

The Seven Sacraments

Baptism: Baptism is the first sacrament where you become united with Christ and the Church – no other sacrament can be received without it. A priest performs this rite by immersing the baptismal candidate into water Acts 16:31-33

Lord's Supper: The priest, through the words of consecration, blesses and administers the Holy Communion during to remind followers that they are one with Christ. Food and drink nourishes our bodies - Christ's blood and body nourishes us spiritually and in the Eucharist they become one John 6:35

Confirmation: This is the sacrament that follows Baptism as part of the initiation process with God and the Church, where the candidate receives the gift of the Holy Spirit and continues their journey with Christ Joshua 1:9

Confession: During confession we confess our sins to God through the Priest. Confession is essential to cultivating and fruitfully living out the word of God. It feels so much better to confess some of those things you have done wrong and receive forgiveness Proverbs 28:13

Healing: God likes to heal the sick. Anointing the forehead and hands of the person with chrism while a priest administers a special blessing is how this sacrament is received. This special blessing makes the ill more connected with God in both mind and body Mark 6:13

Marriage: The devotion husband and wife have to each other, and to Christ, mirrors Christ's love and service to the church. Through marriage, a couple promises to help build each other up in faith, serve each other and the church Col 3:14

Holy Orders: Holy Orders are for those who choose to become a priest, bishop, or deacon. Through ordination, they are able to perform sacred duties and serve the church community. This is not a sacrament that everyone partakes in, rather it's one that people feel called to by God Acts 20:28