



# NEWMAN INSTITUTE

## KNOWING, LOVING AND SHARING THE FAITH

### The Sacraments: The Celebration of the Christian Mystery Session 2: The Sacraments of Initiation

TIME	ACTIVITY	GOAL	CONTENT
5 min.	Introduction	Preview the session themes: Call to holiness; gifts of the Holy Spirit; centrality of Eucharist	Session question: If the Sacraments of Initiation are the foundations of the Christian life, how can I let them transform my daily life?
10 min.	Opening Prayer	Recite a prayer linked to Baptism	Prayer of Baptismal Rite (Participants should begin by blessing themselves with holy water, if it is available.)
15 min.	Partner Activity	Pair-Share: Discuss the sacrament of baptism, confirmation, and the gifts of the Holy Spirit	How do you experience the gifts of the Holy Spirit in your daily life? How is it a challenge?
25 min.	Theme #1: Baptism & Confirmation	Discuss essential doctrines pertaining to Baptism and Confirmation	PowerPoint slides and video clips: Sacrament of Baptism (USCCB) Confirmation
15 min.	Standing Activity: Sacraments in Scripture	Explore Scriptural insights about the Sacraments	*Review the Scripture verses and discuss what they reveal about Baptism and Confirmation.
20 min	Theme #2: The Eucharist-- Source and Summit of the Christian Life	Discuss the sacrificial nature of the Mass, the real presence, and transubstantiation	PowerPoint slides and the Fr. Barron video: Real Presence
15 min.	Small Group Activity	Create and answer a list of common questions about the Eucharist; address how we might respond to real questions people have today.	Brainstorm questions and/or discuss responses to the sample questions provided; consider role-playing some "real life" exchanges on these issues
10 min.	Review & Follow-up	*Reflect on the opening question, *Identify areas for future consideration and follow-up	*Return to the opening question and main themes of the session *Preview recommended follow-up: read US/CCA, ch. 15-17, on Baptism, Confirmation and the Eucharist. *View Fr. Barron's <i>Catholicism</i> , Episode VII on the Eucharist
5 min.	Closing Prayer	Introduce traditional Eucharistic prayers	Pray the "Anima Christi