

1. What is a Sacrament?

- A sign on the outside that gives us grace on the inside.

2. Who gave us the Sacraments?

- Jesus

3. What is Grace?

- God's life in my soul.

4. Why do you want God's life in your soul?

- It helps me get closer to God and Heaven
- It helps me say 'no!' to sin and temptation

5. What is sin and temptation?

- Sin is breaking God's law
- Temptation is the desire to break God's law

6. What sacrament have you already received?

- The Sacrament of Baptism.

7. What does Baptism do?

- Baptism puts God's life in my soul for the very first time, and washes away Original Sin.

8. What is Original Sin?

- Original Sin is the the sin of our first parents, Adam and Eve, which is on my soul when I am born

9. How did Adam and Eve sin?

- They broke God's law by eating from the Tree of Knowledge of Good and Evil after he told them not to.

10. What Sacrament are you preparing to receive?

- The Sacrament of Penance, also called *Confession* or *Reconciliation*

11. Why do you receive the Sacrament of Penance?

- To have my sins forgiven.

12. How do we commit sin?

- We commit sin anytime we do something that we know is wrong.

13. What are the two kinds of (actual) sin?

- Mortal sin and Venial sin.

14. What is a Mortal Sin?

- It is breaking one of the 10 Commandments in a serious way

16. What does mortal sin do to your soul?

- Mortal sin kills the life of God in my soul.

17. What is venial sin?

- It is committing a lesser sin

18. What does venial sin do to my soul?

- Venial sin does not kill my soul, but makes it sick.

19. How many Sacraments are there?

There are Seven Sacraments:

- Baptism
- Confirmation
- Holy Eucharist
- Penance
- Holy Orders
- Matrimony
- Extreme Unction.

18. How do I make the new life in my soul grow?

- By praying and receiving the Sacraments

19. What is prayer?

- Prayer is talking God, raising up my mind and heart to Him.

20. What kinds of prayers should I say?

- Morning and night prayers
- Family Rosary
- Prayers before and after meals
- Reading the Bible or a spiritual book

21. Prayers to memorize:

- Our Father
- Hail Mary
- Glory Be
- Act of Contrition
- Grace before & after meals