

Year 1 – Session 3
Family Faith Formation
THE POWER OF THE SACRAMENTS
God’s Grace in Our Lives Begins at Baptism

Parents should bring a memento from their child’s baptism or their own baptism if their child is not yet baptized.

Resource for Adults:

- Video Catechism clips and discussion guides can be found at <http://vcate.org/sacraments/> (for teens but could be used with young adults)
- Busted Halo Sacraments Video Clip Series can be found at <http://bustedhalo.com/category/sacraments101>
- Fr. Robert Barron on the Sacrament of Baptism found at <https://www.youtube.com/watch?v=HDme7Zgu6jc>
- C4: Ignite Your Catholic Faith video series can be found at <https://www.youtube.com/playlist?list=PLkQfCRwAmxOSApt6V0dyeTq6o0eeqGP-V>

Objectives for Adults:

- What is a sacrament?
- What is grace?
- What are the effects of baptism/the sacraments?
- How do we live a sacramental life?

Objectives for Children:

- What is a sacrament?
- What is grace and how do we get it?
- What are the effects of my baptism?
- How do we understand the promises of baptism?

Objectives for Family:

- Incorporate the ideas of grace into our daily lives
 - Remember our baptism and celebrate it
 - Anticipate/celebrate the sacraments of the Church
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Welcome / Introduce Theme: (5 min.) Families begin together

Today we will explore the meaning of the sacraments and the gift of grace as well as how to live a sacramental life. We will focus on the doorway to the sacraments, which is

Baptism, and discuss/explore the other sacraments and how we are born anew and sustained through these gifts.

Opening Prayer (10 min.)

Sign of the Cross

Scripture Reading

“But when the kindness and generous love of God our savior appeared, not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit, whom he richly poured out on us through Jesus Christ our savior, so that we might be justified by his grace and become heirs in hope of eternal life.”

Titus 3:4-7

Sharing

Please take some time now to share with your child (and those at your table) the memento (baptismal gown, a baptismal candle, pictures) you brought with you from your child’s baptism or from your own baptism. Take a moment to share with your child the name of the church they were baptized and the date of their baptism and tell them about the memento you brought.

Glory Be ...

*Children are dismissed to their session. (See children’s lesson)

Parents/Adult Presentation (30 – 40 min.)

Materials needed: a wrapped present.

Videos:

Watch “C4: Ignite Your Catholic Faith: Why Observe the Sacraments?”

<https://www.youtube.com/watch?v=2R8Ne5HbDeU&index=21&list=PLkQfCRwAmxOSApt6V0dyeTg6o0eegGP-V> (2 minutes)

Discussion:

The Sacraments

- The definition of “sacrament”
- The seven Sacraments of the Church
- Explain grace
- Grace received through the sacraments

The beginning...

- Church teaching on baptism
- The promises
- Remembering your baptism / marking the date
- How would my life be different without baptism

Living a sacramental life

- Realize the meaning of each sacrament
- Be aware of openings to share with your family/friends
- Commit to receiving the sacraments
- Walking in grace

One of the goals of every Sacrament is to confer grace. Grace is the unearned and undeserved gift of God’s help. Grace is given whenever a Sacrament is administered, but it is not always received. (*Take out the wrapped present and put in front of one of the parents*). If I give you this gift and you leave it wrapped, have you received the gift I’ve given you? No. Grace, or God’s gift, needs to be opened and used. One of the reasons for these sacramental preparation retreats is to help your child and you understand more fully what they will be given and what you’ve already been given in the Initiation Sacraments. That way, if you know what God is giving you in Baptism, Confirmation, and Eucharist, then you will be able to receive and use that gift more effectively.

Ask: “How many of you know the date of your own baptism? How about the date you were confirmed or received your first Communion?” (show of hands)

Now ask, “How many know your birthdate? Or, your social security number?” (show of hands)

Most of us, if not all of us, know our birthdate or social security number, but only a few of us know when we were baptized. I want to suggest that your baptism date is as important as your birthdate or your social security number because it is on your baptism date that you became a Christian and started your journey of salvation with Christ in the church toward eternal life.

Watch video “C4: Ignite Your Catholic Faith: Why is Baptism Important?” (3 minutes)

It can be found at

<https://www.youtube.com/watch?v=GBQaxJHFRyA&list=PLkQfCRwAmxOSApt6V0dyeTg6o0eeqGP-V&index=22>

Fr. Barron on the Sacrament of Baptism (7 minutes). It can be found at

<https://www.youtube.com/watch?v=HDme7Zgu6jc>

Ask parents to discuss:

What grace does God give me in the Sacrament of Baptism?

What difference does my baptism make in my life? In other words, if I were not baptized, how would my life be different?

Prayer for parents: Almighty God, you delivered your chosen people from slavery in Egypt, through the waters of the Red Sea, and established with them a covenant of your unfailing love; mercifully grant that we all may be delivered from the slavery of sin through the new covenant, and obtain the promise of eternal life which you have given us in your Son our Savior Jesus Christ. Amen

An Australian Prayer Book (Order 1 [Adults] modified)

Children Presentation (30-40 min.)

