

The Sacraments: Source of Our Life in Christ

Answers to Focus Questions and Study Questions

Chapter 1 Efficacious Signs of Grace

FOCUS QUESTIONS WITH SAMPLE ANSWERS

DEFINING “SACRAMENT”

1. **What three things does becoming a disciple of Christ involve?** Becoming a disciple of Christ involves having faith in Christ, following his teachings, and receiving the Sacrament of Baptism.
2. **What is the definition of a Sacrament?** A Sacrament is an efficacious sign of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us.
3. **The Sacraments are the primary means by which Christ does what in the world today?** They are the primary means by which God imparts “grace” or “divine life” to us.

SACRAMENTS AS EFFICACIOUS SIGNS

4. **What is a sign?** It is something sensible (i.e., perceivable by the senses), which stands for something else.
5. **What does efficacious mean?** It means able to do something.
6. **What is an efficacious sign?** It is something that symbolizes something else (a sign), which can actually do what it symbolizes (efficacious).
7. **What is an example of a sacramental sign?** Water is used as a symbol of washing in Baptism.
8. **What makes Sacraments effective?** Christ’s action makes them able to accomplish what they promise.
9. **What does *ex opere operato* mean in relation to the Sacraments?** It means that as long as a Sacrament is celebrated with the intention of the Church, it is effective by the very fact of being performed.
10. **What is the relationship between the personal holiness of the celebrant of a Sacrament and the ability of the Sacrament to impart grace?** The power of Christ and the Holy Spirit act in a Sacrament, independently of the personal holiness of the minister.

CHANNELS OF GRACE OR DIVINE LIFE

11. **What is the dictionary definition of grace?** A gift or favor.
12. **Why is divine grace a gift?** Grace is free and undeserved help from God.
13. **What two fundamental things does grace do for us?** It saves and sanctifies us.
14. **How could grace transform a person?** Grace could help one go from doing evil to doing good.

THE KINDS OF GRACE

15. **What are the two basic types of grace?** They are actual grace and sanctifying grace.
16. **What are actual graces?** They are the particular helps God gives to assist us in our conversion or sanctification.
17. **Does God only give actual graces to the baptized?** No. God offers it to every human being so he or she might be saved.
18. **What is necessary for non-Catholics and even non-believers in God to be saved?** Non-Catholics must seek God and do his will as they know it from their conscience. Non-believers in God must strive to live a good life. In both cases, they are assisted by grace.
19. **How does grace interact with human freedom?** Grace helps us seek God and do good but it never forces us.
20. **What is sanctifying grace?** It is a stable and supernatural disposition that perfects the soul to enable it to live with God and to act by his love.
21. **Why is sanctifying grace also called habitual grace?** It is a stable and supernatural disposition.
22. **Why is a study of the saints important?** Their experience shows us what it means to go beyond what is naturally possible.

INSTITUTED BY CHRIST AND ENTRUSTED TO THE CHURCH

23. **What does it mean to say that the Sacraments were instituted by Christ?** Christ created them.
24. **What is the Church's relationship to the Sacraments?** She is their caretaker, guardian, or steward.

25. **What is the Church's authority in regard to the Sacraments?** She preserves, protects, and regulates them.

MAXIMILIAN KOLBE – SAINT OF AUSCHWITZ

26. **Why was Fr. Kolbe put to death?** He voluntarily took the place of another man selected for execution.

27. **How did he behave in the underground death cell?** He tried to keep up the spirits of the other condemned persons.

STUDY QUESTIONS WITH SAMPLE ANSWERS

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2. **The Sacraments are the primary means by which Christ does what in the world today?** They are the primary means by which God imparts “grace” or “divine life” to us.
3. **What is an efficacious sign?** It is something that symbolizes something else (a sign), which can actually do what it symbolizes (efficacious).
4. **What does *ex opere operato* mean in relation to the Sacraments?** It means that as long as a Sacrament is celebrated with the intention of the Church, it is effective by the very fact of being performed.
5. **What two fundamental things does grace do for us?** It saves and sanctifies us.
6. **What are the two basic types of grace?** They are actual grace and sanctifying grace. Actual graces are the particular helps God gives to assist us in our conversion or sanctification. Sanctifying grace is a stable and supernatural disposition that perfects the soul to enable it to live with God and to act by his love.
7. **What does it mean to say that the Sacraments were instituted by Christ?** Christ created them.
8. **What is the Church's relationship to the Sacraments?** She is their caretaker, guardian, or steward.

Chapter 2 Celebrating the Sacraments

FOCUS QUESTIONS WITH SAMPLE ANSWERS

WHY WE “CELEBRATE”

1. **What is the difference between how our culture generally uses the word *celebrate* and how the Church uses it?** In our culture, a celebration refers to something festive, like a party. The Church uses this term to mean *make*, or *do*, or *carry out* in the correct way.
2. **Why should the celebration of a Sacrament also be thought of as a festive event?** Because through it one receives grace, the divine life of God himself.

Visible Rites

3. **What is a rite?** A ceremony or predetermined, formal way of doing something.
4. **What are the three elements in every Catholic sacramental rite?** They are matter, form, and minister.
5. **What is the matter of a Sacrament? What is an example?** Matter is the material or physical element of a Sacrament that acts as a sign. In Baptism, the matter is water.
6. **What is the form of a Sacrament? What is an example?** Form is the words that are said, and in some cases, an action that is performed. In Baptism, the form is, “I baptize you in the name of the Father and of the Son and of the Holy Spirit,” repeated while water is being poured over the person’s head or while the person is being immersed.
7. **What is the minister of a Sacrament? What is an example?** The minister is the person who carries out the rite. The ordinary minister of Baptism is someone in Holy Orders, but in an emergency anyone, including a non-Christian, can be the minister.
8. **What is the meaning of minister?** Servant.

Proper Graces

9. **What does “grace proper to a Sacrament” mean?** It means the particular grace God intended that Sacrament to impart.
10. **What kind of grace does every Sacrament impart?** Sanctifying grace.
11. **What is sacramental grace? What is an example?** Sacramental grace is the grace proper to a specific Sacrament. For example, one of the graces of Baptism is to forgive sins.

DISPOSITION COUNTS

12. **What are the necessary conditions for receiving the Sacraments fruitfully?** One must have the intention to receive the promised graces and be in the proper spiritual condition (CCC 1127–1128).
13. **What is a proper intention to receive a Sacrament? What is an example?** Proper intention means you wish to receive the Sacrament as God designed it. An example is receiving Baptism in order to become a Christian.
14. **What is a proper condition to receive a Sacrament? What is an example?** Proper condition means the state your soul is in. A proper condition to receive the Eucharist is to be in a state of grace. A proper condition for Penance is to be sorry for one's sins.
15. **What are some of the ways we can best prepare ourselves to receive the Sacraments?** Prayer is the best preparation, especially before and during the Mass at which we will receive Holy Communion. We should receive the Sacrament of Penance before receiving the Eucharist if we are aware of any mortal sins. Before going to Confession, we should make a thorough examination of conscience so that we will be mindful of all our sins and be appropriately contrite for them.

CHRIST AND HIS CHURCH AS SACRAMENTS

16. **How is Christ a Sacrament?** By becoming man, God became visible and brought grace to mankind.
17. **What is the matter and form of Christ's sacramentality?** His human nature and his words and actions.
18. **How is the Church a Sacrament?** She is the visible sign of communion between God and humanity, and through her Sacraments, she effects this unity.

