

Session #2: Sacrament – Acts, Symbols and Word

The Seven Sacraments

Sacraments of Initiation

Name	Physical Symbols	Physical Actions	Words Used
Baptism	Oil of the Catechumenate Oil of Chrism Water	Anointing on head, Anointing on breastbone, Pouring water	“I baptize you in the Name of the Father, and of the Son, and of the Holy Spirit.”
Eucharist	Bread and wine	Consuming the body and blood of Jesus Christ	Words of consecration; “The Body of Christ”, “The Blood of Christ”
Confirmation	Oil of Chrism	Laying on of hands; Anointing on the forehead	“Be sealed with the gift of the Holy Spirit”

Sacraments of Healing

Name	Physical Symbols	Physical Actions	Words Used
Reconciliation (Penance / Confession)	Priest stole	Laying on of hands	“I absolve you of your sins, in the Name of the Father, and of the Son, and of the Holy Spirit”
Anointing of the Sick	Oil of the Sick	Laying on of hands on head; Anointing of forehead; Anointing of palms of hands	(Forehead) “Through this Holy Anointing, may the Lord, in His love and mercy help you with the grace of the Holy Spirit.” (Palms) “May the Lord who frees you from sin save you and raise you up”

Sacraments at the Service of Communion

Name	Physical Symbols	Physical Actions	Words Used
Holy Orders	Oil of Chrism	Laying on of hands; Anointing of hands	Prayer of Consecration
Matrimony	Rings	Holding of hands; exchange of rings	Exchange of vows; words of affirmation “I Do /I Will”