

Sacraments - Teen Family Lesson 2026-2027

Lesson Focus – God’s love is made known to the world in a visible way through the Sacraments. In the Sacraments, the faithful always have the opportunity to encounter Jesus and grow closer to Him, no matter where they are on the journey of faith.

Before you begin – INSTRUCTIONS FOR PARENT

- To complete this lesson, you will need to refer to:
 - Pages in the **Catholic Youth Bible (CYB)** * *Please note that when a page number is indicated, it may be a page or two different in your particular Bible; this depends on when your Bible was printed.*
 - Anytime [CCC] is noted, it refers to the Catechism of the Catholic Church.
- After reviewing the lesson, if you have any questions regarding the content, please contact the FF Office at 716-632-2678 or email faithformation@ssppchurch.com if you would like assistance.
- **OR**, consider having your teen attend one of the scheduled Teen Lessons on this topic.
- **Lesson Comprehension** - Please ask your child(ren) the three [Sacraments - Teen Family Lesson Comprehension](#) questions at the end of the **Discover!** section.
- Record on your family’s Faith Journey Checklist.

CCC: 1212 The sacraments of Christian initiation - Baptism, Confirmation, and the Eucharist - lay the *foundations* of every Christian life. "The sharing in the divine nature given to men through the grace of Christ bears a certain likeness to the origin, development, and nourishment of natural life. The faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive in the Eucharist the food of eternal life. By means of these sacraments of Christian initiation, they thus receive in increasing measure the treasures of the divine life and advance toward the perfection of charity."

Through the Sacred Heart of Jesus! St. Bonaventure presents the heart of Christ as the source of the sacraments and of grace. Bonaventure wrote that in the blood and water flowing from the wounded side of Christ, the price of our salvation flows “from the hidden wellspring of his heart, enabling the Church’s sacraments to confer the life of grace and thus to be, for those who live in Christ, like a cup filled from the living fount springing up to life eternal.”

Adult Faith Enrichment!

- Listen to this explanation [Saint Paul: Persecutor to Apostle](#) by Dr. Scott Hahn to learn how Paul’s story speaks to all of us—no matter where we are on the journey of faith.
- [Fr Donald Calloway](#)’s powerful story of his conversion.

Pray!

O God, who taught the whole world through the preaching of the blessed Apostle Paul, draw us, we pray, nearer to you through the example of his conversion, and so make us witnesses to your truth in the world. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever. Amen.

(Collect for the Conversion of St. Paul the Apostle, celebrated on January 25th, from Roman Missal)

Discover!

1. You are invited!

- a. Think about the last gathering you were invited to join.
 - i. Who invited you?
 - ii. Were you feeling nervous to be around new people?
 - iii. In what ways did you try to get to know others?
- b. Now think about the last person you invited to go with you to a gathering. Maybe it was for a family, school, Church or sporting event.
 - i. How did you choose to bring that person?
 - ii. Did you feel nervous asking them?
 - iii. In what ways did you help your friend prepare for the activity?
- c. Every time we participate in the Sacraments, we have an encounter with Jesus. In today's lesson, we are talking about how an encounter with Jesus changes your life. Once we get to know Him, we are invited to share in His family, the Church. Jesus helps us to invite others to know and encounter Him by participating in the sacramental life as a Catholic Christian.

2. Seeing the Light

- a. This is like what happened to the early Church in **Acts 9:1-31**. The Church had a great enemy in a Jewish leader named Saul, as we will see, Jesus had other plans. Saul is invited into a new way of life through the events of a powerful encounter, ...
 - i. Before Saul became the well-known Apostle Paul, he was essentially the early Church's greatest nightmare. He wasn't just a casual critic; he was a highly educated Pharisee who viewed the "Way" (early Christianity) as a dangerous heresy. Read together in your **CYB Acts 8:1-3** to see Saul's "resume" before the conversion.
 1. Discuss why you think Saul was acting the way he was?
 - a. Answers will vary but may include that he was doing his job as harsh as that is.
 - ii. Continue the story with **Acts 9:1-9**.
 1. Look back at the passage for the sensory details, such as the sights and sounds of this part of the story.
 2. What is meant when Jesus said, "Why are you persecuting me?"
 3. What happened to Saul as a result of this experience?

