

The Seven Sacraments

A sacrament is defined as an outward sign instituted by Jesus Christ to give us grace. The "outward sign" refers to the visible reality we experience in each sacrament through their respective matter and form. In effect, these sacraments are used by God to convey grace into our souls. Grace is favor, the free and undeserved help that God gives us to respond to his call to become children of God, adoptive sons, partakers of the divine nature, and of eternal life (CCC 1996).

What is Matter?

Matter refers to the materials present or prerequisites of the sacrament. The specific matter unique to each Sacrament is required for it to be valid.

What is Form?

Form includes the words and actions used while performing the sacrament. The specific form unique to each sacrament is required for it to be valid.

Sacraments of Initiation:

- Baptism
- Confirmation
- The Holy Eucharist

Sacraments of Healing:

- Reconciliation
- Anointing of the Sick

Sacraments of Commitment:

- Matrimony
- Holy Orders