BLESSED OTTO NEURURER

19. **Why was Fr. Otto Neururer arrested?** He advised a Catholic woman not to marry a divorced Nazi.
20. **Why was Fr. Otto put to death in the concentration camp?** He baptized a man who asked for the Sacrament.
21. **How is Bl. Otto Neururer an example of the miracle of grace?** This rather timid man was able to act heroically.

STUDY QUESTIONS WITH SAMPLE ANSWERS

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4. **What is the form of a Sacrament? What is an example?** Form is the words that are said, and in some cases, an action that is performed. In Baptism, the form is, “I baptize you in the name of the Father and of the Son and of the Holy Spirit,” repeated while water is being poured over the person’s head or while the person is being immersed.
5. **What is the minister of a Sacrament? What is an example?** The minister is the person who celebrates the rite. The ordinary minister of Baptism is someone in Holy Orders, but in an emergency anyone, including a non-Christian, can be the minister.
6. **What is sacramental grace? What is an example?** Sacramental grace is the grace proper to a specific Sacrament. For example, one of the graces of Baptism is to forgive sins.
7. **What are the necessary conditions for receiving the Sacraments fruitfully?** One must have the intention to receive the promised graces and be in the proper spiritual condition (CCC 1127–1128).
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Chapter 3 The Sacrament of Baptism

FOCUS QUESTIONS WITH SAMPLE ANSWERS

THE SCRIPTURAL BASIS FOR BAPTISM

Baptism prefigured in the Old Testament

1. **What is the Old Testament meaning of the word we use for Baptism?** It means plunge, immerse, or dip, and was used in religious rites as a means of purification.

Baptism in the New Testament

2. **How were St. John the Baptist and the Essenes similar?** They lived in the desert and practiced a ritual washing for purification.
3. **How was St. John the Baptist's baptism different from the Sacrament of Baptism instituted by Christ?** St. John said his baptism was symbolic whereas Christ's Baptism is with the Holy Spirit and fire.
4. **When did Christ institute the Sacrament of Baptism?** After his Resurrection when he commanded his Apostles to convert the world by teaching his message and baptizing all people.
5. **What did St. Peter tell the Jews they must do to be saved?** They had to be baptized.
6. **What are the Sacraments of Initiation?** Baptism, Confirmation, and the Holy Eucharist.

THE SACRAMENT OF BAPTISM

7. **How is Baptism an efficacious sign?** It symbolizes a washing from sin and actually achieves it.
8. **What are the three most basic things Baptism does?** In Baptism, a person (1) is cleansed of all sin, both Original and actual, (2) becomes a member of the Body of Christ, and (3) receives the grace needed to enter Heaven.

Effects of Baptism

9. **Why is the grace of Baptism a grace of *justification*?** It makes one "right" or good in God's eyes.
10. **Why can Baptism only be received once?** It imprints the soul with a permanent mark or character.

Weakness Remains

11. **What important thing about human life does Baptism not change?** It does not take away our inclination to sin, so we have to put forth effort to do God's will.

THE CELEBRATION OF BAPTISM

12. **What is the matter of Baptism?** Water.
13. **What are various ways the water of Baptism is applied?** By immersion (submersion under the water) or by affusion (pouring water over the head).
14. **What dimension of Baptism does immersion especially highlight?** Death to sin and resurrection to new life.
15. **What is the form of Baptism?** It is pronouncing the Trinitarian formula while pouring water over or immersing the person in water.
16. **In case of emergency, who can be the minister of Baptize?** Anyone, even a non-Christian.

The Rite

17. **At what stage in life can Baptism be administered?** At any stage, whether an infant or an adult.
18. **For adults, what precedes Baptism?** The catechumenate or period of prayer, reflection, and instruction in the Catholic Faith.
19. **For infants, what follows Baptism?** Many years of catechesis or formation in the Faith.
20. **What is the parents' responsibility when they have their children baptized?** To raise them in the Catholic Faith.
21. **What is the godparents' or sponsors' responsibility toward the baptized child?** To assist the parents in the Christian education of their child.
22. **Why are non-practicing Catholic parents not permitted to have their children baptized?** There is no real hope they will raise the child in the Catholic Faith.
23. **When should infants be baptized?** As soon as possible after birth.

THE NECESSITY OF BAPTISM

24. **Why is Baptism necessary for salvation?** It is necessary because God wants it to be so.

25. **What is Baptism of Blood?** Those preparing for Baptism, who die for the Faith before receiving the Sacrament, are saved.
26. **What is Baptism of Desire?** Those who wish to be baptized but who die before receiving it can be saved.
27. **Can non-Christians be saved?** Yes. Those who are ignorant of the Gospel of Christ and his Church, but seek the truth and do the will of God in accordance with their understanding of it, can be saved. They would have *desired Baptism explicitly* if they had known its necessity.
28. **Can infants who die before Baptism be saved?** It is possible for God to save them in some way in accord with his mercy.

ST. FRANCIS XAVIER

29. **What question helped St. Francis Xavier overcome his desire for fame?** St. Ignatius reflected on Christ's question, "For what will it profit a man, if he gains the whole world and forfeits his life?"
30. **What is an example of a miracle he performed?** He raised a man from the dead.
31. **How many converts did St. Francis Xavier make?** Tens of thousands.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What are the Sacraments of Initiation?** Baptism, Confirmation, and the Holy Eucharist.
2. **When did Christ institute the Sacrament of Baptism?** After his Resurrection when he commanded his Apostles to convert the world by teaching them his message and baptizing them.
3. **How is Baptism an efficacious sign?** It symbolizes a washing from sin and actually achieves it.
4. **What are the three most basic things Baptism does?** In Baptism, a person (1) is cleansed of all sin, both Original and actual, (2) becomes a member of the Body of Christ, and (3) receives the grace needed to enter Heaven.
5. **Why can Baptism only be received once?** It imprints the soul with a permanent mark or character.
6. **What is the matter of Baptism?** Water.
7. **What is the form of Baptism?** It is pronouncing the Trinitarian formula.

8. **What is the godparents' or sponsors' responsibility toward the baptized child?** To step in for parents in the Christian education of the child if the parents cannot carry it out.
9. **When should infants be baptized?** As soon as possible after birth.
10. **Why is Baptism necessary for salvation?** It is necessary because God wants it to be so.
11. **What is Baptism of Blood?** Those who are preparing for Baptism but die for the Faith before receiving the Sacrament are saved.
12. **What is Baptism of Desire?** Those who wish to be baptized but who die before receiving it can be saved.
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Chapter 4

The Sacrament of Confirmation

FOCUS QUESTIONS WITH SAMPLE ANSWERS

THE DESCENT OF THE HOLY SPIRIT

1. **How did the Jewish authorities' tactic of persecuting the first Christians have the opposite than intended effect?** The dispersion of the followers of Christ led to the dispersion of the message of Christ.
2. **What did the Apostles Peter and John do for the new Christians in Samaria?** They gave them what we call the Sacrament of Confirmation. They laid hands on them and they received the Holy Spirit.
3. **What graces does a person receive in the Sacrament of Confirmation?** In Confirmation we receive increased gifts and fruits of the Holy Spirit, which strengthen us to serve the Church and draw others to the friendship of God.
4. **Why is it necessary for Christians to be strengthened by the Holy Spirit?** It takes courage to live as a mature Christian in difficult situations.

SCRIPTURAL BASIS

5. **What is an Old Testament prophecy of Confirmation?** Isaiah prophesied that the Messiah would have the Spirit of the Lord rest upon him and that he would receive what we today call the gifts of the Holy Spirit.
6. **When did Isaiah's prophecy come true?** When Christ was conceived by the Holy Spirit and when the Holy Spirit descended upon him in the form of a dove at his baptism by St. John the Baptist.
7. **When did Christ institute Confirmation?** At Pentecost, when the Holy Spirit descended upon the Apostles "as tongues of fire" (Acts 2:3).