- a. A possible response is that Saul was in a sort of transition period.
 - 4. How do you imagine Saul felt during this experience?
 - a. A possible response would be helplessness and anxiety. He went from a man of strength and authority to blind and in need. A humbling feeling.
- iii. Finish the story by reading **Acts 9:10–31**.
 - 1. In what ways did the encounter with the Lord invite each person to something they would not have experienced on their own?
 - 2. How can you relate to the reaction that Ananias expressed? Have you ever felt a nudge to help someone and hesitated?
 - 3. How is the Sacrament of Baptism described?
 - a. Filled with the Holy Spirit
 - b. Sight and strength regained
 - c. He was different. Proclaiming about Jesus.
- b. Saul had a profound encounter with Jesus on the road to Damascus. One that completely changed his life. He chose to embrace Jesus, someone he had been fighting strongly against for a long time.
 - i. This specific change of heart, called the Conversion of Saint Paul is celebrated on January 25th. His life became a great blessing to the early Church.
 - ii. Read together Searching for God, Conversion on page 1455 in your **CYB**
- c. Following his conversion and Baptism, Saul no longer continues to live using his former name from the life he left behind. Saul becomes known as Paul and eventually, Saint Paul the Apostle. Some moments along your faith journey are so profound that you receive a new name as a result. This new identity reveals the change in who you are around others. The encounter at Baptism is one, we receive a Baptismal name. Oftentimes in our current tradition, it is our birth name. At Confirmation, the Sacrament which strengthens what was given at Baptism, using a new chosen name, we are sealed with the gift of the Holy Spirit by a Bishop. This new name in our society does not change our legal name, however, our Catholic identity recognizes that as a fully initiated Catholic, we are different by that new Confirmation name. It is something known in your heart, by the way you speak and through your actions.
 - i. What are some other examples of receiving a new name that reveals a new identity that represents the change in the way you live?
 - 1. Some examples include:
 - a. Marriage
 - b. Holy Orders
 - c. If you earn a title for education.

3. God Finds Us On The Road

- a. Like Saul, each of us is on a journey. We may be getting closer to Christ, we may be getting further from Christ, or we may not be sure where we are going. As Catholics, we encounter Jesus through the Sacraments.
 - i. Watch the video [What is a Sacrament?](#) to learn more about what Sacraments are and how our lives are transformed by them.

- ii. How is a Sacrament defined?
 1. A sacrament is an outward sign given by Christ to give grace. What is an outward sign? An outward sign is something that you can perceive with one or more of your five senses. Grace is given as a means to encounter Jesus through the sacraments. What is grace?
 - a. Grace is a free gift given to us by God to help us to be part of the body of Christ.
- iii. Like Saul, we are changed when we encounter the grace of God. How can we view the world through the sacraments? A sacramental worldview can help us to be aware of God in our lives at all times, not just when we are in Church, praying, or reading the Bible. This can result in a greater sense of peace, joy, or gratitude in our lives. However, it can also force us to confront sins or weaknesses that make it difficult for us to see God and receive his grace.
 1. Think of ways that you live everyday that can be improved and empowered through the sacraments. For example, think how you speak to people, the language that you use and the mannerisms that you express. Do you have the courage to be holy? The humility to be aware of how you act and think?
 2. How can it be challenging? We might need to honestly look at ourselves through the lens of God.
- b. The sacraments of initiation are how we become fully Christian. There are three sacraments necessary to be initiated in the Catholic Church.
 - i. **Baptism:** It is known as the “gateway” sacrament because we enter into all the other sacraments by way of our baptism. We must be free from original sin by water and the Holy Spirit. We are given a name in Christ, and are born again in the Church. Think of the entrance into a beautiful garden. It is the way to Christ’s Heart, through the Holy Spirit, and it is how we enter into the first sacrament of the Church. We are given a name and die to our old self to be born anew. We are given a Godmother/Godfather to support us on our new journey with God. Most likely you were baptized as a baby, but ask your mom or dad how they remember that day. Share with them how important that day was and see if they know when they were baptised. Look up when you were baptised.
 - ii. **Confirmation:** Is a sacrament that strengthens us to fully live out our baptism. We become true witnesses of Christ and we receive more grace and gifts from God, poured out by the Holy Spirit. This sacrament brings us the gifts and hence, the fruits of the Holy Spirit. We use both heaven (a saint) and earth (a sponsor) to assist us and pray for us. Helping us to grow in holiness and love. Throughout our life, the more that we use the gifts of confirmation, the more God will bestow upon us. We give up our life and become a witness to His truth, beauty and goodness.
 - iii. **Eucharist:** This sacrament is the “source and summit” of our faith. Meaning that it is the root of our faith and of the highest importance. We receive Jesus’

body, blood, souls and divinity at each Mass when we receive the Eucharist. He told us that the bread is True body and the wine is True blood. He promised us life in heaven forever, if we eat the Eucharist. Even though we cannot see that it becomes Jesus, we know because He told us so.

1. It is a sacrament that we receive over and over at every Mass. Jesus promised that He would be with us forever. It is refreshment for us in the joys and sorrows of life, and strengthens our heart, and soul each time. Did you know that it is the final sacrifice, and no more blood sacrifices for God will ever be made? Jesus completed it for you! It does not mean that we will not suffer, or give up things, but that no more Temple sacrifices will be made through the Jewish people. It is the fulfillment of the covenant that God made with His people and now we are the new people of Israel.
2. A summit is the highest place on a mountain. Can you imagine being up that high? It is so high that nothing but the clouds and sky can be above it.
3. Jesus loves us so much that He gives us His life, death, resurrection and ascension at each Mass.
4. Did you know that all the devotions and prayers that we say help us to unite with Jesus in the Eucharist? He is hurt when people do not believe in Him, but you can comfort Him by thanking Him, especially at each Mass. He suffered and died for our sins and gave us a new life in Him.
5. Don't you want others to know Jesus better and go to heaven? Why not encounter Jesus and bring others to Him? Even simple everyday encounters with others can have an impact.
6. Like St. Paul, it is never too late to become a follower, and our sins are never too great for God to forgive them. We can pray for others to love Jesus and to become a Christian, for their conversion to Christ.

