

# The Sacraments: Nurturing your child's spiritual resilience

In a world that offers so many compelling attractions to be distracted from the truth, and to focus on things that don't really matter, one of the most important things a parent can do is encourage their child to seek the face of God. James 1:5 tells us that God grants wisdom liberally to those who ask for it, and 1 John 4:18 reminds us that God is love, and casts out fear. So it stands to reason by our faith that in order to live a life with the confidence that comes from knowing God's perfect will for us we must choose to be in a relationship with the LORD.

The Sacraments of the Catholic Church offer very meaningful and sacred experiences that serve as spiritual rites of passage in this regard, for us and our children. Much like prayer, when we par-

ticipate in activities that promote deeply personal communion with God, through Christ, we cannot help but be blessed and bless others by His grace.

In today's cyber-powered world the distinction between knowledge and wisdom is obscured. The Sacraments, such as Baptism, the Eucharist, Reconciliation, and Marriage in a magnificent way provide a focus to help us come into spiritual alignment with the heart of God and express our faith, which is taking action based on believing what cannot be seen (Hebrews 11:1). These Sacraments serve as important moments of conversation about how your personal relationship with the LORD blesses you and your family with Spiritual intelligence that surpasses all of the worldly knowledge and experiences that disturb the peace.

St. Joseph Marella Catholic Church Parenting Ministry Presents

The practical value of the

## SACRAMENTS

for the modern family



This training will review the divine nature of the Sacraments, the value they bring to the parent-child relationship, and the role of the parent to sponsor the child.

Tuesday, February 3, 6:30-8:00pm  
and  
Wednesday, February 4, 10:00-11:30am

Featured Speaker  
Fr. Phil Massetti, O.S.J., Pastor of St. Joseph Marella Catholic Church

All trainings are ecumenical, free and open to the public. For more information about the program events and trainings, contact SM Parenting Ministry Chair, Joanna Julian at jpb2010@aol.com or julian@bananamoments.net

*The Sacraments can serve as spiritual rites of passage as they facilitate the offering of hearts and minds to be in the presence of God. They are intensely personal and at the same time prepare individuals for the church community as a shared experience.*

### Shape your child's internal guidance system through the Sacraments

Like a muscle, faith becomes stronger when we act on it; when we take steps that demonstrate what we believe about God. The stronger your faith, the more spiritual resilience you have to resist the manipulations of the things in the world that are not of God. These would be the adult issues of **bullying, exploitation, anxiety/depression, and addiction** which can take dramatic and subtle forms. For youth today, the temptations are manifest as depression, sexting and sexual exploitation, drug and alcohol abuse, and cyberbullying. (See list of Sacraments on the other side)

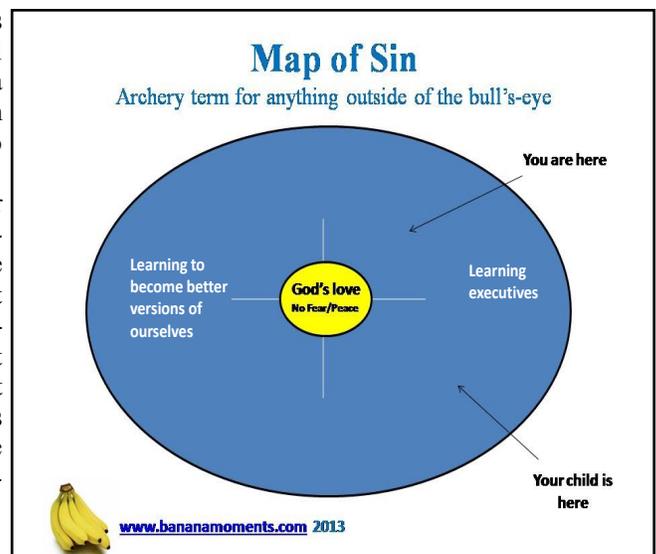
## Conversations about the role of God in your family

To fully appreciate the practical value of the Sacraments in the modern family it helps to think of **sin** as an **archery term** for anything that is outside of the bull's-eye. And just as love casts out fear so there can be no fear in love, the bull's-eye represents the heart of God where there is only love and perfect peace.

In the world, humans fall outside of the bull's-eye, because we are children of God and we are learning how to love and be loved as God loves humanity. So God's love can be understood as His fearless and sovereign collaboration with humanity.

The Sacraments help us strengthen our inner most spiritual presence before God, and so it is a personal thing that helps us to form a family rooted in love and faith to overcome the world.

Because of what Jesus did for us, we have been granted the authority by our faith to forgive the things that happen in the world that are not of God, and stand corrected. It requires a willing heart and mind to be the change we want to see in the world that is God's perfect will. This starts at home and the Sacraments help us as individuals to aim for the bull's-eye.



## Parenting Ministry

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# Spiritual guidance of Christ

## Communicated through the Sacraments

*God is the Spirit (John 4:24) who always works with the willing heart and mind. And so it is important to stress that the Sacraments are a gift from God, who grants us intelligent life and free will, and therefore in order to receive them we must be willing. And the reason why we encourage our children to receive these gifts with an open heart and mind is because the authority to be free from the undue influences in the world emanates from the Spirit of Truth, who is Christ Jesus. This spiritual guidance is personal power that cannot be taken, but it can easily be surrendered.*



### The Eucharist

Christ is truly present -- body, blood, soul and divinity -- in the Eucharist. Your child will almost certainly wonder how Christ can be present and unseen. Pope Benedict XVI explained the mystery of the Eucharist to children by making several analogies. You can't see an electric current, but you can see light. You cannot see the human soul, but you can see the soul in action through words and actions. (<http://everydaylife.globalpost.com/explain-eucharist-younger-child-11690.html>)

### Baptism

For Catholics, the Sacrament of Baptism is the first step in a lifelong journey of commitment and discipleship. Whether we are baptized as infants or adults, Baptism is the Church's way of celebrating and enacting the embrace of God. (<http://everydaylife.globalpost.com/explain-eucharist-younger-child-11690.html>)



### Reconciliation

The Catholic Sacrament of Reconciliation (also known as Penance, or Penance and Reconciliation) has three elements: conversion, confession and celebration. In it we find God's unconditional forgiveness; as a result we are called to forgive others (<http://everydaylife.globalpost.com/explain-eucharist-younger-child-11690.html>)

### Confirmation

Confirmation is a Catholic Sacrament of mature Christian commitment and a deepening of baptismal gifts. It is one of the three Sacraments of Initiation for Catholics.

It is most often associated with the gifts of the Holy Spirit. (<http://everydaylife.globalpost.com/explain-eucharist-younger-child-11690.html>)



### Marriage

For Catholics, the Sacrament of Marriage, or Holy Matrimony, is a public sign that one gives oneself totally to this other person. It is also a public statement about God: the loving union of husband and wife speaks of family values and also God's values. (<http://everydaylife.globalpost.com/explain-eucharist-younger-child-11690.html>)

### Holy Orders

In the Sacrament of Holy Orders, or Ordination, the priest being ordained vows to lead other Catholics by bringing them the sacraments (especially the Eucharist), by proclaiming the Gospel, and by providing other means to holiness. (<http://everydaylife.globalpost.com/explain-eucharist-younger-child-11690.html>)



### Anointing of the Sick

The Catholic Sacrament of Anointing of the Sick, formerly known as Last Rites or Extreme Unction, is a ritual of healing appropriate not only for physical but also for mental and spiritual sickness. (<http://everydaylife.globalpost.com/explain-eucharist-younger-child-11690.html>)

**“To educate is to enlighten the mind and warm the heart to the love of God.” — St. Joseph Mareello**