>Signs and symbols through the sacraments help us to better understand the spiritual realities taking place because they are personal encounters with Christ. There are 7 Sacraments in the Catholic Church.</p>
What are the Sacraments?	<p>This video is 2:19 in length. It explains the Sacraments very well.</p> <p>Highlights: A sacrament is an efficacious sign instituted by Christ to gain grace. Efficacious means that the Sacrament symbol actually happens.</p> <p>Example: Baptism: Water is the symbol but it actually cleanses us from original sin.</p>

	<p>Every Sacrament was instituted by Jesus Christ and can be found in Scripture. Example: The Eucharist was instituted at the Last Supper and Holy Orders was instituted at Jesus's Ascension into Heaven.</p> <p>The term Apostolic Succession means that all priests can be traced back to the Apostles and all Popes can be traced back to St. Peter.</p> <p>Every Sacrament has 3 things:</p> <ol style="list-style-type: none"> <li>1) Matter</li> <li>2) Form</li> <li>3) Minister</li> </ol> <p>Matter: The physical object used. Ex: Water for Baptism.</p> <p>Form: The words spoken. Ex: I Baptize you in the name of the Father, Son, and Holy Spirit.</p> <p>Minister: The person administering the Sacrament, such as a Priest, Bishop, or Deacon.</p> <p>The 7 Sacraments of the Catholic Church are:</p> <ol style="list-style-type: none"> <li>1) Baptism</li> <li>2) First Eucharist</li> <li>3) Reconciliation</li> <li>4) Confirmation</li> <li>5) Holy Matrimony</li> <li>6) Holy Orders</li> <li>7) Anointing of the Sick</li> </ol>
The 7 Sacraments Song	<p>This Christine in Action video is .52 in length.</p> <p>You may want to complete the Sacraments activity sheet after watching this video.</p>
Intro into Signs and Symbols	<p>This video is .40 in length.</p>

	<p>Highlights: Through signs and symbols Christ is encountered through the Sacraments and through our Liturgy at Mass.</p> <p>The Catechism of the Catholic Church says in paragraph 1189:</p> <p>The liturgical celebration involves signs and symbols relating to creation (candles, water, fire), human life (washing, anointing, breaking bread) and the history of salvation (the rites of the Passover). Integrated into the world of faith and taken up by the power of the Holy Spirit, these cosmic elements, human rituals, and gestures of remembrance of God become bearers of the saving and sanctifying action of Christ.</p>
Signs	<p>This video is 3:45 in length. A priest narrates and uses present day examples to help explain what Sacramental Signs are.</p>
Symbols	<p>This video is 3:29 in length and plays holy music while showing beautiful images of Catholic Symbols.</p> <p>Suggestion: Before starting the video, tell students to think about the symbols they see and what they could mean. You may want to give each student a blank piece of paper so they can take notes during the video.</p>
Explanation of Sacramentals and Intro into the Activities	<p>This video is 1:55 in length.</p> <p>Highlights: Sacramentals are special prayers, actions, or objects that turn our attention toward God and prepare us to receive Grace. Examples of Sacramentals are Holy water, rosaries, relics, scapula, holy cards, images and icons, pictures, and statutes.</p> <p>Sacramentals are Sacred signs instituted by the Church and prepare us to receive fruits of the Sacraments and they sanctify us. A blessing is also a Sacramental.</p> <p><u>Sacramental Handout</u>: Pass a copy out to each student and ask them to look it over. Then have a class discussion. Here are some suggestions for class discussion:</p>

	<ul style="list-style-type: none"> <li>• What are some Sacramentals on this sheet that we see at our church?</li> <li>• Do any of you wear a holy medal? If so, who is on your medal?</li> <li>• Why are Sacramentals helpful to Catholics?</li> </ul> <p><u>Sacramentals that are Important to Me Sheet:</u></p> <ul style="list-style-type: none"> <li>• Ask students to complete this sheet. Encourage them to do their neatest work so we can display their work on our Bulletin Boards!</li> </ul> <p><u>Paschal Candle:</u></p> <ul style="list-style-type: none"> <li>• Read and review the information about the Paschal Candle.</li> <li>• Pass out a large sheet of white paper to each student, along with markers or crayons, and other objects you may have for them to use so they can create a Paschal Candle of their own.</li> <li>• Feel free to pair up students in groups of 2 for this activity.</li> </ul> <p><u>Saints Associated with the Sacraments:</u></p> <ul style="list-style-type: none"> <li>• You may not have enough time for this activity; plus, it seems a bit harder for students to complete on their own.</li> <li>• One suggestion: You could gather information about a saint and share how that saint was devoted to a Sacrament and what we can learn about that saint.</li> <li>• Another idea is to complete this activity another day.</li> </ul>
Rosary Activity and Sacrament Activity	Pass out a sheet to each student and review how they pray the rosary. Ask students: Is the Rosary a sign or symbol? Encourage a discussion about the purpose of the Rosary.

	<p>FYI: The word "Rosary" means a chain of roses and the roses are prayers. The Rosary Prayer tells us about the life of Jesus and his Mother, Mary.</p> <p>The Sacrament Activity can be done at this point or you may have done it after the Christine in Action Video.</p>
Closing Activity	<p>Review the T Chart from the beginning of class. Ask students to share their thoughts about what they wrote and how it relates to what new information they learned today.</p> <p>End class with a prayer.</p>