

## Lesson 5: Beatitudes, Gifts of the Holy Spirit, Sacraments & the Mass

Online version: <https://bit.ly/3M5yqPM>

### I. Beatitudes Reflection review

See: [Beatitudes online Reflection Quiz](#) (or [handout](#)) / here for [selected student responses](#)

### II. Beatitudes Wrap

- “Our Father” prayer ([handout](#))
- Clarification of the Ten Commandments (see [Lesson 4 p. 5](#)) from Mt 5: (see “[Mathew’s Antithesis](#)”)
- Beatitudes in Luke Chapter 6 ([Lk 6:20](#)) “Sermon on the Plain” and the “Four Woes” ([Lk 6:24](#))

### III. Judgement & Reconciliation

Jesus explains in the **Parable of the Wedding Feast** ([Mt 22:1-14](#)):

- Use the “Senses of Scripture”: *Literal, Allegorical, Moral, Anagogical*
- God’s joy. God’s Mercy. God’s justice. God’s grace.
- Man’s choice (free will)

| The King (God)                                              | The Invited Guests (Man)                                                                          |
|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Throws a wedding for his son                                | <i>Not, now, I’m too busy!</i>                                                                    |
| Invites all his people & sends out his servants...          | <i>Meh, stop bothering us.</i>                                                                    |
| Sends them out again, stressing the glory of the wedding... | <i>I said “already”!</i> Some ignored, some turned away, others mistreated or killed the servants |
| So sends servants to seek other people...                   | Those people came, filled the hall, some good, some bad                                           |
| Sees a man dressed inappropriately...                       | <i>Where’s the party, man?</i>                                                                    |
| Throws him “into the darkness”                              | <i>“wailing and grinding of teeth.”</i>                                                           |

**“Many are invited, but few are chosen”**

([Mt 22:14](#))

Jesus says ([Mt 25:40, 45](#); see “[The Judgment of Nations](#)” [handout](#)):

***Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.  
Amen, I say to you, what you did not do for one of these least ones, you did not do for me.***

Saint Teresa of Calcutta helps us remember the lesson:

- The “Five Finger Gospel”: ***You Did It To Me***

### IV. Gifts & Fruits of the Holy Spirit

- = the grace & “fruits” one receives if following the Word of God (especially the Beatitudes)
- “The moral life of Christians is sustained by the gifts of the Holy Spirit.” ([CCC 1830](#))

**Holy Spirit** = “the breath of God”; from Hebrew *ruab* for “the wind”

Genesis:

*and the earth was without form or shape, with darkness over the abyss and a mighty wind sweeping over the waters* ([Gen 1:2](#))

In the Upper Room after Resurrection:

*[Jesus] said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the holy Spirit.”*

([Jn 20:21](#))

Pentecost:

*And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them.* ([Acts, 2:2-3](#))

See: [The Seven Gifts of the Holy Spirit](#) (handout)

| <u>Seven Gifts of the Holy Spirit</u>                                                                                                 | <u>Twelve Fruits of the Holy Spirit</u>                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord</b>                                              | <b>Charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity</b>                   |
| They complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations | The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory. ( <a href="#">CCC 1831-1832</a> ) |

**V. The Sacraments & Reconciliation**

- The **Sacraments** provide us the path to God’s grace
- “The purpose of the sacraments is to sanctify men, to build up the Body of Christ and, finally, to give worship to God.” ([CCC 1123](#))

Jesus wants us back:

*“What man among you having a hundred sheep and losing one of them would not leave the ninety-nine in the desert and go after the lost one until he finds it?” ([Lk 15:4](#))*

St. Peter rejoices:

*For you had gone astray like sheep, but you have now returned to the shepherd and guardian of your souls. ([1 Pet 2:25](#))*

- Grace = “our second chance”
  - paid for by the blood of Christ
  - thus we can only qualify for it by “dying with Christ” ourselves

**VI. The Seven Sacraments (“Seven Mysteries”)**

| <b>Sacraments of Initiation<br/>(the Holy Spirit!)</b>                                                                                                                                                                | <b>Sacraments of Healing</b>                                                                                                                                                               | <b>Sacraments at the Service of<br/>Communion</b>                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• <b>Baptism</b><br/>(forgiveness of sins)</li> <li>• <b>Confirmation</b><br/> (“confirms” &amp; extends baptism)</li> <li>• <b>Eucharist</b><br/>(The Last Supper)</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Penance &amp; Reconciliation</b><br/>(Confession)</li> <li>• <b>Anointing of the Sick</b><br/>(uniting the sick or dying to Christ)</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Holy Orders</b><br/>(ordination of priests)</li> <li>• <b>Matrimony</b><br/>(marriage)</li> </ul> |