*Plan to introduce children to Baptism in class the week before this lesson.

Video: Watch “Brother Francis EP 5 – The Sacrament of Baptism”

<https://www.youtube.com/watch?v=MHPWg1SGs&index=1&list=PLyFzyBW4EhvdB24W76q5Ilp5bktJcjoq6>

*Children will need dolls and will work in teams

Activity: Baptism Reenactment

Preparation: Have someone in your parish who is responsible for preparing parents for their infant’s baptism present a re-enactment of a baptism to the children. Create

posters that help the children visualize the baptismal promises as an aid to this presentation. For example, we have 5 posters as follows:

Do you reject sin and Satan? – A picture of a big boot kicking the devil out the door.

Do you believe in God, the Father Almighty, creator of Heaven and Earth? – A picture of the world sitting in the palms of big hands.

Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? – A picture of Jesus' crucifixion.

Do you believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? – A picture of a dove with the sun behind it and another picture of the church building with photos of the members of the church community (including the pastor and Bishop) all around it.

You will also need a baby doll in a white baptismal garment, a baptismal candle, olive oil (to represent Sacred Chrism), a towel, and name tags for "Father", "Mother", "Godmother", and "Godfather" and Sacred Chrism oil for smelling only. Gather at the baptismal font.

Presentation: Tell the children that you will be re-enacting an infant's baptism. Select volunteers to be the father, mother, Godfather, and Godmother. Briefly explain the role of the Godmother and Godfather. The presenter will play the part of the priest. Go through the baptismal promises explaining their meaning using the visual aids and prompting the children when to say "I DO" very loudly. After that, baptize the baby doll and perform the four post-baptismal rites – blessing of the white garment, lighting of the baptismal candle, anointing with the Sacred Chrism, and the Ephphatha prayer explaining the meaning of each.

Discussion:

What does Baptism do?

- Makes us followers of Jesus
- Makes us members of the Church
- Washes away all of our sins
- Opens a door for you to receive other sacraments

At baptism your parents and godparents promised

- To turn away from the devil and all his works and teaching

- To believe and follow the Father, Son, & Holy Spirit
- To believe and follow the teachings of the Catholic Church
- ***Now you are mature enough to start to keep these promises!***

Sharing and Action Plan – Children and Parents together (15-20 min.)

Discussion/sharing our experience

- Parents share the story of your child’s baptism and tell them about their godparents. Did they cry when they poured the water? The priest’s name was . . .

Make a Family Action Plan. Name 3 things we can do at home to remember.

Plan to celebrate your child’s baptism day by lighting your baptismal candle at dinner time and say a special prayer.

Use holy water when you say grace to remind you of your baptism

Say a prayer for your Godparents every night for a week and send them a copy of the prayer you created.

Closing Prayer and Ritual

Put already filled holy water bottles in a basket and baptismal candle on a white cloth with the Holy Scriptures open to the story of Jesus’ baptism and if possible a picture of Jesus’ baptism.

Keepers of the Baptismal Promises

Leader: As we make the sign of the cross, let us recall our own baptism.

All: In the name of the Father, and of the Son, and of the Holy Spirit.

(Together, let us pray.)

Parents: God of grace and beginnings,
 You washed us in the waters of rebirth
 and called us your sons and daughters.
 May we daily enter more fully
 into the life and death of Christ,
 to love more deeply and generously
 as we walk with our child in his footsteps.

Scripture: Matthew 3:13-17 (The Baptism of Jesus)

Then Jesus came from Galilee to John at the Jordan to be baptized by him. John tried to prevent him, saying, "I need to be baptized by you, and yet you are coming to me?" Jesus said to him in reply, "Allow it now, for thus it is fitting for us to fulfill all righteousness." Then he allowed him.

After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, "This is my beloved Son,* with whom I am well pleased."

Leader: Let us renew our own baptismal promises.

Leader: Do you reject sin and Satan?

All: I do.

Leader: And all his works?

All: I do.

Leader: And all his empty promises?

All: I do.

Leader: Do you believe in God, the Father Almighty, creator of heaven and earth?

All: I do.

Leader: Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?

All: I do.

Leader: Do you believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?

All: I do.

Leader: The children can come forward now to receive a bottle of holy water to use to bless themselves each day at home.

Have some instrumental music play while the children come up and receive a bottle of holy water to take home. Every day they bless themselves with this holy water, may they be reminded of their baptism and their call to follow Christ each day.

Parents: Lord Jesus, when we were baptized and initiated into your body, the Church, we promised to reject Satan and sin, so as to live in the freedom of God's children. We made our profession of faith.

Give us the strength and light
to keep those promises daily
and live up to that faith
not only for our own salvation,
but also as a good example
of discipleship to you for our children.

Leader: May all the children here who have been baptized continue to grow in their faith, love, and discipleship to Jesus and his Church. And may all those children here who have not yet been baptized continue to faithfully prepare for the day of their rebirth into the church. As God the Father spoke from the heavens at Jesus' baptism, so now he speaks to all of us and says, "You are my beloved sons and daughters. With you, I am well pleased." In Jesus' name, we pray.

All: Amen.

Give copy of handout (see below) to each family before they go.

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