
Baptism - in one word - Born

Start off teaching by asking if any teens can perform a baptism. They must include the essential elements of blessing the doll with water in the name of the Father, Son and Holy Spirit, putting on the Baptismal garment, receiving the candle and anointing the doll with holy oil. Reward the teen that includes all parts with a small prize.

Four other main points to make:

1. **Baptism not only purifies us from sin but also makes us a new creation – we become adopted sons and daughters of God. We are made members of the body of Christ. Thus we enter into the life, death and resurrection of Christ.**
2. **Baptism marks us with the seal of the Lord - No sin can erase this indelible mark. We are princes and princesses of the king. We are royalty!**
3. **It is a gift because it's conferred on those who bring nothing of their own (whoever is teaching should show a baby picture of themselves and talk about innocence as a child).**
4. **By our baptism, we become a house for the Holy Spirit. And the Holy Spirit gives us certain graces.**
 - **The ability to believe in God, hope in Him, love Him.**
 - **The power to live and act under the prompting of the Holy Spirit through the gifts of the Holy Spirit**
 - **Allows us to grow in goodness.**

Thus, we have our faith roots in baptism. Every time we bless ourselves with the Holy Water in church we remind ourselves of our baptism and the graces we received.

End with the question: "Are you a sponge or a water proof surface to the waters of baptism and the graces they bring?"

Eucharist - in one word - Fed

The Eucharist gives us intimate union with Christ. Just as bodily food provides physical life, the Eucharist gives us spiritual life.

We receive God and His love which enables us to love others.

We offer to God what He has given us (namely bread and wine) and allow Him to transform these things into something Holy.

In just the same way, He transforms us into something that is Holy.

Three graces of the Eucharist

- 1) It strengthens our ability to love – our charity. We need this because our charity gets weakened in daily life.
- 2) It wipes away venial sin. Christ replaces our burdens with himself.
- 3) Preserves us from future mortal sin. Again, we are united more closely with Christ.

End with question: “Are your taste buds numb to the food of life? Are you using the graces you receive in the Eucharist?”

Confirmation - in one word - Strengthened

Confirmation is necessary to complete the graces received at baptism. We are more perfectly bound to the church and enriched with a special strength of the Holy Spirit.

After we receive the sacrament we are more strictly obliged to spread and defend the faith by word and deed.

Chocolate Milk analogy: Get one clear glass of white milk. (This is us when we are born) Ask a teen to taste it and verify that it is milk. Explain that at baptism we receive the Holy Spirit. (Add some chocolate syrup, but don't stir). Ask teen to taste it again and to tell everyone what it tastes like.

Although the Spirit is present, it's not until confirmation, (Add some more syrup - to represent more graces of the spirit, and then stir it up) that we are stirred up and change color (i.e. a full outpouring of the holy spirit – the same spirit poured out upon the apostles at Pentecost) It is a deepening of baptismal graces. Ask the teen to taste the milk again and describe it to the group.

Some graces received are:

- Increases the gifts of the Spirit in us.
- Makes our bond with Christ more perfect because it roots and unites us more fully with Christ.
- Gives us a special strength to spread and defend the faith, and to confess the name of Christ boldly and to never be ashamed of the cross.