4. Jesus Invites Us to Join Him

- a. Each time we encounter the grace of God, we are invited to grow closer in relationship with Him. This invitation remains open no matter how close we are already. We are continually challenged to accept God into our lives and reject things that keep us from Him. For Saul, this invitation began in a single, dramatic moment but it continued for his whole life. We see this in the eventual use of his new name. Though his initial conversion occurs in **Acts chapter 9**, he is not called Paul until chapter 13.
- b. Conversion is a mix of dramatic moments and small invitations to change our lives. For some who were not born in the Catholic Church, or who wandered away from practice of the faith, these small invitations can lead to a dramatic change. By this change of heart, the decision to enter or return to the Church through the **Order of Christian Initiation of Adults** (or OCIA for short) becomes part of your faith journey.

- i. Watch the video from Catholic Central [How to Become Catholic](#) to learn about OCIA.
 1. Share in discussion points about becoming Catholic that you found interesting? What was something new you learned?
 - a. Think back to (or re-watch) the stories of OCIA participants in this video. What about their stories stuck out to you?
 2. How can the OCIA process help those of us who are already Catholic?
- c. The OCIA is a structured process of understanding what the Church believes and how those beliefs can apply to our lives. It encourages the asking of questions, exploration of challenging topics, conversation, and personal reflection. No matter where we are on the journey of faith, we should be using these same strategies to continue to grow closer to Christ and conform our lives more closely to His.

Lesson Comprehension - Please ask your child(ren) the appropriate questions from [Sacraments - Teen Family Lesson Comprehension](#). Record on your family's Faith Journey Checklist.

Live!

- Saul was forced into a three-day "reboot" of silence and darkness. It is common on your faith journey to take a little time for a retreat. Think about the joy of a family vacation to step away from the schedules of everyday and reconnect with your family. Decide a way you can take a little time to step away from the pulls of your busy schedule and spend time to strengthen your relationship with Jesus. Recognize the difference in your heart before and after this retreat time.
 - Consider unplugging/ limiting your phone or computer time for a day or weekend. See what you notice about yourself and the world around you.
 - Fill that time with some prayer(rosary, chaplet or invoke a saint), open the Bible and see where it takes you when reading a Bible passage , and see if you can recognize the sacramental worldview around you. Go outside and enjoy the fresh air, season or nature. Think how much God has given us in life.
 - We need to take small steps to discipline ourselves to grow stronger in holiness.
 - Journal the feelings that come up in your heart. Where is Jesus inviting you to make changes? Is there a tugging at your heart telling you to give up a bad habit? To become the best Christian.
- Be the hands and feet of Jesus to others.
 - Have courage and confidence in the Holy Spirit that already fills your heart. Jesus asked Ananias to do something very uncomfortable. Because Ananias had faith and love of the Lord, even though he hesitated with his questions, the actions he took were profound for bringing Saul further into relationship with Jesus.
 - Over the course of the next month, start each day with a prayer for the Holy Spirit to guide you throughout the day. Inviting the Lord to bring the people into your life who need to encounter Jesus through your interaction.

- In his new life, Paul brought others closer to Jesus. Invite a friend to join you for Mass, adoration, or youth group. Afterwards, talk with them about the experience and what they learned.
- Saul used his education and background (his "old" life) to serve his "new" mission. What is a specific skill or interest you have that could be used to help or encourage others?
 - Research and learn about the saints that share your interests and hobbies.
 - Find out the way that the saints used their gifts and talents to share the love of Jesus with others.
 - Choose a saint to be your patron saint for the remainder of the year. Mark their feast day on your calendar and celebrate in a special way.
 - Practice using your gifts and talents to invite others to know Jesus.
- Sacrament challenge: Find on page 1300 in your **CYB**. Follow the Take Action challenge focusing on renewing your Baptism.
- Invite your Godmother or Godfather to join you for Mass. Perhaps share a meal or treat together. Light your baptismal candle and thank God for all He has given you to grow in holiness and to be united with Him here today and forever in heaven. Together we are all a family.

Pray!

Pray this prayer of Our Lady of Fatims for pardon of sinners. Mary asks us to pray for sinners, and to help to make the Hearts of Jesus and Mary be pleased and not sad.

The Pardon Prayer

"My God, I believe, I adore, I hope, and I love Thee! I beg pardon for all those that do not believe, do not adore, do not hope, and do not love Thee." (Say it three times)

This prayer was given to the children by the angel who visited them in 1916, the year before Mary appeared to them.