

SACRAMENTS OF INITIATION PART 1

Aim

To help the young person grow in their understanding of who Jesus is.

Help the young person understand what it is to follow Jesus, to be a disciple of Jesus.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- God's Love Poured Out – Prayers and Reflections

Young People

- Catholic Youth Bible
- Journal
- Fuel – The Daily Catholic App

Materials for this session

- 1 cup of milk
- chocolate syrup
- a spoon to stir

Preparation

for Catechist

Spend some time in prayer for the young person.

Think of your own stories and be ready to share these.

Watch the chocolate and the Holy Spirit demonstration for the activity.

Background

information for Catechist

It would be ideal to begin this session on the Sacraments of Initiation in the church. As you talk about the sacraments of Initiation – Baptism, Confirmation and Eucharist – it is important to point out the symbols in the church and explain what they represent eg:

- Baptismal font
- Paschal candle: this is the large candle that is lit at Easter
- Ambo: place where the scriptures are proclaimed
- Altar



Reflection

As we gather, we light a candle to remember that Jesus is the light of the world.

Sit quietly and listen to the guided meditation.

Think back over your day and the week since we last met.



Video

Video Link 4.1



“Quietly” - A new Instrumental Piano Album from Scripture Lullabies:

https://www.youtube.com/watch?v=e06_n9m9jbA

Is there something you would like to pray about? You can pray out loud or in your own mind.



Follow up from last session

Do you have any questions or comments from the previous session or from the Journal activity?

Remember to record any questions you may have over the course of the week in your Journal.

Last session we looked at Jesus. Are there any questions?



Exploring Part A

What are Sacraments?

Sacraments are a visible sign of an invisible grace. What Jesus did in life, we now do through the sacraments. Jesus fed and healed people, was filled with the Holy Spirit and continues to give us the Holy Spirit today. Jesus was baptised by John the Baptist and continues to plunge us into the new life of Baptism.

Sacraments bring us to a deeper relationship with God and are a physical sign of God's love, grace and presence in our lives. Before he returned to the Father, Jesus promised that he would be with us always, saying:

 **Matthew 28:20**

“I am with you always, to the end of the age.”

There are 7 sacraments in the Catholic Church:

- Baptism
- Confirmation
- Eucharist
- Penance
- Marriage
- Holy Orders
- Anointing of the Sick

As Catholics what we celebrate in sacraments is reflected in the earthly life of Jesus.



Video

Video **Link 4.2** 

How do Catholics celebrate key events in a person's life? - Archdiocese of Brisbane: <https://brisbanecatholic.org.au/beliefs-and-works/how-do-catholics-celebrate-key-events-in-life/>

How do Catholics celebrate key events in a person life?

What are your responses to watching this clip?



Exploring Part B

Baptism

The first sacrament we receive is the Sacrament of Baptism.

This was the start of Jesus' ministry and your Baptism will be the start of your Christian life. Jesus shows us how to live the Christian life.

Symbols of Baptism

“ Sacramental Policy of the Brisbane Archdiocese, Sept 2015

In Baptism, God adopts us as children and makes us a new creation through water and the Holy Spirit.

When you are baptised, water will be used as a sign of new life. You will either be immersed in water or have water poured over you by the priest as he calls you by name and says “I baptise you in the name of the Father, and of the Son, and of the Holy Spirit.”

- **Water**
Water gives life to us in the world and the water in Baptism will give you the life of God. You will be welcomed into the Church community.
- **White Garment**
You will be clothed in a white garment during your Baptism to signify your new life in Christ, to show that you are clothed in the risen Christ.
- **Oil**
You will be anointed with oil as a son or daughter of Christ. It is also a sign that you are called to be a member of the Christian community.
- **Light**
During your Baptism, a candle is lit from the Paschal Candle and presented to you as you are called to be the light of Christ in this world.

The celebrant will pray the following:

“ RCIA 297

“You have been enlightened by Christ. Walk always as children of the light and keep the flame of faith alive in your hearts”.

Through your Baptism, you are called to be light for the world like Jesus and to keep the flame of faith alive in your heart.

Confirmation

The second Sacrament of Initiation is Confirmation.

 Acts 2:1-4

On the day of Pentecost all the Lord's followers were together in one place. Suddenly there was a noise from heaven like the sound of a mighty wind! It filled the house where they were meeting. Then they saw what looked like fiery tongues moving in all directions, and a tongue came and settled on each person there. The Holy Spirit took control of everyone, and they began speaking whatever languages the spirit let them speak.

We can't see the Holy Spirit but we know that when we act like Jesus, the Holy Spirit is with us and we see the effects of the Holy Spirit. We can't see the wind, but we know it is there by looking at the effect it has on the trees as they sway to and fro.