**VII. The Sacraments of Initiation & Healing**

| <b>Sacrament</b>    | <b>Grace</b>                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Baptism</b>      | Through Baptism we are freed from sin and reborn as sons of God; we become members of Christ, are incorporated into the Church and made sharers in her mission: "Baptism is the sacrament of regeneration through water in the word." ( <a href="#">CCC 1213</a> )                                                                                                                                                 |
| <b>Confirmation</b> | ... the reception of the sacrament of Confirmation is necessary for the completion of baptismal grace. For "by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed." ( <a href="#">CCC 1285</a> ) |

|                       |                                                                                                                                                                                                                                                                                                                          |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Eucharist</b>      | The holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist. ( <a href="#">CCC 1322</a> )            |
| <b>Penance</b>        | Those who approach the sacrament of Penance obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion." ( <a href="#">CCC 1422</a> ) |
| <b>Reconciliation</b> | And the Lord himself taught us to pray: "Forgive us our trespasses," linking our forgiveness of one another's offenses to the forgiveness of our sins that God will grant us. ( <a href="#">CCC 1425</a> )                                                                                                               |

### VIII. Sacraments of Penance and Reconciliation

- "It is called the **sacrament of conversion** because it makes sacramentally present Jesus' call to conversion, the first step in returning to the Father from whom one has strayed by sin." ([CCC 1423](#))
- "It is called the **sacrament of Penance**, since it consecrates the Christian sinner's personal and ecclesial steps of conversion, penance, and satisfaction." ([CCC 1424](#))
- It is called the **sacrament of confession**, since the disclosure or confession of sins to a priest is an essential element of this sacrament. In a profound sense it is also a "confession" - acknowledgment and praise - of the holiness of God and of his mercy toward sinful man. ([CCC 1425](#))

#### **Confession**

- Reconciliation with God is thus the purpose and effect of this sacrament. ([CCC 1468](#))
- Penance requires . . . the sinner to endure all things willingly, be contrite of heart, confess with the lips, and practice complete humility and fruitful satisfaction. ([CCC 1450](#))
- The confession (or disclosure) of sins... facilitates our reconciliation with others. Through such an admission man looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church in order to make a new future possible. ([CCC 1455](#))

#### The spiritual effects of the sacrament of Penance include:

- reconciliation with God and Church, recovery of grace, and remission from eternal punishment
- peace and serenity of conscience, and spiritual consolation
- an increase of spiritual strength for the Christian battle (adapted from [CCC 1496](#))

#### Elements of Confession

- Examination of Conscience
  - For children: [Let the Children Come: The Sacrament of Reconciliation and Children | USCCB](#)
  - For young adults: [What Must I Do? The Sacrament of Reconciliation and Young Adults | USCCB](#)
- Confession to a priest, who stands for Christ
  - Including, Confession, Penance, Act of Contrition, Absolution, Praise, and Dismissal
- Act of Contrition:

*Oh my God, I am heartily sorry for having offended you, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.*

## IX. The Catholic Mass

see: [Principal Parts of the Mass](#) (handout)

In the Church's liturgy the divine blessing is fully revealed and communicated. The Father is acknowledged and adored as the source and the end of all the blessings of creation and salvation. In his Word who became incarnate, died, and rose for us, he fills us with his blessings. Through his Word, he pours into our hearts the Gift that contains all gifts, the Holy Spirit. ([CC 1082](#))

### Key Points

- “The Word” = Jesus Christ ([Jn 1:1](#))
- The Mass is the “wedding feast with Jesus Christ”
  - or “the marriage supper of the Lamb” ([Rev 19:9](#))
- Eucharist means “Thanksgiving”
- “The Eucharist” refers to both the ceremony and the consecrated bread and wine itself
  - “The Eucharistic Species” = the Host and the Chalice
- The Mass is built around the Eucharist,
  - as Jesus told the Apostles to “do this in memory of me” ([Luke 22:19](#))
  - or “Do this... in remembrance of me” ([1 Cor 11:24](#))
- The Mass is :
  - Divine worship
  - Celebration of the Gospel
  - “participation in Christ’s own prayer addressed to the Father in the Holy Spirit” ([CCC 1073](#))
- The Mass brings us to:
  - The Last Supper
  - Calvary
  - The Living Christ
  - The Father
- “Sunday Obligation”
  - The Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, the care of infants) or dispensed by their own pastor. Those who deliberately fail in this obligation commit a grave sin. ([CCC 2181](#))

### Core Principles

The Mass presents:

- The “mystery of faith”
- The real presence of Christ
- Mass is our glimpse of Heaven
- In Mass we pray to God, with Jesus to God, and to Jesus, empowered by the Holy Spirit

### In persona Christi – the Four-fold Presence of Christ

- In the Assembled People of God: Jesus says, “For where two or three are gathered together in my name, there am I in the midst of them.” ([Mt 18:20](#))
- The Person of the Minister (the priest):
- In reading the Gospel, in the Eucharist (speaking the words of Christ at the Last Supper)
- The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsist. Christ is present whole and entire in each of the species and whole and entire in each of their parts, in such a way that the breaking of the bread does not divide Christ. ([CCC 1377](#))