



MYSTERIOUS SIGNS

CHRIST AND THE SACRAMENTS

EDGE NIGHT OUTLINE

CATECHISM

117

774

1114

1581

1585

YOUCAT

174 - 175

SCRIPTURE

Matthew 3:13 -17

Matthew 8:16 -17

Matthew 9:2 -8

Matthew 15:29 -31

Matthew 16:18 -20

Matthew 26:26 -28

Matthew 28:19 -20

Mark 10:6 -8

John 3:16 -17

John 6:53 -58

John 8:1 -10

John 20:21 -23

Acts 1:4 -8

Acts 2:1 -4

Ephesians 5:21 -33

KEY CONCEPTS

GOAL OF THIS NIGHT

The goal of this night is to help the youth understand that the Sacraments come from Jesus Christ and are continued in and through the Catholic Church.

ABOUT THIS NIGHT

The Catholic Church professes that “the sacraments of the new law were...all instituted by Jesus Christ our Lord” (CCC 114). Our Lord did not only institute the seven Sacraments, but is Himself a Sacrament of salvation because He is the perfect revelation of the Trinity. Jesus Christ also completely and perfectly offers Himself as the willing victim, so that those who are dead to sin might have life-everlasting. The mysteries of Christ’s life become the foundations of these seven Sacraments that Jesus entrusts not just to anyone, but only to His apostles. These signs have been faithfully handed on to every bishop and priest for the last 2000 years.

This Edge Night will be themed around “signs.” The night will begin with the youth playing a new twist on the old game “Simon Says.” Instead of them having to use their ears to pay attention, they will have to use their eyes. The Proclaim will focus on the fact that Jesus gave us the Sacraments and will highlight the Scriptural foundations of each of the seven Sacraments. After the Proclaim, each small group will have the opportunity to discuss the main points of the talk and how it relates to them. After the small group questions, each small group will make one collage based on the Sacrament assigned to them. The night will conclude with the Litany of the Holy Name of Jesus, allowing the youth to focus on the mercy and grace that Christ wants to bestow upon them.

Before The Night

Every small group will need at least a couple of age-appropriate magazines. Ask the Core Team or parents to bring in/donate any extra or unneeded magazines. Also create the signs that will be used for the “Simon Says” game in the Gather activity; these signs should have various actions written on them like “sit,” “jump,” “spin in a circle,” etc. Print off copies of the Litany of the Name of Jesus so the youth can follow along, or be prepared to have it projected or up on a screen.

PARENTAL NOTICE

Tonight we began to explore how it was Christ who instituted the Sacraments. Jesus, in His life, gave us the foundations of the Sacraments that the Church celebrates. He entrusted these Sacraments to His apostles and they remain just as true today as they were when the apostles celebrated them. The youth were able to see the Scriptural foundations of each of the seven Sacraments, and heard that the Catholic Church is the only faith that holds to all seven of the Sacraments that Jesus instituted. Consider the following questions for discussion this week:

- What are some of the stories that were talked about, and what Sacraments do they reflect?
- Is there any Sacrament that struck you and that you would like to learn more about?
- How can we as a family be more faithful to the Sacraments and to the Catholic Church?

ENVIRONMENT

The room should be filled with signs (street signs, road signs, store signs, exit signs, etc), either printed out and hung on the walls or physical signs. Signs should overwhelm the youth when they enter. Try to also incorporate a symbol for each of the Sacraments in the room.

GATHER

WELCOME AND INTRODUCTIONS

(10 min)

Gather all of the youth together into a large group. Have the youth minister welcome any new youth and recognize any birthdays. Begin the Edge Night in a prayer.

SIGH-MON SAYS

(10 min)

Have the youth stay gathered in a large group facing the youth minister or the Core Member who is leading the game. This is a twist on the classic game “Simon Says.” Give the leader the signs that you have created for the game; they should have different actions on them like “jump up and down,” “stand on one foot,” etc.

Instruct the youth to only respond to the commands that are on the signs. It does not matter if the leader says “Simon Says” in this rendition of the game. The leader can call out any vocal command but the youth are only to do what is instructed on the sign that the leader holds up.

Any youth who responds to a vocal command is out. At any time one sign or multiple signs can be held up and the youth have to do the actions on each sign. If a youth doesn’t respond quickly enough or doesn’t respond to all the signs, he or she is out. The objective is to only have one or a few youth left, who are the winners.