CELEBRATING CONFIRMATION

8. **In the Eastern Churches, when is Confirmation normally administered?** Infants receive all three Sacraments of Initiation at the same time.
9. **In the Western Church, when is Confirmation normally administered?** Usually after the age of reason has been reached, separately from Baptism and the Eucharist.
10. **When are the three Sacraments of Initiation received together in the Western Church?** Adult catechumens receive all three of the Sacraments at the Easter Vigil.

11. **Who may receive Confirmation?** Every baptized person who has reached the required age determined by the bishop of his or her diocese should be confirmed in order to complete his or her initiation into the Church. When a person is in danger of death, the Sacrament may be received at any age.
12. **Is it necessary to go to Confession before receiving Confirmation?** Yes, if one is not in the state of grace.
13. **When does Confirmation catechesis take place?** For young people and adults, before Confirmation. For infants, after, as they mature.
14. **What is the *matter* of Confirmation?** The *matter* of Confirmation is (1) the Sacred Chrism used to anoint the confirmand and (2) the laying on of hands.
15. **What other Sacraments use the laying on of hands?** Holy Orders and the Anointing of the Sick.
16. **What is the *form* of Confirmation?** The pronouncement by the minister of the words, “Be sealed with the gift of the Holy Spirit,” as he anoints with the oil.
17. **Who is the *minister* of Confirmation?** In the Western Church it is normally the bishop, and in the Eastern Churches it is normally a priest.
18. **What links Confirmation to the bishop in the Eastern Rites?** The sacred *myron* or chrism, which the bishop consecrated.
19. **What is the role of the Confirmation sponsor?** The sponsor assists the confirmand to prepare for and to live out the responsibilities of Confirmation.

A GOOD SOLDIER FOR CHRIST

20. **What does it mean to be a soldier of Christ?** It means to fight for the Faith using peaceful means.

Effects of Confirmation

21. **Generally speaking, what does Confirmation do in terms of the graces of Baptism?** It strengthens them.
22. **How many times can one be confirmed?** Only once.
23. **How is Confirmation related to piety?** It deepens our relationship to God as his children.
24. **What are the seven Gifts of the Holy Spirit?** Wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

25. **What are the fruits of the Holy Spirit?** Charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.
26. **How does Confirmation equip one for Christian maturity?** The confirmand can spread and defend the Faith by word and deed.
27. **Who are two groups with whom a teenager can share his or her faith?** Friends outside the Faith (those who are not Catholic) and friends who are Catholic and need to deepen their faith.

ST. ANDRE BESSETTE (1845–1937)

28. **Why was St. Andre Bessette called the “miracle man of Montreal”?** He was credited with thousands of healings of the injured and sick.
29. **To what saint was St. Andre especially devoted?** St. Joseph.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What graces does a person receive in the Sacrament of Confirmation?** In Confirmation we receive increased gifts and fruits of the Holy Spirit, which strengthen us to serve the Church and draw others to the friendship of God.
2. **When did Christ institute Confirmation?** At Pentecost, when the Holy Spirit descended upon the Apostles “as tongues of fire” (Acts 2:3).
3. **In the Eastern Churches and in the Western Church, when is Confirmation normally administered?** In the Eastern Churches, infants receive all three Sacraments of Initiation at the same time. In the Western Church, Confirmation is normally administered after the age of reason has been reached, separately from Baptism and the Eucharist.
4. **Who may receive Confirmation?** Every baptized person who has reached the required age determined by the bishop of his or her diocese should be confirmed in order to complete his or her initiation into the Church. When a person is in danger of death, the Sacrament may be received at any age.
5. **What are the matter, form, and minister of Confirmation?** The *matter* of Confirmation is (1) the Sacred Chrism used to anoint the confirmand and (2) the laying on of hands. The *form*, in the Roman Rite, is the pronouncement by the minister of the words, “Be sealed with the gift of the Holy Spirit,” as he anoints the person with the oil. In the Western Church, the *minister* is normally the bishop and, in the Eastern Churches, it is normally a priest.

6. **What are the major effects of Confirmation?** Confirmation completes the graces of Baptism by a special outpouring of the gifts and fruits of the Holy Spirit, which seals or confirms the baptized in union with Christ and equips them for apostolic life in the Church.
7. **Who are two groups with whom a teenager can share his or her faith?** Friends who are not Catholics and friends who are.

Chapter 5

The Sacrament of the Holy Eucharist, Part 1

FOCUS QUESTIONS WITH SAMPLE ANSWERS

SACRIFICE: A LITTLE BACKGROUND

1. **In religion, to whom is a sacrifice made?** To God or a god.
2. **Who is the person who makes a sacrifice?** A priest.
3. **What is the thing being sacrificed called?** The victim.
4. **What is done to the victim?** It is usually destroyed.
5. **Why are sacrifices made?** To ask for something, to atone for an offense, to give thanks, or to worship.
6. **What was the Passover sacrifice?** A spotless lamb was slain, which fed the people and saved them from slavery.

THE SACRAMENT OF THE HOLY EUCHARIST

Old Testament Roots

7. **What are the three Old Testament prefigurements of the Eucharist mentioned in our text?** The Passover, the manna in the desert, and the thank offering of the Temple sacrifice.

Instituted by Christ

8. **When Christ identified himself as living manna from Heaven, why did many of his disciples leave him?** Christ's claim that they would have to eat his Flesh and drink his Blood was unacceptable to them.
9. **What promise does Christ give for those who eat his Flesh and drink his Blood?** Eternal life.
10. **When did Christ institute the Sacrifice of the Eucharist?** At the Last Supper when he gave his Apostles the bread and wine, after saying it was his Body and his Blood.

THE REAL PRESENCE

11. **What is the Real Presence?** In the Eucharist, the Son of God is entirely present both in his humanity and divinity.

12. **At the Last Supper, when Christ said, “Do this in memory of me,” what power did he confer?** He conferred on his Apostles and their successors the power to transform ordinary bread and wine into his Body and Blood.
13. **What is transubstantiation?** It is a theological term used to describe the change in which the substance of the bread and wine is changed into the real Body and Blood of Christ.
14. **How do we know St. Paul believed in the Real Presence in the Eucharist?** He warned the Corinthians not to profane “the body and blood of the Lord” when they eat the bread or drink the cup.
15. **How did St. Ignatius of Antioch support the doctrine of the Real Presence?** He wrote about the one Flesh and one Blood in the Eucharist.
16. **How did St. Irenæus of Lyons support the Real Presence of Christ in the Eucharist?** He wrote about Christ’s initiation of the Eucharist and declared that the offered bread and wine “becomes the Eucharist, the Body and Blood of Christ.”

ONE SINGLE SACRIFICE

17. **What is a propitiatory sacrifice?** An offering that can bring mercy or atonement.
18. **What is the one, propitiatory sacrifice Christ made?** He offered himself to the Father for our salvation.
19. **What are three manifestations of Christ’s one sacrifice?** At the Last Supper, on the Cross, and in every Mass.
20. **What is the difference between Christ’s single offering of himself on the Cross and in the Eucharist?** One is bloody and the other is unbloody.
21. **What is the Scriptural meaning of “memorial”?** More than a mere calling to mind, it is a present and real proclamation of the mighty works of God.
22. **In the Mass, how does Christ offer himself to the Father?** He offers himself through the words of the priest who acts in the Person of Christ the Head.

