

# Lesson 10 Activities

## Activity 1: True (T) or False (F).

- \_\_\_ 1. Sacraments are instituted by Christ and entrusted to the Church.
- \_\_\_ 2. Sacraments dispense divine life to us.
- \_\_\_ 3. There are six sacraments in the Church.
- \_\_\_ 4. The categories of sacraments are those of initiation, healing, and sacrifice.
- \_\_\_ 5. "Ex opera operato" is the principle that each sacrament works of its own power regardless of the sinfulness of the person administering it.
- \_\_\_ 6. The three sacraments of initiation are: Baptism, Eucharist, and Confirmation.
- \_\_\_ 7. For a baptism to be valid, the Trinitarian Formula must be used.
- \_\_\_ 8. Godparents are called to be witnesses of the faith.

## Activity 2: True (T) or False (F).

- \_\_\_ 1. Baptism takes away sin.
- \_\_\_ 2. A person can be baptized only once.
- \_\_\_ 3. Only babies are baptized.
- \_\_\_ 4. Baptism gives us the Holy Spirit.
- \_\_\_ 5. One must receive the Sacrament of Baptism before he or she is eligible to receive any of the other sacraments.
- \_\_\_ 6. Baptism makes us true children of God.
- \_\_\_ 7. At Baptism, we are called to live out the roles of priest, prophet, and king.
- \_\_\_ 8. We are baptized into the Paschal Mystery.
- \_\_\_ 9. Only a priest can baptize a person.
- \_\_\_ 10. Baptism gives us an indelible mark.

### Activity 3: Choose the correct word or words to complete the sentences.

Before we receive Holy Communion, we must be free from all serious sins; another name for a serious sin is \_\_\_\_\_ sin. We can receive God's forgiveness for serious sins through the Sacrament of \_\_\_\_\_. Also before we receive Communion, the Church asks that we fast for at least \_\_\_\_\_. To "fast" means that we go without \_\_\_\_\_ out of reverence for the Body of our Lord, which we are about to receive. The Church encourages her people to receive \_\_\_\_\_ each time they go to Mass. During the first part of the Mass, called the Liturgy of the \_\_\_\_\_, we listen and pray, so that we will be ready to receive Jesus' Body and Blood. We can ask for faith to believe that during the \_\_\_\_\_ the bread and wine are really changed into the Body and Blood of Christ. When it is our turn to receive Communion, the priest or Eucharistic minister says, "The Body of Christ." We answer, \_\_\_\_\_ to say, "Yes, I believe this is Jesus Himself."

### Activity 4: Multiple Choice.

- \_\_\_ 1. Baptism, Eucharist, and Confirmation are united as the \_\_\_\_.
  - A. Sacraments of Preparation
  - B. Sacraments of Initiation
  - C. Sacraments of Healing
  
- \_\_\_ 2. Confirmation is necessary for a Christian because it \_\_\_\_ the grace given at Baptism.
  - A. Confers
  - B. Replaces
  - C. Completes
  
- \_\_\_ 3. The physical sign of the sacrament is anointing with a perfumed oil consecrated by the bishop. This oil is called \_\_\_\_.
  - A. Balsam
  - B. Sanctum
  - C. Chrism

- \_\_\_ 4. The bishop consecrates the sacred oil used for Confirmation at the \_\_\_\_.
- A. Chrism Mass
  - B. Easter Vigil
  - C. Pentecost
- \_\_\_ 5. For the essential rite of Confirmation, the anointing with oil is accompanied by this action: \_\_\_\_.
- A. Laying on of hands
  - B. Reception of Eucharist
  - C. Sign of peace
- \_\_\_ 6. The essential words spoken by the bishop in the administration of the Sacrament of Confirmation are: \_\_\_\_.
- A. "Go forth and be Christ's witness"
  - B. "You are now confirmed"
  - C. "Be sealed with the Gift of the Holy Spirit"
- \_\_\_ 7. The bishop is the ordinary minister of Confirmation primarily because \_\_\_\_.
- A. He is a successor to the apostles, who bore witness to Christ
  - B. It is a longstanding traditional practice
  - C. Only he is permitted to use the sacred oil
- \_\_\_ 8. Upon receiving Confirmation, the confirmand receives an indelible spiritual mark, the seal of the Holy Spirit, which means \_\_\_\_.
- A. He or she will never commit a mortal sin
  - B. He or she has received a special power from Christ to be his witness
  - C. His or her education in the faith is completed
- \_\_\_ 9. Those eligible to receive Confirmation are \_\_\_\_.
- A. Every baptized person not yet confirmed
  - B. Baptized persons who have reached the age of reason
  - C. Young adults, whether baptized or not
- \_\_\_ 10. Before receiving Confirmation, one must receive the Sacrament of Reconciliation \_\_\_\_.
- A. At least once
  - B. If he or she has committed a mortal sin
  - C. Within one month prior to being confirmed

