



Primary Grades 1-3 Lesson Plan

"You are a Priest Forever" Psalm 110

Purpose:

1. Students will be able to name and define the seven sacraments of the Church.
2. Students will start to understand the purpose behind each sacrament.

Supplies:

1. Crayons and drawing paper
2. List of sacrament statements (attached or create your own)
3. Pictures or symbols representing each of the seven sacraments.

Activity #1: What is your favorite sacrament?

1. Explain to the children that sacrament means "a sign of the sacred." Ask if anyone knows what "sacred" means (holy; from God). The Catholic sacraments are very special ways that God shows His love for us. When we receive the sacraments, we receive grace, which is God's life in us. Five of the seven sacraments can be performed only by a priest.
2. Ask students to help list the seven sacraments on the board. As the students list the sacraments, show them a picture or symbol of that sacrament. Then have each student draw a picture of their favorite sacrament.
3. On the back of their paper, have them write three things that make this their favorite sacrament. (If your students are not able to write out their explanations, have them at least write the name of the sacrament on the back and think about some reasons they like it.)
4. Once the children have finished their drawings and their writing, ask them to share the name of the sacrament as well as one of the reasons they wrote down (or thought about). As they share their choices and reasons, write them on the board.
5. Discussion:
 - Highlight the definition for each sacrament chosen. Q&A
 - List any sacraments not chosen on the board and highlight their definition. Q&A

Activity #2: Sacramental "Seven Up"

1. Divide the class into two teams.
2. List the seven sacraments on the board as a helpful reminder for the students.
3. Read one of the **Sacramental "Seven Up" Statements** provided below or from a list of your own and ask one team member to identify which sacrament it defines. If they are correct, they get to stand up. If they are not correct, ask someone from the other team. The first team with seven members standing is the winner. (If your classroom has fewer than 14 children you can simply "keep score" on the board.)

Further Suggestions:

1. Hold a monthly contest that asks each student to write a story or poem about a sacrament or to draw a picture about a sacrament. The winning paper will be displayed in a prominent place in the classroom for a month.
 2. Make copies of the students' drawings and put them all together in an "Our Favorite Sacraments" book for the classroom. Send the book around to other classes if possible.
 3. Celebrate the special vocation dates (e.g., World Day for Consecrated Life - February 7th; World Day of Prayer for Vocations – April 25th) or saints feast days (e.g., Conversion of St. Paul – January 25th, Chair of St. Peter – February 22nd, St. Joseph – March 19th, St. Catherine of Siena – April 29th, St. Philip and St. James – May 3rd, etc.) by playing one of the sacrament games.
 4. Utilize previous Vocation Awareness Week lesson plans at various times throughout the year.
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Sacramental "Seven Up" Statements

Three Sacraments of Christian Initiation:

The Sacrament of Baptism

- The sacrament of new life through water and in the word.
- Through this sacrament, we are freed from original sin and become a child of God.
- The person receiving this sacrament wears a white garment, which is a sign that he or she has "put on Christ."
- This sacrament makes us members of the Body of Christ and you can only receive it once.
- This sacrament is necessary for our salvation, it is received first, and no other sacrament can be received without it.

The Sacrament of Confirmation

- This sacrament is necessary for the completion of baptismal grace.
- This sacrament signifies the Gift of the Holy Spirit by an anointing of the forehead with perfumed oil (chrism) and the laying on of hands.
- This sacrament is usually administered by the bishop.
- The person receiving this sacrament is blessed with the Holy Spirit, as were the apostles on the day of Pentecost.
- Like Baptism, this sacrament is given only once, marking Christians with the Holy Spirit so that they may be Christ's witnesses.

The Sacrament of the Eucharist

- This sacrament is the "source and summit of the Christian life."
- In this sacrament we receive Christ himself.
- By this sacrament we unite ourselves to Christ as we share in his Body and Blood.

- At the heart of this sacramental celebration are the bread and wine that, by the words of Christ in the Consecration and the power of the Holy Spirit, become Christ's Body and Blood.
- Because Christ himself is present in this sacrament of the altar, He is to be honored with the worship of adoration.

Two Sacraments of Healing:

The Sacrament of Penance or Reconciliation

- This sacrament is also called the sacrament of conversion and confession.
- In this sacrament, we receive God's forgiveness.
- Sins committed after Baptism are forgiven through this sacrament.
- This sacrament consists of being sorry for and confessing our sins, and making a sincere effort to avoid sin in the future. It requires the priest's absolution to be complete.
- An examination of conscience is needed before celebration of this sacrament.

The Sacrament of Anointing of the Sick

- We receive this sacrament when we are in danger of death because of illness or old age.
- Each time a person becomes seriously ill, he or she may receive this sacrament.
- This sacrament consists in the anointing of the forehead and hands of a sick person and prayer for special sacramental grace.
- The special grace of this sacrament is the preparation for passing over to eternal life.

Two Sacraments at the Service of Communion and the Mission of the Faithful:

The Sacrament of Holy Orders

- Through this sacrament, the mission entrusted by Christ to his apostles continues in the Church until the end of time.
- This sacrament includes three degrees: bishops, priests and deacons.
- The priest, by virtue of this sacrament, acts "in the person of Christ the Head."
- Since this sacrament is the sacrament of the apostolic ministry, it is for the bishops as the successors of the apostles to hand on the "gift of the Spirit," the "apostolic line."
- No one has a right to receive this sacrament, but he is called to it by God.
- This sacrament prepares a baptized man to serve as Christ's instrument for his Church.

The Sacrament of Matrimony

- This sacrament signifies the union of Christ and the Church.
- This sacrament gives husbands and wives the grace to love each other as Christ has loved his Church.
- The grace of this sacrament perfects the human love of spouses and sanctifies them on the way to eternal life.
- This sacrament is a public celebration of the couple's new state in life, in a Mass before the bishop, priest or deacon, the witnesses, and the assembly of the faithful.
- This sacrament is when a man and woman bind themselves for life in a lawful marriage and receive the grace to be faithful to each other until death.