PROCLAIM

"MYSTERIOUS SIGNS" TEACHING

(15 min)

Scripture Proclamation

John 3:16-17

We live in a world filled with signs; you can't drive five minutes down the road without passing at least a dozen signs. Imagine for a second what the world would be like without signs. We take signs for granted, not realizing the importance that they play in our lives. Signs direct us toward an end goal, and without them we would have no idea if we are on the right path or are completely lost. It would be an even more chaotic world if there were no signs to direct us to our destination.

JESUS - THE SACRAMENT OF SALVATION

Just like the world has signs, the Catholic Church also has signs that continue to guide us toward our final destination: heaven. Within the Church, we call these signs sacraments. A sacrament is a mystery, an efficacious (effective) sign of grace that reveals an invisible reality. Before we talk about the seven Sacraments, we need to talk about the primary Sacrament — Jesus, who is the Sacrament of Salvation. Christ is the Sacrament of Salvation because He perfectly reveals the mystery of God in His life and in His Paschal Mystery — His Passion, Death, and Resurrection (CCC 774). “For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him” (John 3:16-17). Jesus is a visible sign, that people can hear and touch, and reveals to the world what cannot be seen or touched — God's grace and the salvation that He offers.

John 3:16 -17

CCC 774

JESUS GAVE US THE SACRAMENTS

Christ gave the Church the Sacraments so that the same grace He offered throughout His life could be continued in the Church. “The Sacraments are Christ's gift to the Church” (YouCat 175). Jesus entrusted His words and signs to the apostles and commanded them to hand them on. Jesus said to His apostles, “All power in heaven and on earth has been given to me. Go therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you” (Matthew 28:18-20).

Matthew 28:18 -20

It was not the apostles who created the Sacraments. Rather, the seven Sacraments of the Church are rooted in the life and actions of Jesus Christ, and the apostles obediently passed them on. We can find the foundations of each Sacrament within the Scriptures.

THE FOUNDATIONS IN THE SCRIPTURES

The Sacrament of Baptism: Jesus was baptized by John the Baptist in the Jordan River. In his Gospel, Matthew writes, “Then Jesus came from Galilee to John at the Jordan to be baptized by him [...] After Jesus was baptized, he came up from the water and behold, the heavens were opened [for him], and he saw the Spirit of God descending like a dove [and] coming upon him. And a voice came from the heavens, saying, ‘This is my beloved Son, with whom I am well pleased’” (Matthew 3:13, 16-17).

Matthew 3:13

Matthew 3:16 -17

The Sacrament of the Eucharist: Jesus gave us His Body and Blood in the Eucharist when He celebrated the Last Supper with His apostles: “While they were eating, Jesus took the bread, said the blessing, broke it, and giving it to his disciples said, ‘Take and eat, this is my body.’ Then he took a cup, gave thanks, and gave it to them, saying, ‘Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins’” (Matthew 26-28). Jesus never intended for anyone to think that the Eucharist is a symbol, but meant very literally that the Eucharist is truly His Body and Blood, for He said, “Unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you [...] for my flesh is true food, and my blood is true drink” (John 6:53, 55).

John 6:53

John 6:55

The Sacrament of Confirmation: Jesus promised to send His Holy Spirit to rest upon His apostles in order to strengthen them, so that they could be powerful witnesses of Christ in the world. On Pentecost the apostles were filled with the Holy Spirit and had the courage to proclaim “the mighty works of God” (CCC 1287). The Holy Spirit that the apostles received at Pentecost is the same Spirit that we receive in the Sacrament of Confirmation.

CCC 1287

The Sacrament of Reconciliation: Jesus forgave the sins of many people during His public ministry and revealed that His Father gave Him the authority to do so. Jesus heals and forgives the sins of the

Matthew 9:2 -8

John 8:11

paralytic man (Matthew 9:2-8), and instead of condemning the woman caught in adultery to death, He says, “Go, [and] from now on do not sin any more” (John 8:11). In the Sacrament of Reconciliation, Christ does not wish to condemn us to death, but to forgive our sins so that we can embrace the everlasting life that He offers us.

The Sacrament of the Anointing of the Sick: Throughout the Gospels, we read that people flocked to Jesus and humbly asked Him to heal them of their physical, emotional, and spiritual ailments (Matthew 15:29-31). Jesus lovingly healed them and called them to follow Him. Through the Sacrament of the Anointing of the Sick, Jesus continues to offer those who are sick His love and His strength to heal them emotionally and spiritually for the journey ahead.

