

SACRAMENTS



The liturgical life of the Catholic Church revolves around the Eucharistic sacrifice and the sacraments. There are seven sacraments in the Church: Baptism, Holy Eucharist, Reconciliation, Matrimony, Holy Orders and Extreme Unction (Anointing of the Sick)

The purpose of the sacraments is to make people holy, to build up the body of Christ, and finally, to give worship to God; but being signs, they also have a teaching function. They not only presuppose faith, but by words and object, they also nourish, strengthen, and express it; that is why they are called “sacraments of faith.” The sacraments impart grace, but, in addition, the very act of celebrating them disposes the faithful most effectively to receive this grace in a fruitful manner, to worship God rightly, and to practice charity.

The Latin word sacramentum means “a sign of the sacred.” The seven sacraments are ceremonies that point to what is sacred, significant and important for Christians. They are special occasions for experiencing God’s saving presence. That’s what theologians mean when they say that sacraments are at the same time signs and instruments of God’s grace.