The Eucharist as a “thanksgiving”

23. **What was the earliest name given to the Eucharist?** The breaking of the bread.
24. **For what does the Church offer thanksgiving and praise to God?** For all that God has accomplished for our benefit through creation, redemption, and sanctification.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What is a sacrifice?** A victim offered by a priest to God (or a god) on behalf of himself or another.
2. **What are the three Old Testament prefigurements of the Eucharist mentioned in our text?** The Passover, the manna in the desert, and the thank offering of the Temple sacrifice.
3. **When did Christ institute the Sacrifice of the Eucharist?** At the Last Supper when he gave his Apostles the bread and wine, after saying it was his Body and his Blood.
4. **What is the Real Presence?** In the Eucharist, the Son of God is entirely present both in his humanity and divinity.
5. **What is transubstantiation?** It is a theological term used to describe the change in the substance of the bread and wine into the Body and Blood of Christ.
6. **What is the one, propitiatory sacrifice Christ made?** He offered himself to the Father for our salvation.
7. **What are three manifestations of Christ's one sacrifice?** At the Last Supper, on the Cross, and in every Mass.
8. **For what does the Church offer thanksgiving and praise to God?** For all that God has accomplished for our benefit through creation, redemption, and sanctification.

Chapter 6

The Sacrament of the Holy Eucharist, Part 2

FOCUS QUESTIONS WITH SAMPLE ANSWERS

CELEBRATING THE EUCHARIST

1. **What are the requirements to receive the Eucharist?** One must be baptized, believe in the Eucharist, be in the state of grace, and fast as prescribed.
2. **Why can there not be intercommunion between Catholics and Protestants?** Catholics and Protestants do not believe the same things, so their communion would not be a real sign of unity.
3. **Generally, why do Catholics and the Orthodox not receive the Eucharist together?** The Orthodox object to this practice, so Catholics respect their wishes.
4. **What are the matter, form, and minister of the Eucharist?** The *matter* is wheat flour and grape wine; the *form* is the words of Consecration; the *minister* is a bishop or priest.

THE STRUCTURE OF THE MASS

5. **What was the earliest name for the Mass?** The breaking of the bread.
6. **What is the origin of the two parts of the Mass?** The Liturgy of the Word has its origin in the Temple worship that took place in the synagogue on the Jewish Sabbath. The Liturgy of the Eucharist has its origin in the “breaking of the bread” that took place in Christian homes on Sunday, the day of Christ’s Resurrection.
7. **What is the focus of the Liturgy of the Word?** It is on hearing the Sacred Scriptures.
8. **What is the focus of the Liturgy of the Eucharist?** It is on the Holy Sacrifice.
9. **What is the Rite of Communion?** It is the part of the liturgy when the assembled people receive the Eucharist.
10. **How often can or should Catholics receive the Eucharist?** Frequently, even daily.

EUCHARISTIC OBLIGATIONS

11. **Why does the Church require Catholics to go to Mass?** The Church requires us to attend Mass because we vitally need the grace that God offers us in the Mass.

EFFECTS OF THE EUCHARIST

12. **How is the Eucharist fundamentally different from ordinary food?** When we eat ordinary food, it becomes converted into us. When we consume the Eucharist, we become converted into Christ.

EUCCHARISTIC ADORATION

13. **Why is the Eucharist reserved in the Tabernacle?** It is reserved (1) so those who are unable to attend Mass can receive the Eucharist and (2) so the faithful can worship Christ outside Mass.

POPE ST. PIUS X: POPE OF THE BLESSED SACRAMENT (1835–1914)

14. **What are two things for which Pope St. Pius X is famous?** Stopping Modernism and making possible much more frequent reception of the Eucharist.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What are the requirements to receive the Eucharist?** One must be baptized, believe in the Eucharist, be in the state of grace, and fast as prescribed.
2. **What are the matter, form, and minister of the Eucharist?** The *matter* is wheat flour and grape wine; the *form* is the words of Consecration; the *minister* is a bishop or priest.
3. **What is the origin of the two parts of the Mass?** The Liturgy of the Word has its origin in the synagogue worship that took place on the Jewish Sabbath. The Liturgy of the Eucharist has its origin in the “breaking of the bread” that took place in Christian homes on Sunday, the day of Christ’s Resurrection.
4. **What is the Rite of Communion?** It is how the people assembled actually receive the Eucharist.
5. **How often can or should Catholics receive the Eucharist?** Frequently, even daily.
6. **What are some of the effects of receiving Holy Communion?** Some of the effects of a worthy reception of the Eucharist are intimate communion with Christ, deeper union with the Body of Christ, forgiveness of venial sins, and an increase in graces and virtues in the soul.
7. **Why is the Eucharist reserved in the Tabernacle?** It is reserved (1) so those who are unable to attend Mass can receive the Eucharist and (2) so the faithful can worship Christ outside Mass.

Chapter 7 The Sacrament of Penance

FOCUS QUESTIONS WITH SAMPLE ANSWERS

1. **Why are Penance and Anointing of the Sick considered Sacraments of Healing?** Penance heals spiritually by forgiving sins. Anointing of the Sick is for those facing physical death.

THE SACRAMENT OF PENANCE

2. **Who forgives sins in the Sacrament of Penance?** Christ himself, through the words of a bishop or priest.
3. **What communion does Penance restore?** Communion with God and with the Church.
4. **What is a primary cause of post-Baptismal sin?** Concupiscence.
5. **What is concupiscence?** It is disordered desire to act according to passion rather than reason.

THE NATURE OF SIN

6. **What is a sin?** It is “an utterance, a deed, or a desire contrary to the eternal law” and so an “offense against God.”
7. **What is a mortal sin?** It is a grave offense against God that merits eternal separation from him.
8. **What are the three conditions that must be present for a sin to be mortal?** For a sin to be mortal, the object must be grave and it must be committed with full knowledge and deliberate consent.
9. **What is a venial sin?** Any offense that transgresses the moral law but does not meet all three of the conditions for a mortal sin.
10. **Why should we not be “comfortable” about committing venial sins?** We should seek holiness by striving to love God and our neighbor with our whole heart. Also, venial sins can lead to mortal ones.
11. **What is a sin of commission?** It is doing something you should not do.
12. **What is a sin of omission?** It is not doing something you should do.

PENANCE IN SCRIPTURE

13. **What is an example of an Old Testament prefiguration of Penance?** In the Mosaic covenant, ritual sacrifice was specified to atone for sin.
14. **When did Christ institute the Sacrament of Penance?** After his Resurrection when he said to the Apostles, “If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained” (Jn 20:22–23).

CELEBRATING PENANCE

15. **How often must a Catholic go to Confession?** The Church requires every Catholic over the age of reason to confess his or her grave sins at least once per year. However, a person who has committed a mortal sin should receive the Sacrament as soon as possible.
16. **Can one receive Holy Communion if one is aware of unconfessed mortal sins?** No.
17. **What is the matter of Penance?** Contrition, confession, and satisfaction of the penitent.
18. **What is contrition?** It is a true sorrow for having sinned.
19. **What is perfect contrition?** It is sorrow out of love for God.
20. **What is imperfect contrition?** It is fear of punishment or shame over the ugliness of sin.
21. **Is imperfect contrition sufficient for forgiveness?** Yes.
22. **What is small “c” confession?** It is the disclosure of sins to the priest or bishop in the Sacrament of Penance.
23. **What is the way one properly prepares for the Sacrament of Penance?** By a thorough examination of conscience.
24. **What must be confessed?** Mortal sins according to their kind and number.
25. **What may be confessed?** Venial sins.
26. **Why is it foolish to conceal a mortal sin in confession?** You can’t be forgiven what you don’t confess.
27. **What is satisfaction?** It is doing the prescribed penance, usually prayers, works of mercy, sacrifices, service to a neighbor, and so on.
28. **What is restitution?** It is “paying back” for harm done, as in restoring something stolen.
29. **What is the form of the Sacrament of Penance?** It is the words of absolution spoken by the priest.