### Activity 5: Matching.

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|-----------------------------|--|
| ___ 1. Paschal Candle       | A. Sin passed down from Adam and Eve               |
| ___ 2. King                 | B. Makes us like Christ                            |
| ___ 3. Oil of Sacred Chrism | C. Call to proclaim the word of God                |
| ___ 4. Oil of Catechumens   | D. Symbolizes the outpouring of the Spirit         |
| ___ 5. Prophet              | E. Call to a life of prayer, worship and sacrifice |
| ___ 6. White Garment        | F. Image of the state of the newly baptized soul   |
| ___ 7. Candle               | G. Represents the newly baptized                   |
| ___ 8. Water                | H. Makes one a beginner in the faith               |
| ___ 9. Priest               | I. Our duty to protect the poor and needy          |
| ___ 10. Original Sin        | J. Represents Christ                               |

### Activity 6: Reflection Questions.

1. Which Multiplication of the Loaves accounts I your favorite and why?
2. Which effect of the Eucharist do you like best and why?
3. Do you believe in the “Real Presence” of Christ in the Eucharist? Why or why not?
4. Which Gift of the Holy Spirit is most valuable to you and why?

**Activity 7: Determine if each item is a Fruit of the Holy Spirit (F); a Gift of the Holy Spirit (G); or Neither (N).**

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|---------------------|-----------------------|--------------------------|
| ___ 1. Joy          | ___ 9. Patience       | ___ 17. Fear of the Lord |
| ___ 2. Chastity     | ___ 10. Piety         | ___ 18. Self-Control     |
| ___ 3. Counsel      | ___ 11. Understanding | ___ 19. Peace            |
| ___ 4. Faithfulness | ___ 12. Modesty       | ___ 20. Friendship       |
| ___ 5. Fortitude    | ___ 13. Gentleness    | ___ 21. Goodness         |
| ___ 6. Honesty      | ___ 14. Knowledge     | ___ 22. Trust            |
| ___ 7. Generosity   | ___ 15. Kindness      | ___ 23. Wisdom           |
| ___ 8. Faith        | ___ 16. Hope          | ___ 24. Charity          |

**Activity 8: Write the number of the Commandment next to the sentences that tell ways you can follow that Commandment.**

- 1. You shall not have other gods besides Me.**
- 2. You shall not use God's name in vain.**
- 3. Remember to keep God's day holy.**

- \_\_\_ 1. You go to Mass each Sunday and holy day of obligation.
- \_\_\_ 2. You look up to Jesus more than to sports or movie stars.
- \_\_\_ 3. You use God's name when you pray to Him.
- \_\_\_ 4. You talk about God, your Heavenly Father, with respect.
- \_\_\_ 5. You trust God alone to give you what you need.
- \_\_\_ 6. You spend some time on Sundays looking at the Bible or other religious books.

**Activity 9: Write the number of the Commandment next to the sentence that tells one way to follow it.**

- 4. Honor your father and your mother.**
- 5. You shall not kill.**
- 6. You shall not commit adultery.**
- 7. You shall not steal.**
- 8. You shall not lie.**
- 9. You shall not covet your neighbor's wife.**
- 10. You shall not covet your neighbor's goods.**

- \_\_\_ 1. You tell your teacher the real reason for being late.
- \_\_\_ 2. When you are mad at your brother or sister, you "cool off" instead of hitting him.
- \_\_\_ 3. You thank God for the good things He gives you.
- \_\_\_ 4. You obey your parents.
- \_\_\_ 5. You ask your dad for the quarter on his dresser before you take it.
- \_\_\_ 6. You treat your body with modesty and respect.
- \_\_\_ 7. You are happy with your own family.
- \_\_\_ 8. You do your chores cheerfully.
- \_\_\_ 9. You avoid untrue talk about others.