In Confirmation, the Holy Spirit empowers us and strengthens us by giving us the gifts of the Holy Spirit to help us live the Christian way of life. During Confirmation the priest will pray for you:

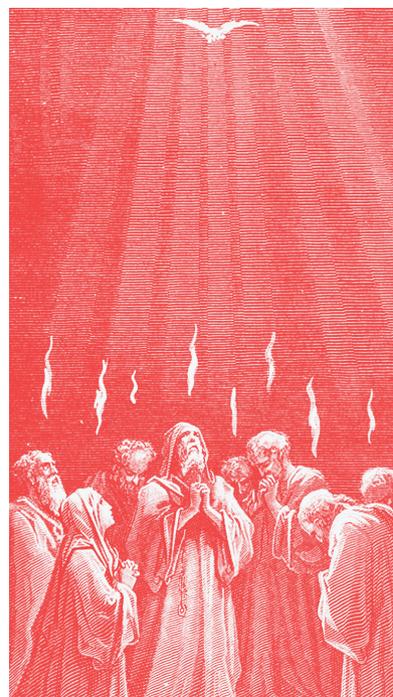
 RCIA 301

Send your Holy Spirit upon them to be their helper and guide. Give them a spirit of wisdom and understanding, the spirit of right judgement and courage the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence.

These are the gifts of the spirit.

- Wisdom
- Understanding
- Right Judgement
- Courage
- Knowledge
- Reverence
- Wonder and Awe

These are gifts we receive from the Holy Spirit to help us live a Christian life. (For more information see [God's Love Poured Out – Prayers and Reflections](#)).



Symbols of Confirmation

- **Laying on of hands** - During Confirmation, the priest will pray a special prayer over you, calling down the Holy Spirit: “Send your Spirit upon your child to be their helper and guide”.
- **Oil of Chrism** - The oil of Chrism is consecrated oil and is sweet smelling. The priest ‘seals’ you with the oil of Chrism and calls you by name saying “Be sealed with the gift of the Holy Spirit.’ It is a sign of the Holy Spirit and completes your Baptism. The priest says “Peace be with you”, and you reply “And with your spirit”. Oil is a symbol of strengthening and anointing; its perfume is a symbol of the fragrance of Christ. It is also a sign that we are called to be a member of the Christian community.

Activity

Chocolate Milk and the Holy Spirit

Watch this link for instructions on this activity:

https://www.youtube.com/watch?v=f_teYa2iGk8

Ingredients

- 1 cup of milk
- chocolate syrup
- a spoon to stir

Video **Link 4.3**



When you first began to believe in Christ (pour the milk into the cup) Jesus called you by name and sent you the Holy Spirit (pour the syrup into the milk). The spirit is within us – it is there but you can’t see it, like the syrup on the bottom of the cup. Being filled with the Holy Spirit is like walking with the Spirit and stirring the milk until it is transformed and looks like chocolate.

What are my responses to this?

Are there any insights, new ideas, questions or challenges you have about the Holy Spirit?



Scripture and Prayer

Listen closely to the following music and scripture passage.

We begin with the sign of the Cross:



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Music to listen to

Holy Spirit You Are Welcome Here with Lyrics:
<https://www.youtube.com/watch?v=MMJne6wUoag>

Video **Link 4.4**



Scripture

Use the Gospel from the following Sunday.

A reading from the holy Gospel according to...



Glory to you, O Lord

(At the end of the Gospel)

The Gospel of the Lord



Praise to you Lord Jesus Christ

Following a couple of minutes of silence to reflect on the scripture, invite the young person to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

How can you respond to this scripture passage in the coming week?

Prayer

Let us pray the words that Jesus gave us.

*Our Father who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation
but deliver us from evil.*

Let us offer each other the Sign of Peace



Living it out in the everyday

Journal Activity

- Wisdom
- Understanding
- Right Judgement
- Fortitude
- Knowledge
- Spirit of knowledge
- Reverence
- Wonder and Awe

Reflect on one gift that you are using in your everyday life.

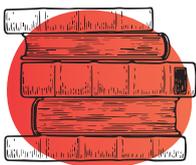
Challenge activity

Looking at the gifts of the Holy Spirit, identify one gift that perhaps you have not been using. Find ways to be conscious of the gift and commit to use this gift during the week.

While completing the Journal, listen to the following:

Holy Spirit You Are Welcome Here with Lyrics:
<https://www.youtube.com/watch?v=MMJne6wUoag>

Video **Link 4.4**



For those who want more

Holy Spirit

What does it mean to have a relationship with the Holy Spirit?

Let us watch the video:

Holy Spirit – Fr Rob Galea:
<https://www.youtube.com/watch?v=wXP3UCbAvSU>

Video **Link 4.5**



How do we invite the Holy Spirit to come into our hearts?

What are your responses to watching this clip?

Are there any insights, new ideas, questions or challenges you have after watching this clip?