30. **Who is the minister of the Sacrament of Penance?** A bishop or priest.
31. **What is the Seal of Confession?** The law that the minister of Confession can never reveal for any reason what a penitent has confessed.
32. **Historically, what are the two basic ways the Sacrament of Penance has been celebrated?** Publicly and privately.
33. **What does the Act of Contrition express?** Sorrow for sin and resolution to avoid sin in the future.
34. **What is the virtue of penance?** It is the habit of doing good acts that strengthen one against temptation and help one grow closer to God.
35. **How does the celebration of Penance in the Eastern Churches emphasize that Christ is the true minister of the Sacrament?** Usually the confession takes place in front of an icon of Christ and the confession is made to Christ in the presence of the bishop or priest who pronounces the words of absolution.
36. **What are the effects of the Sacrament of Penance?** The Sacrament of Penance forgives mortal and venial sins, remits a portion of temporal punishment due to sin, reconciles us to God and the Church, and confers actual grace to help us avoid sins in the future.

ST. JOHN NEPOMUCENE – SAINT OF THE SEAL OF CONFESSION

37. **Why is St. John Nepomucene called the saint of the Seal of Confession?** The king tried to force him to reveal what the Queen told him in confession and he was imprisoned and murdered because he would not break the Seal of Confession.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What is a sin?** It is “an utterance, a deed, or a desire contrary to the eternal law” and so an “offense against God.”
2. **What is a mortal sin?** It is a grave offense against God that merits eternal separation from him.
3. **What are the three conditions that must be present for a sin to be mortal?** For a sin to be mortal, the object must be grave and it must be committed with full knowledge and deliberate consent.
4. **What is a venial sin?** Any offense that transgresses the moral law but does not meet all three of the conditions for a mortal sin.

5. **When did Christ institute the Sacrament of Penance?** After his Resurrection when he said to the Apostles, “If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained” (Jn 20:22–23).
6. **How often must a Catholic go to Confession?** The Church requires every Catholic over the age of reason to confess his or her grave sins at least once per year. However, a person who has committed a mortal sin should go to confession as soon as possible.
7. **What are the matter, form, and minister of Penance?** The matter is contrition, confession, and satisfaction of the penitent; the form is the words of absolution; and the minister is a priest or bishop.
8. **What is the Seal of Confession?** The law that the minister of confession can never reveal for any reason what a penitent has confessed.
9. **What are the effects of the Sacrament of Penance?** The Sacrament of Penance forgives mortal and venial sins, restores lost sanctifying grace and imparts actual graces, and reconciles us with God and the Church.

Chapter 8

The Sacrament of the Anointing of the Sick

FOCUS QUESTIONS WITH SAMPLE ANSWERS

WHAT IS THE ANOINTING OF THE SICK?

1. **What is the Anointing of the Sick?** It is the Sacrament of Healing that gives health to the soul—and sometimes to the body—through prayer and an anointing with oil.
2. **For whom does the Sacrament exist?** For those Christians who are in danger of death from grave illness, injury, or old age.
3. **What is the relationship between sin and sickness in the Old Testament?** They are somehow linked together.
4. **In Divine Revelation, are sin and sickness linked as in a cause-and-effect relationship?** No. Suffering is a general consequence of Original Sin and it is hard to see how good and bad fortune is directly related to people's merits.
5. **What did Christ do in regard to sick and injured persons?** He healed them.
6. **What did Christ give his Apostles the power to do for those who were suffering?** They could anoint the sick with oil and heal them.
7. **What are some examples of Christ's use of physical signs to heal?** Christ often used physical signs to heal, such as the laying on of hands, mud, washing, even his own spittle.
8. **Why did Christ heal people?** To demonstrate that he was the Messiah and to show compassion for those who were suffering.
9. **What effect does Christ's healing ministry have on his followers?** They imitate his compassion by caring for the sick and suffering.
10. **Where in the New Testament do we find explicit reference to the Sacrament of the Anointing of the Sick?** St. James discusses it (cf. Jas 5:14–16).
11. **When did Christ explicitly institute the Anointing of the Sick?** We don't know, but it is evident he did because the Apostles anointed the sick with oil and prayed for them, and those people recovered.

CELEBRATION OF THE ANOINTING OF THE SICK

12. **Who should receive the Sacrament of the Anointing of the Sick?** Members of the faithful who have reached the age of reason and are in danger of death due to old age, illness, a serious operation, or an accident.
13. **Why is it compassionate to tell a dying person he is dying?** So he or she may prepare his or her soul for death.
14. **Who is the *minister* of the Anointing of the Sick?** A bishop or priest
15. **What is the *matter* of the Anointing of the Sick?** The oil of the sick and the action of anointing.
16. **What is the *form* of the Anointing of the Sick?** It is the prayer said while anointing.
17. **What is *viaticum*?** *Viaticum* is the name for the Holy Eucharist when it is given to those who are dying. It means *food for the journey*.
18. **Why did this Sacrament used to be called *Extreme Unction*?** It was normally only administered to people on the verge of death.

SLAVERY AND ST. PETER CLAVER

19. **What are the effects of the Anointing of the Sick?** The Anointing of the Sick unites the suffering person to the Passion of Christ, provides strength, peace, and courage to endure the sufferings of illness or old age, forgives sins and reduces or removes temporal punishment due for sin, can restore health if it is good for the salvation of the person's soul, and prepares the recipient for death and entry into eternal life in Heaven.

PETER CLAVER (1581–1654): SAINT TO THE SLAVES

20. **How did St. Peter Claver want to be a slave in a positive sense?** He wanted to be a slave of Christ, serving him faithfully in this life.
21. **How did St. Peter Claver react when he saw actual slavery?** He was appalled by the harsh inhumanity of it.
22. **What “good” did St. Peter do for the slaves of Columbia?** He fed them, treated their illnesses and injuries, taught them the Faith, and baptized them.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What is the Anointing of the Sick?** It is the Sacrament of Healing that gives health to the soul—and sometimes to the body—through prayer and an anointing with oil.
2. **What did Christ give his Apostles the power to do for those who were suffering?** They could anoint the sick with oil and heal them.

3. **Where in the New Testament do we find explicit reference to the Sacrament of the Anointing of the Sick?** St. James discusses it (Jas 5:14–16).
4. **Who should receive the Sacrament of the Anointing of the Sick?** Members of the faithful who have reached the age of reason and are in danger of death due to old age, illness, a serious operation, or an accident.
5. **What are the matter, form, and minister of the Anointing of the Sick?** The oil of the sick and the action of anointing is the *matter*; the prayer is the *form*; a bishop or priest is the *minister*.
6. **What is viaticum?** *Viaticum* is the name for the Holy Eucharist when it is given to those who are dying. It means *food for the journey*.
7. **What are the effects of the Anointing of the Sick?** The effects of Anointing of the Sick are uniting the suffering person to the Passion of Christ, graces to endure those sufferings in a Christian manner, forgiveness of sins and, if it is good for the person's soul, restoration of health.

Chapter 9 The Sacrament of Holy Orders

FOCUS QUESTIONS WITH SAMPLE ANSWERS

WHAT IS THE SACRAMENT OF HOLY ORDERS?