**Activity 10: Match each Gift of the Spirit with its meaning.**

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|-------------------------|---------------------------------------|
| ___ 1. Knowledge        | A. Understanding of information       |
| ___ 2. Understanding    | B. Spiritual insight                  |
| ___ 3. Fortitude        | C. Spiritual guidance                 |
| ___ 4. Fear of the Lord | D. Sense of holiness                  |
| ___ 5. Wisdom           | E. Spiritual comprehension            |
| ___ 6. Piety            | F. Joyful awareness of God's grandeur |
| ___ 7. Counsel          | G. Spiritual strength of mind         |

**Activity 11: Reflection Questions.**

1. Which piece of the armor of God do you find most useful and why?
2. Which piece of the armor of God do you find least useful and why?
3. What are some things that you can do in your life to be a Soldier of Christ?
4. Which of the Seven Deadly Sins is most challenging for you?

**Activity 12: Match each of the Seven Deadly Sins with its remedy.**

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|-----------------|---------------|
| ___ 1. Greed    | A. Diligence  |
| ___ 2. Gluttony | B. Temperance |
| ___ 3. Pride    | C. Chastity   |
| ___ 4. Lust     | D. Humility   |
| ___ 5. Envy     | E. Charity    |
| ___ 6. Anger    | F. Kindness   |
| ___ 7. Sloth    | G. Patience   |

**Activity 13: Match each Fruit of the Spirit with its meaning.**

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|----------------------|--|
| ___ 1. Faithfulness  | A. Purity                                    |
| ___ 2. Chastity      | B. Mildness                                  |
| ___ 3. Goodness      | C. Internal happiness                        |
| ___ 4. Peace         | D. Moderation of speech, dress, and behavior |
| ___ 5. Joy           | E. Spiritual devotion                        |
| ___ 6. Kindness      | F. Compassion                                |
| ___ 7. Patience      | G. Willingness to endure                     |
| ___ 8. Charity       | H. Spiritual harmony and tranquility         |
| ___ 9. Modesty       | I. Will power over one's actions             |
| ___ 10. Gentleness   | J. Spirit of freely giving                   |
| ___ 11. Self-Control | K. Moral excellence                          |
| ___ 12. Generosity   | L. Goodwill or love                          |

**Activity 14: True (T) or False (F).**

- \_\_\_ 1. There are three types of contrition.
- \_\_\_ 2. Perfect contrition is when we are sorry for our sins because we have offended God.
- \_\_\_ 3. Imperfect contrition is when we are sorry for our sins because we do not want to go to Hell.
- \_\_\_ 4. The Act of Contrition is the prayer the priest uses to remove our sins.
- \_\_\_ 5. God absolves us of our sins through the priest.
- \_\_\_ 6. The priest can never repeat what is told to hi in the Sacrament of Reconciliation.

**Activity 15: Put the steps of a good confession in their proper order.**

- \_\_\_ 1. State how long it has been since your last confession
- \_\_\_ 2. Listen to the prayer of absolution
- \_\_\_ 3. Make an examination of conscience
- \_\_\_ 4. Receive a penance
- \_\_\_ 5. Say "Bless me Father for I have sinned"
- \_\_\_ 6. Make the sign of the cross
- \_\_\_ 7. Confess your sins
- \_\_\_ 8. Make a good act of contrition
- \_\_\_ 9. Respond, "Thanks be to God"
- \_\_\_ 10. Do your act of penance

**Activity 16: True (T) or False (F).**

- \_\_\_ 1. The priest may never repeat what the penitent has confessed.
- \_\_\_ 2. The Act of Contrition is used to express joy and to praise God.
- \_\_\_ 3. The Sacrament of the Anointing of the Sick is only for those who are near death.
- \_\_\_ 4. The absolution by the priest is one of the essential parts of the Sacrament of Reconciliation.
- \_\_\_ 5. Contrition means being sorry for your sins.
- \_\_\_ 6. The Holy Communion offered to a dying person is called viaticum.
- \_\_\_ 7. In the Rite of the Anointing of the Sick, the priest anoints the sick person on the forehead and the hands.
- \_\_\_ 8. Before confessing sins the penitent makes an examination of conscience.
- \_\_\_ 9. The Anointing of the Sick takes place only in a church.
- \_\_\_ 10. The Sacrament of the Anointing of the Sick may be received only once.
- \_\_\_ 11. The Sacrament of Reconciliation may only be received once.