The Sacrament of Holy Orders: In His essence, Jesus was the first priest; through the grace of the Holy Spirit, Christ passed on His authority to offer sacrifice, to preach, and to forgive sins to His apostles, which has been handed down throughout all of history to every priest and bishop through the Sacrament of Holy Orders. Jesus said to His apostles, “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. Whose sins you forgive are forgiven them, and whose sins you retain are retained’” (John 20:21-23). Jesus continues to say this to every priest and bishop that has been ordained for the last 2000 years and will be ordained in the future.

The Sacrament of Holy Matrimony: Lastly, Jesus gave the Church the Sacrament of Holy Matrimony. Although Jesus was never married, He calls himself the Bridegroom and His Bride is the Church. Jesus gives us this Sacrament so that man and woman might reflect the invisible reality of Christ and His Church and the passionate love they share.

CONCLUSION

All seven of the Sacraments are founded in the life and actions of Jesus Christ. He has given these Sacraments to the Catholic Church, and it is only in the Catholic Church that we find the fullness of the grace in and through the Sacraments. Jesus desired His Church to have the proper signs to point us toward Himself and heaven. By

Matthew 15:29 -31

John 20:21 -23

receiving the grace in the Sacraments that Christ offers through His Church, we can be hopeful in one day reaching our final destination: the full glory of God in heaven.

BREAK

SMALL GROUP DISCUSSION

(15 min)

Break the youth into their small groups.

Begin by saying a prayer as a small group. Discuss the following questions:

- We talked about how each of the Sacraments are signs. How do you think that the Sacraments are signs for us?
- Why do you think that Jesus decided to give the Church the Sacraments?
- Is there one Sacrament that sticks out to you? Why?
- Why do you think it is so important that the Church hands on the Sacraments just as Christ entrusted them to His apostles?
- Christ loves us so much that He gave us these signs to keep us on the right path. What are some of your struggles that might lead you off the right path?
- What are some things you can do to help yourself stay on the path toward Christ?

SACRAMENTS COLLAGE

(15 min)

Have the youth stay in their small groups and assign each small group a Sacrament. Instruct them to make a collage on a piece of poster board. Give each group multiple magazines that are age-appropriate and ask them to find pictures that either explicitly or implicitly reflect their particular Sacrament.

Once all of the small groups have completed their collages, have each small group share their collage with the large group. They should explain why they picked certain pictures and how their collage represents the Sacrament they were given.

SEND

CLOSING PRAYER

(10 min)

Gather all the small groups back to end in a closing prayer. Before ending with the closing use the following as a transition into prayer:

Jesus Christ was the first Sacrament, giving fully of Himself so that He might bring salvation to all. Every blessing and every good thing in our life comes from God. Every day we should strive to grow closer to Jesus Christ, who continues to grace us in the Sacraments that He first gave to His apostles. We are going to end tonight by asking Jesus Christ for His mercy and His grace to be poured into our lives.

End the night by praying the Litany of the Holy Name of Jesus.

When praying a Litany it is important to pick one person to lead the prayer. The leader of the litany will say everything that is preceded by a "V." and the rest of the group will respond with the phrase that comes after the "R." During the part of the litany that lists the names of Jesus, the leader will continue to read the names that are listed and the group will respond after each name with the phrase indicated by the "R." For example, the leader will say "Jesus, Son of the Living God," and the youth will respond with, "Have mercy on us." Then the leader will say, "Jesus Splendor of the Father," and the youth will again respond with, "Have mercy on us." The litany will continue like this until prompted otherwise by a new "V. and R." phrase.

SUMMARY CHALLENGE

()

Before the middle school youth are sent home, they will be challenged to remember:

- Jesus Christ is the Sacrament of Salvation because He is the perfect revelation of His Father, and through Christ we are saved.
- All seven Sacraments are rooted in the life and actions of Christ.
- Christ gave His Church the Sacraments, and they have been faithfully passed down to every generation from the apostles.
- The Catholic Church is the only church that has the fullness of the Sacraments, which is what sets it apart from other Christian beliefs and world religions.

CONCLUSION

ADAPTING THIS NIGHT

If there is trouble coming up with enough magazines for each group, give each group no magazine or just one magazine and prompt them to make a word collage, using descriptions for each Sacrament, instead of a picture collage.

When playing the game in the Gather activity, the leader doesn't have to be the only one holding the signs. If you want to make it complicated, give a few signs to the Core Members so they can participate.

Instead of giving the youth the Litany of the Holy Name of Jesus handout, consider creating a slide show and project the prayer.

GOING DEEPER