



## LIVE JESUS MINISTRIES

### LJM CONFIRMATION KIT (CK1) Why Sacraments?

## PRAY

Start by utilizing the **PRAY** step of your mentor training.

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## CONNECT

### Check In: Peaks, Pits & Prayer Intentions

Go around the group and ask:

- *What's one **Peak** (high/victory) and one **Pit** (low/struggle) since we last met? (or a similar type question)*
- *What's something you want us to **pray for** today? (Write down intentions to pray for at the end)*

Encourage honesty and vulnerability. After everyone shares, affirm and thank them for sharing.

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## DISCUSS

### Content References

- **St. Augustine:** "A sacrament is a visible sign of grace invisible."
  - **John 6:56:** "Whoever eats my flesh and drinks my blood remains in me, and I in them."
  - **1 John 1:9:** "If we confess our sins, He is faithful and just and will forgive..."
  - **St. John Bosco:** "In Confession... God gives Himself to us again and again."
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### Discussion

**Q1: What is a sacrament?** (Sacrament = a visible sign of an invisible reality)

- **Use imagery of a hug:** When someone hugs you, what's happening beyond the physical contact?
  - What are the invisible realities taking place when God "hugs" us through the sacraments?  
 *Mentor Tip: Catholics believe that the Sacraments are visible signs of invisible realities. When parents hug their children, what's visible is the hug. The invisible realities being conveyed through the hug are love, safety, comfort, healing, etc... The sacraments are not just visible signs of what God can do; they actually give us God's grace (His love, peace, healing, mercy, etc). Through them, God offers us a sacramental embrace, freely giving us a share in His own divine life.*
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**Q2: Most of us don't remember our Baptism. How does it still shape who we are today?**

- What do you believe happened spiritually at your Baptism?  
 *Mentor Tip: Baptism is not just a one-time ceremony—it's an identity. You are an adopted son or daughter of God. You are a member of the Church. You don't need to "feel" it for it to be real.*
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**Q3: Why do we keep returning to the Eucharist and Reconciliation? What are we really seeking from them?**

- What does the Eucharist provide us that we can't provide for ourselves?
  - What does Reconciliation heal in us that we cannot heal on our own?
  - How does receiving Jesus in the Eucharist & Reconciliation help us become more like Him?  
 *Mentor Tip: We don't keep coming back to Reconciliation and the Eucharist because we're "bad." We come because we're in love, hungry, hurting, in need of healing. Even when we're distracted or reject His embrace in the sacraments, Christ is still pouring grace into us. We don't just receive Christ in the sacrament, He is shaping us through them to become more like Him.*
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### Cornerstone Statement

The sacraments are not for show or performance. They are the **heartbeat of our relationship** with God. The sacraments give us special grace when we need it the most. If we want to grow in our relationship with Jesus and be equipped on our journey of faith, we need to receive the sacraments as often as possible.

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## COMMIT

- Before our next small group, receive the sacraments of Reconciliation and Eucharist with an embrace in mind.

**Close in prayer.** (Pray for the intentions spoken earlier. Have each person pray for the person next to them, etc).