1. **What is the common priesthood of all the faithful?** It is each member's share in Christ's priestly, prophetic, and kingly mission.
2. **How do laypersons exercise their common priesthood?** By making spiritual sacrifices, proclaiming the Gospel, and through their everyday activities.
3. **How do those with Holy Orders exercise their ministerial priesthood?** They celebrate the Sacraments, teach the faith authentically, and govern in a spirit of service.
4. **What are the three levels of Holy Orders?** Bishop, priest, and deacon.
5. **Who were the Old Testament priests?** God made the tribe of Levi priests who led worship, taught, and maintained the tabernacle and Temple.
6. **Who were the Old Testament elders?** They were a body of seventy men who were given a share of Moses' spirit to govern Israel.
7. **Who was Melchizedek?** He was a mysterious high priest who blessed Abraham and offered gifts of bread and wine.
8. **When did Christ institute the Sacrament of Holy Orders?** At the Last Supper when he commanded the Apostles to "Do this in remembrance of me" (Lk 22:19).

THE ORDERS OF BISHOP, PRIEST, AND DEACON

9. **What does bishop or *episkopos* mean?** It means "overseer."
10. **What is the function of a bishop?** To teach, sanctify, and govern the Church.
11. **What authority do the bishops collectively exercise to teach the Faith?** The Magisterium, which is infallible in matters of faith and morals.
12. **What is the primary means the bishops have to sanctify the faithful?** The Seven Sacraments.
13. **What is the scope of authority of a bishop?** He is ultimately responsible for the spiritual life of the faithful of his diocese and he shares a concern for the whole Church in union with the other bishops.

14. **How are the bishops to exercise their authority?** With a servant leadership.
15. **What is one of the most important responsibilities of a priest?** The celebration of the Holy Mass.
16. **What Sacraments do priests *not* celebrate?** They cannot confer Holy Orders; only bishops may celebrate this Sacrament.
17. **What is a diocesan priest?** A priest who is ordained to assist his bishop.
18. **What does the term *deacon* mean?** Servant.
19. **When were the first deacons ordained?** It is recorded in the Acts of the Apostles when the Apostles needed assistants to help with the material needs of the community.
20. **What are some of the primary duties of deacons?** At Mass, deacons read the Gospel and the petitions and assist in the distribution of Holy Communion. They may baptize and witness marriages. They perform acts of service and charity within their dioceses.
21. **What is the difference between a permanent and transitional deacon?** A permanent deacon remains a deacon the rest of his life, whereas a transitional deacon is on his way to ordination as a priest.

CELEBRATING HOLY ORDERS

22. **What are the two dimensions of a vocation to the priesthood?** The interior dimension is a man's belief that God is asking this of him; the exterior dimension is that his bishop or religious superior agrees.
23. **If someone *believes* he has a priestly vocation, does he have a right to be ordained?** No. A vocation is an unmerited gift from God that must be ratified by the bishop who ordains.
24. **What are the matter, form, and minister of Holy Orders?** The *matter* of the Sacrament of Holy Orders is the laying on of hands by the ordaining bishop. The *form* of this Sacrament is the prayer asking God for the outpouring of the Spirit and the gifts proper to the ministry of the person being ordained. The *minister* of Holy Orders is always a validly ordained bishop.
25. **What is the essence of the Rite of Ordination?** The laying on of hands by the ordaining bishop and the specific prayer of consecration.

EFFECTS OF THE SACRAMENT OF HOLY ORDERS

26. **What does the principle of *ex opere operato* safeguard?** A Sacrament is effective regardless of the holiness or sinfulness of the person who confers it.

CURRENT ISSUES: CELIBACY AND WOMEN PRIESTS

Celibacy

27. **Why does the Latin Rite generally require celibacy for those ordained to the priesthood?** Priests voluntarily forgo married life in order to be totally available to serve the Church in imitation of Christ himself.

Male Priesthood

28. **Why can women not receive Holy Orders?** Christ only called men to be his Apostles and the Church believes she has no authority to do otherwise when it comes to Holy Orders.

POPE BL. JOHN PAUL II: DEACON, PRIEST, BISHOP, POPE

29. **What does Pope Bl. John Paul II mean when he says the priesthood is not a decision that man makes and God accepts, but rather a decision that God makes so that man may accept?** He means that if God gives a man a priestly vocation, only then may the man accept it if he wishes.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **How do those with Holy Orders exercise their ministerial priesthood?** They provide the Sacraments, teach the faith authentically, and govern in a spirit of service.
2. **What are the three levels of Holy Orders?** Bishop, priest, and deacon.
3. **When did Christ institute the Sacrament of Holy Orders?** At the Last Supper when he commanded the Apostles to “Do this in remembrance of me” (Lk 22:19).
4. **What is the function of a bishop?** To teach, sanctify, and govern the Church.
5. **What is one of the most important responsibilities of a priest?** The celebration of the Holy Mass.
6. **What does the term *deacon* mean?** Servant.
7. **What are the matter, form, and minister of Holy Orders?** The *matter* of the Sacrament of Holy Orders is the laying on of hands by the ordaining bishop. The *form* of this Sacrament is the prayer asking God for the outpouring of the Holy Spirit and the gifts proper to the ministry of the person being ordained. The *minister* of Holy Orders is always a validly ordained bishop.
8. **What is the essence of the Rite of Ordination?** The laying on of hands by the ordaining bishop and the specific prayer of consecration.

9. **What are the major effects of the Sacrament of Holy Orders?** The effects of the Sacrament of Holy Orders are configuration to Christ, the giving of the office of bishop, priest, or deacon, and the graces proper to the ordinand's specific office.

Chapter 10

The Sacrament of Matrimony

FOCUS QUESTIONS WITH SAMPLE ANSWERS

THE SACRAMENT OF MATRIMONY

1. **What is “natural” marriage?** Marriage is the exclusive, freely chosen, life-long, loving, complementary union of a man and a woman for the procreation and education of children.
2. **What gets in the way of couples achieving the natural ends of marriage?** Human weakness and sin can and do wound marriages.
3. **How does the Sacrament of Matrimony relate to natural marriage?** Christ gives the baptized couple graces that make it possible for them to live out the natural purposes of marriage.
4. **How does Genesis support the natural idea of marriage?** Genesis teaches that human beings were created in the state of marriage.
5. **How does marriage reveal man to be made in the image of God?** The Blessed Trinity is a loving communion of three divine Persons in one God. Marriage is a loving communion of a man and a woman and the fruit of their love, their children.
6. **What is wrong with polygamy?** Polygamy is a violation of the exclusive nature of married love that hurts women.
7. **Why did Moses allow divorce, according to Christ?** Because of the hardness of heart of the Chosen People.
8. **How did the prophets begin to see marriage in relationship to God?** The Old Testament prophets began to teach that marriage between a man and a woman was a reflection of God’s covenant relationship with Israel, which was characterized by exclusive and faithful love.
9. **What is the meaning of Christ’s first miracle in relation to marriage?** The Church sees it as “the confirmation of the goodness of marriage and the proclamation that thenceforth marriage will be an efficacious sign of Christ’s presence” (CCC 1613).
10. **What is the meaning of Christ’s declaration that “what therefore God has joined together let not man put asunder”?** Christ was prohibiting divorce and affirming marriage.
11. **What did Christ do to ensure that Christian couples could live marriage the way God intended from the beginning?** Christ elevated natural marriage to a Sacrament.

12. **What does the Sacrament of Marriage do for the baptized couple?** It gives them grace to overcome weakness and sin.
13. **According to St. Paul, when God designed marriage, what did he model it on?** On the relationship that would exist between Christ and the Church.

