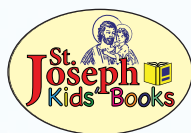




The Seven Sacraments

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JESUS gave us the Seven Sacraments to make us holy. The Sacraments are:

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The Sacraments give us God’s grace.

Grace gives us a new life, God’s own life. It makes our soul holy and beautiful. It makes us children of God and opens heaven for us. God lives in us through His grace. This new life is called **sanctifying grace**.

God also gives us help — light for our mind and strength for our will, that we may see what is good and do it, and that we may keep away from evil. This grace is called **actual grace**.



The Sacrament of PENANCE

ON THE evening of the day of His Resurrection, Jesus came to the Upper Room where His Apostles were gathered and said to them, “Peace be with you. As the Father has sent Me, so I send you.” Then He breathed on them and said, “Receive the Holy Spirit. If you forgive men’s sins, they are forgiven them; if you hold them bound, they are held bound.” It was then that He gave His Church the Sacrament of Penance, and the power to forgive sins.



The Sacrament of the HOLY EUCHARIST

JESUS gave us the Holy Eucharist at the Last Supper, the night before He died. When He said, “This is My Body,” the bread was changed into His holy Body. When He said, “This is My Blood,” the wine was changed into His holy Blood. Then He gave a command: “Do this as a remembrance of Me.”

