

Lesson Plan

FAITH EXPLORERS

Chapter 12

Sacraments: Streams of Life-Giving Water

Objective

By the end of this lesson, students will be able to:

1. Define what a sacrament is and understand its purpose.
2. Identify and name the seven sacraments of the Church.
3. Differentiate between sacraments received once and those received multiple times.
4. Recognize how sacraments help us grow in divine life.
5. Foster a desire to participate actively in sacramental life.

Introduction

Begin with a storytelling moment:

"Once, Jesus sat at a well in Samaria. A woman came to draw water. Jesus asked her for a drink, and then told her about a different kind of water—living water. Water that gives eternal life. The woman didn't understand at first, but Jesus was offering her something greater than well water. He was offering His divine life."

Connect the story to the lesson:

Just as our bodies need water, our souls need the grace of God. Jesus gives us that grace through sacraments—special signs that bring us God's life.

Presentation of the Topic

Break the lesson into 4 key parts:

1. What is a Sacrament?

- A sacrament is a visible sign instituted by Jesus to give us invisible grace.
- Jesus acts through the Holy Spirit in each sacrament to give divine life.

2. The Seven Sacraments (Write on the board or chart)

1. Baptism
2. Anointing (Chrismation)
3. Holy Qurbana (Eucharist)
4. Reconciliation (Confession)
5. Anointing of the Sick
6. Holy Orders
7. Marriage

Sing together:

“The sacraments seven are signs of grace / Gifted to us by the Church our mother...”

3. Two Categories of Sacraments

SACRAMENTS RECEIVED ONLY ONCE:

- Baptism
- Anointing (Chrismation)
- Holy Orders

Because they imprint a permanent spiritual mark on the soul.

SACRAMENTS RECEIVED MORE THAN ONCE:

- Holy Qurbana
- Reconciliation
- Anointing of the Sick
- Marriage (can be received again if widowed)

4. What Happens Through the Sacraments?

- We receive grace, forgiveness, healing, strength, and holiness.
- They help us grow in God’s love and prepare us for eternal life.

Habit Formation

Explain how they can prepare themselves worthily to receive sacraments and live out the grace they receive:

- **Pray daily**
- **Listen attentively in church**
- **Be kind and loving to others**
- **Confess sins sincerely**

Make a personal resolution together:

“I will participate devotedly in all the sacraments and ceremonies of the Church.”

Activity

1. Sacrament Scramble (Worksheet Activity)

Rearrange these jumbled words:

- PTISMBA → Baptism
- TINGANOIN → Anointing
- CHAREUIST → Eucharist
- CONCILIREATION → Reconciliation
- ORDER HOLY → Holy Orders
- ARRIAMGE → Marriage
- SICK ANOINTING OF THE → Anointing of the Sick

2. Right or Wrong? (True/False Game)

Read the statements and ask students to raise their thumbs up for “right” and down for “wrong.”

Examples:

- “There are eight sacraments in the Church.”
- “Baptism can be received only once.”
- “The sacraments give us God’s life.”

3. Color and Learn

Provide a sacrament coloring page with symbols for each sacrament (e.g., dove for Baptism, host for Eucharist).

Bible Verse

Read and Learn:

John 4:13–14

“Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty.”

Conclusion

End with a short prayer:

O Jesus, who gives us divine life through the sacraments, help us to grow in grace and always stay close to You. Amen.”