CELEBRATING MATRIMONY

14. **What kind of formation is needed by couples who wish to be married in the Church?**
They need instruction in the Church's teaching regarding Matrimony and the good example of Christian families.
15. **What are the major requirements to be able to receive the Sacrament of Matrimony?**
You must be of age, freely consent, and not be impeded by any natural or ecclesiastical law.
16. **What is the effect of not intending to marry for life, to be faithful, or to have children?**
The attempted sacramental marriage is not valid.
17. **How are an annulment and a divorce different?** An annulment is a judgment by the Church that a valid marriage never existed. A divorce attempts to dissolve a valid marriage.

Matter, form, and minister

18. **What are the matter, form, and minister of Marriage?** The *matter* is the couple. The form is the vows they make and the marriage act that consummates their vows, and, in the Latin Rite, husband and wife are the ministers who bestow the Sacrament on each other.

The Rite of Matrimony

19. **Why do Marriages normally take place as part of a Mass?** Christian marriage is modeled on the union of Christ and his Church. Christ's love for his Church is celebrated in the Mass.

THE EFFECTS OF MATRIMONY

20. **What aspects of marriage does the Sacrament enrich with grace?** The two *properties* of matrimony of unity and indissolubility and the two fundamental *purposes* of the marital act of union and procreation.
21. **What does the Sacrament of Matrimony do for matrimonial unity?** It strengthens unity, even in the midst of human weakness.
22. **What does the Sacrament of Matrimony do for matrimonial indissolubility?** Christ guarantees that a sacramental marriage can never be broken.
23. **What does the Sacrament of Matrimony do for conjugal love?** It unites the couple spiritually as well as physically and helps them raise the children who result from their love.

MARRIED WITNESSES: GEORGES AND PAULINE VANIER

24. **Describe the Vaniers' spiritual life?** They frequented the Sacraments, prayed, and served others.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What is “natural” marriage?** Marriage is the exclusive, freely chosen, life-long, loving, complementary union of a man and a woman for the procreation and education of children.
2. **How does the Sacrament of Matrimony relate to natural marriage?** Christ gives the baptized couple graces that make it possible for them to live out the natural purposes of marriage.
3. **According to St. Paul, when God designed marriage, what did he model it on?** On the relationship that would exist between Christ and the Church.
4. **What are the major requirements to be able to receive the Sacrament of Matrimony?** You must be of age, freely consent, and not be impeded by any natural or ecclesiastical law.
5. **What is the effect of not intending to marry for life, to be faithful, or to have children?** The attempted sacramental marriage is not valid.
6. **What are the matter, form, and minister of Marriage?** The *matter* is the couple. The form is the vows they make and the marriage act that consummates their vows. In the Western Church, the husband and wife are the ministers who bestow the Sacrament on each other.
7. **What does the Sacrament of Matrimony do for matrimonial unity, indissolubility, and love?** It strengthens unity, even in the midst of human weakness. It guarantees that a sacramental marriage can never be broken. And it unites the couple spiritually as well as physically and helps them raise the children who result from their love.

Chapter 11 The Liturgy

FOCUS QUESTIONS WITH SAMPLE ANSWERS

CELEBRATING THE LITURGY

1. **What does the word “celebrate” generally mean when used in terms of a liturgy or Sacrament?** To *make*, or *do*, or *carry out* in the correct way.
2. **What is a good attitude to have in regard to attending Mass?** To see it as a way to adore God, assist others, and receive grace.

THE ORIGIN OF THE LITURGY

3. **What does the term *liturgy* mean?** Any of the official rituals and ceremonies celebrated in the Church, including the Mass.
4. **Why is there so much diversity in the various rites of the Catholic Church?** Based on the way the Apostles originally worshipped and celebrated the Sacraments in Jerusalem, the Church adapted these practices to a wide variety of cultures over many years.
5. **What is the etymology of liturgy?** The word liturgy comes from the Greek words *ergos* (work) and *leitōn* (of the people) and meant the public service that was performed by Greek citizens for the good of the state.
6. **What were the three great centers of Christianity in the early Church?** Antioch, Alexandria, and Rome.

ACTIONS OF JESUS CHRIST

7. **In what way are the Sacraments public actions?** They are celebrations of the community of the Church through which Christ acts.
8. **In what way can the liturgy also be private?** Our interior dispositions should agree with our visible participation.
9. **How is Christ present in the liturgy?** Christ is present when the faithful gather in his name, when the Word of God is proclaimed, when the Sacraments are celebrated, and when acts of charity are performed.

THE LORD’S DAY OF WORSHIP

10. **Why did the early Church originally have two days of worship?** The early Church observed the Jewish Sabbath by attending synagogue services and then celebrated the

“breaking of the bread” in their homes on Sunday, the day of our Lord’s Resurrection.

11. **Why did the early Church transfer the day of rest from Saturday to Sunday?** Sunday was the day that Christ rose from the dead.
12. **What are Catholics required to do on Sundays and Holy Days of Obligation?** Attend Mass and rest from unnecessary servile labor.

WHERE WE WORSHIP

13. **Where can Mass be celebrated?** It is usually celebrated in a Catholic church but can be celebrated in any dignified place if necessary.

HOW WE PRAY AND WORSHIP

14. **Why are physical signs and gestures important in worshipping God?** We are rational animals so our senses need to interact with physical or sensible things in worship.

THE DIVINE OFFICE (LITURGY OF THE HOURS)

15. **What is the Divine Office or Liturgy of the Hours?** It is the official prayer of the Church. It is comprised of readings from the Scriptures, primarily the Psalms, and the Fathers of the Church. Through it, the Church fulfills Christ’s command to pray always.
16. **For whom is the Divine Office an obligation? What does the Church ask of those for whom the Divine Office is not an obligation?** Consecrated members of religious communities and ordained clergy have an obligation to pray the *Divine Office*. The Church “earnestly invites” all others to pray the Divine Office, especially the Morning and Evening Prayers.
17. **What are different ways of praying the Liturgy of the Hours?** As individuals, within a group or community, or with your family.
18. **How many “offices” are there daily?** Six, plus an office of Readings.

ST. KATHARINE DREXEL (1858–1955)

19. **Why is racism a lie?** Because all human beings are children of God—no one is inherently better than anyone else.
20. **Whom did St. Katharine Drexel serve?** Disadvantaged African Americans and Native Americans.
21. **How did St. Katharine serve them?** By giving money, through founding a religious order, and by her own missionary actions.

22. **How did St. Katharine's actions relate to the liturgy?** Her desire to help the poor grew out of her devotion to the Eucharist.

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What does the term *liturgy* mean?** Any of the official rituals and ceremonies celebrated in the Church, including the Mass.
2. **Why is there so much diversity among Eastern and Western Churches?** Based on the way the Apostles originally worshipped and celebrated the Sacraments in Jerusalem, the Church adapted these practices to a wide variety of cultures over many years.
3. **How is Christ present in the liturgy?** Christ is present when the faithful gather in his name, when the Word of God is proclaimed, when the Sacraments are celebrated, and when acts of charity are performed.
4. **What are Catholics required to do on Sundays and Holy Days of Obligation?** Attend Mass and rest from activities that could impede their sanctification.
5. **Why are physical signs and gestures important in worshipping God?** We are rational animals so our senses need to interact with physical or sensible things in worship.
6. **What is the Divine Office or Liturgy of the Hours?** It the official prayer of the Church. It is comprised of readings from the Scriptures, primarily the Psalms, and the Fathers of the Church. Through it, the Church fulfills Christ command to pray always.