**Activity 17: True (T) or False (F).**

- \_\_\_ 1. The sign of the Sacrament of Holy Orders is the laying on of hands by the bishop.
- \_\_\_ 2. Only men may be ordained to the priesthood.
- \_\_\_ 3. When a priest retires from active service, he ceases to be a priest.
- \_\_\_ 4. Deacons are allowed to assist the priest and bishop by blessing marriages.
- \_\_\_ 5. The three degrees of ordination are: episcopate (*bishop*), presbyterate (*priest*), and diaconate (*deacon*).
- \_\_\_ 6. Christ is present to the Church in service of a priest, even if the priest commits a serious sin.
- \_\_\_ 7. The bishop is the pastor of a particular church, which may include several parishes.
- \_\_\_ 8. Priests exercise their ministry separately from the bishop in their own churches.
- \_\_\_ 9. Women may one day be priests.
- \_\_\_ 10. The work of a priest is to serve the faithful by teaching, offering the sacrifice of the Mass, and leading souls to heaven.
- \_\_\_ 11. A religious brother is like a nun, except he is ordained.
- \_\_\_ 12. Recipients of the Sacrament of Holy Orders receive a special grace of the Holy Spirit, so they can act as a representative of Christ.

**Activity 18: Multiple Choice.**

- \_\_\_ 1. Jesus Christ calls \_\_\_ to follow him.
  - A. Catholics
  - B. Everyone
  - C. The baptized
- \_\_\_ 2. The first people to be called by God were \_\_\_\_\_.
  - A. Peter and Andrew
  - B. Abraham and Sarah
  - C. Adam and Eve
- \_\_\_ 3. The Lord is calling us to be \_\_\_\_\_.
  - A. Holy
  - B. Friendly
  - C. Rich

- \_\_\_ 4. Because the Church is \_\_\_\_, all people are invited to belong.
- A. Holy
  - B. Apostolic
  - C. Catholic
- \_\_\_ 5. Every person can pray and listen for God's invitation to \_\_\_\_.
- A. Holy Orders
  - B. The priesthood
  - C. A vocation
- \_\_\_ 6. The main choices for an individual's vocation are to be \_\_\_\_.
- A. Priest, prophet, or king
  - B. Priest, religious, or married
  - C. Holy, prayerful, or ordinary
- \_\_\_ 7. Those who choose the consecrated life of a religious brother, sister, or priest live by the three "evangelical counsels" of \_\_\_\_.
- A. Faith, hope, and love
  - B. Peace, humility, and joy
  - C. Chastity, poverty, and obedience
- \_\_\_ 8. The vocation of the \_\_\_\_ involves bringing Christ into the world of business, government, education, mass media, and so forth.
- A. Laity
  - B. Bishops
  - C. Religious
- \_\_\_ 9. The work of a religious brother or sister may include \_\_\_\_.
- A. Being the mayor of a city
  - B. Praying, teaching, or caring for the sick
  - C. Raising a family
- \_\_\_ 10. The Sacrament of Holy Orders is conferred upon \_\_\_\_.
- A. Bishops, priests, and deacons
  - B. Popes, cardinals, and priests
  - C. Priests, brothers, and sisters
- \_\_\_ 11. The Sacrament of \_\_\_\_ confers an indelible spiritual character, which means it cannot be repeated and it lasts forever.
- A. Holy Orders
  - B. Matrimony
  - C. Anointing of the Sick
- \_\_\_ 12. The primary tasks of a married couple are \_\_\_\_.
- A. Making lots of money.
  - B. Assisting the pastor of the local parish
  - C. Mutual love and the procreation and education of children