

**Lesson Plan CHAPTER 3:**  
**SACRAMENTS – CHANNELS OF DIVINE LIFE**

**OBJECTIVE:**

Students will understand the significance of sacraments in initiating and nourishing the spiritual life

To encourage proper preparation and devotion in receiving the sacraments.

**ACTIVITY:** Show picture of Baptism, Holy Communion & other sacraments and tell them to identify different sacraments.

**INTRODUCTION**

Begin with a brief discussion on rituals or ceremonies students may be familiar with(eg. Birthdays, weddings) and their significance. Also tell them the story of Jesus and the Samaritan woman at the well, emphasizing Jesus promise of life giving water and its connection to divine grace( john 4:13-14)

Transition to the concept of sacraments explaining that sacraments are sacred rituals established by Jesus Christ and discuss the importance of divine grace in our spiritual lives and how sacraments play a role in delivering this grace.

**PRESENTATION OF TOPIC**

Define sacraments and their significance

Introduce the seven sacraments and their rituals associated with it

Highlight that sacraments accompany individuals at every stage of life, from birth to death , enabling them to grow in divine life and participate in the ministries of the church.

Introduce the three sacraments of initiation (Baptism, Confirmation and Holy eucharist) as the foundational sacraments that initiate individuals into relationship with Jesus and the church.

Emphasize the importance of proper devotion and preparation when receiving sacraments to fully benefit from the grace they offer

**PRACTICAL APPLICATION:**

Show pictures or videos of baptism ceremonies and discuss the symbolism of water, oil and candles used during the sacrament

Arrange for eucharistic adoration session where students can spend time in prayer and reflection before the blessed sacrament

Encourage students to write down their thoughts and feelings during this time ,sharing insights afterwards

**BIBLE VERSE:**

Refer to relevant passages in the bible (eg Jesus baptism, last supper)

Here are some bible verses that provide scriptural support for the sacraments and their significance

Matthew 28:19

Acts 2:38

John 6:53-54

James 5: 14-15

**ACTIVITIES:**

Engage students in an activity where they fill in the missing/ write the sacraments in the proper order , reinforcing their understanding of sacramental initiation

Also ask them to interview their parents about their experiences with sacraments and share their findings in the next class.