Chapter 12 Sacramentals

FOCUS QUESTIONS WITH SAMPLE ANSWERS

WHAT ARE SACRAMENTALS?

1. **What is a sacramental?** It is an action or object that disposes us to God's grace.
2. **How do Sacraments and sacramentals provide grace differently?** Sacraments confer grace *ex opere operato*, i.e., automatically by the very nature of their being celebrated. Sacramentals dispose us to receive grace.
3. **What is an example of a sacramental object?** A crucifix.
4. **What is an example of a sacramental action?** Blessing oneself with Holy Water.

HOLY WATER

5. **Of what is Holy Water a reminder?** The Sacrament of Baptism.
6. **What is the connection between Holy Water and blessings?** Holy Water can be used to ask God to bless people and things.

STATUES, ICONS, AND OTHER HOLY IMAGES

7. **What is the purpose of sacred images?** They are reminders of our family in the Faith and inspirations in living the Faith well today.
8. **Why is it false that the Old Testament prohibited the making of all images?** In the Old Testament, God directed that images of the cherubim and seraphim be placed in the Temple.
9. **Why could Christians be permitted make images of God whereas the Jews could not?** God took on a human form in the Person of Jesus Christ so we "know" what God looks like.
10. **How do we know the first Christians created holy images?** The catacombs are filled with religious symbols and paintings.
11. **What is iconoclasm?** An erroneous movement, influenced by Islam, which called religious images idolatry.

THE ROSARY

12. **What is the object of the Rosary?** It is a way to meditate on the events of Christ's life through the eyes of Mary.

13. **Which religious order popularized the Rosary?** The Dominicans.

STATIONS OF THE CROSS

14. **What is the object of the devotion of the Stations of the Cross?** To call to mind the Passion of Christ.

15. **Where were the Stations of the Cross originally enacted?** In Jerusalem, in the places Christ actually suffered.

16. **Which saint is most associated with the Stations of the Cross?** St. Francis.

RELICS AND THEIR VENERATION

17. **What is a relic?** The earthly remains of a saint or a personal item associated with him or her.

18. **How did the veneration of relics begin?** In the early Church, the faithful celebrated Mass at the tombs of the saints and martyrs.

19. **What is the value of a relic?** It attests to the Church's faith in the goodness of material creation, the hope of the resurrection of that saint's body, and our own bodily resurrection someday.

MEDALS AND SCAPULARS

20. **Why do people wear religious medals?** To remind them of and to ask for the intercession of a particular saint.

21. **What is the most common scapular today?** The Brown Scapular of Mount Carmel.

PILGRIMAGES AND PROCESSIONS

22. **What is a pilgrimage?** A religious journey to a sacred place.

23. **What is a procession?** It is the carrying of the Eucharist, an image of Christ, or an image of a saint.

BLESSED CHIARA BADANO (1971–1990)

24. **What was the religious turning point in Chiara Badano's life?** On a trip to Rome, she had an encounter with "Jesus crucified and forsaken."

25. **How did Chiara handle her sufferings from osteosarcoma?** She offered up her sufferings with a smile, seeing them as something she could give Christ.

Chapter 13 Challenges To The Sacraments

STUDY QUESTIONS WITH SAMPLE ANSWERS

1. **What is a sacramental?** It is an action or object that disposes us to God's grace.
2. **What is an example of a sacramental object?** A crucifix.
3. **What is an example of a sacramental action?** Blessing oneself with Holy Water.
4. **Of what is Holy Water a reminder?** The Sacrament of Baptism.
5. **What is the purpose of sacred images?** They are reminders of our family in the Faith and inspirations in living the Faith well today.
6. **What is the object of the Rosary?** It is a way to meditate on the events of Christ's life through the eyes of Mary.
7. **What is the object of the devotion of the Stations of the Cross?** To call to mind the Passion of Christ.
8. **What is a relic?** The earthly remains of a saint or a personal item associated with him or her.
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FOCUS QUESTIONS WITH SAMPLE ANSWERS

1. **What is apologetics?** It is the art of showing that something is reasonable.
2. **What are two basic reasons people object to the Catholic Faith?** They object because they don't understand it or because they don't like it.
3. **What is the "bridge" you can use to explain or defend the Faith to someone who objects to it?** Something you both hold in common to be true.

A. HOW DO WE KNOW CHRIST REALLY INSTITUTED THE SACRAMENTS? WHERE ARE THEY IN THE BIBLE?

4. **Why is it unreasonable to expect everything in the Christian Faith to be found in the New Testament?** The New Testament is not a systematic exposition of the doctrines of the faith and not everything Christ said and did is recorded in the Sacred Scriptures.
5. **Has Church teaching in regard to the Sacraments changed essentially from the time of the Apostles?** No.

B. CAN'T A PERSON GO DIRECTLY TO GOD WITHOUT THE HELP OF THE CHURCH OR A PRIEST? WHO NEEDS THE SACRAMENTS?

6. **If we reject the Sacraments, are we really rejecting God's plan?** Yes. Christ instituted the Seven Sacraments as a means to give us his grace.
7. **What is the normal way for the Christian faithful to receive God's help?** Through the Sacraments.

C. CAN'T GOD FORGIVE US DIRECTLY WHEN WE ARE SORRY FOR SIN? WHO NEEDS CONFESSION?

8. **What is the normal means Christ has given his Church for the forgiveness of mortal sins?** The Sacrament of Penance.
9. **What are some ways venial sins can be forgiven?** By acts of contrition, through good works and mortifications, and by receiving Holy Communion.
10. **Does the Church recommend we confess venial sins?** Yes.

D. AREN'T THE SACRAMENTS JUST CELEBRATIONS TO MARK SIGNIFICANT MOMENTS IN OUR LIFE?

11. **What is an example of a Sacrament being associated with an important moment of one's life?** Baptism comes soon after birth for most Catholics.
12. **What are the two primary goods we receive in the Sacraments?** We encounter Christ and receive grace.

E. WHAT'S WRONG WITH MY PROTESTANT FRIEND RECEIVING HOLY COMMUNION IN A CATHOLIC CHURCH OR ME GOING TO COMMUNION AT MY FRIEND'S PROTESTANT WORSHIP SERVICE?

13. **What is Holy Communion in the Catholic Church?** It is the Body and Blood of Christ; it can also refer to the act of receiving the Body and Blood of Christ.
14. **What is communion in a Protestant service?** It is receiving bread and wine in memory of Christ's actions.
15. **Do Protestants and Catholics generally believe the same thing about communion?** No.
16. **How is Holy Communion related to the unity of Christians?** Holy Communion is supposed to unite Christ and all his faithful together.
17. **Why is intercommunion with Protestants currently a false sign of unity?** In terms of communion, Catholics and Protestants don't believe or receive the same thing.

STUDY QUESTIONS WITH SAMPLE ANSWERS

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6. **What are the two primary good things that happen in the Sacraments?** We encounter Christ and receive grace.

7. **Do Protestants and Catholics generally believe the same thing about communion?** No. Catholics believe it is the Body and Blood of Christ while most Protestants believe it is bread and wine.
8. **Why is intercommunion with Protestants currently a false sign of unity?** In terms of communion, Catholics and Protestants don't believe or receive the same thing.
9. **What are some of the important spiritual effects of the Anointing of the Sick?** To overcome the fear of death, to accept death's inevitability, to seek forgiveness for our sins and failings, and to long to see God.
10. **Why is it clearly not God's will that the Anointing of the Sick always heal people?** No one would ever die if the Anointing of the Sick always brought physical healing.