

# I Know These Words

## Chapter 1

**Baptism** the sacrament that frees us from Original Sin and gives us new life in Jesus Christ through the Holy Spirit. *Baptism* is the first of the three Sacraments of Initiation by which we become full members of the Church. The other two Sacraments of Initiation are Confirmation and the Eucharist.

**Confirmation** the sacrament that completes the grace we receive in Baptism. *Confirmation* is the Sacrament of Initiation in which we are made stronger in our faith. The other two Sacraments of Initiation are Baptism and the Eucharist.

**Eucharist** the sacrament in which the Body and Blood of Christ is made present under the appearances of bread and wine. The *Eucharist* is the Sacrament of Initiation in which we give praise and thanks to God for giving us Jesus Christ. The other two Sacraments of Initiation are Baptism and Confirmation.

**Holy Communion** the Body and Blood of Jesus Christ that we receive at Holy Mass. In *Holy Communion*, we receive the Body and Blood of Jesus Christ.

**Mass** our most important way of praying to God. At *Mass*, we listen to God's Word and receive the Body and Blood of Jesus Christ in Holy Communion.

**sacrament** one of seven ways through which God's life enters our lives by the power of the Holy Spirit. The seven *sacraments* are Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Holy Orders, and Matrimony.



**Baptism**

**Sacraments of Initiation** the three sacraments that make us full members of the Church. The *Sacraments of Initiation* are Baptism, which frees us from Original Sin; Confirmation, which strengthens our faith; and the Eucharist, in which we receive the Body and Blood of Christ.

**Trinity** the mystery of one God in three Persons: God the Father, God the Son, and God the Holy Spirit are the *Trinity*.

## Chapter 2

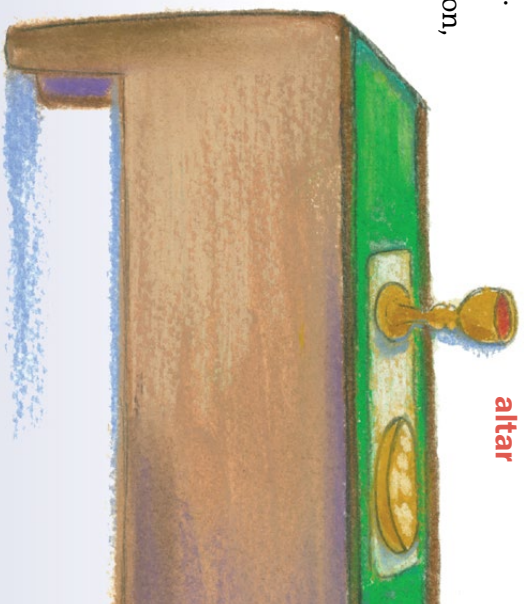
**altar** the table in the church on which the priest celebrates Mass. On the *altar*, the bread and wine are offered to God and are transformed into the Body and Blood of Christ.

**Bible** the written story of God's promise to care for us, especially through his Son, Jesus. We listen to readings from the *Bible* at Mass.

**lector** the person who proclaims the Word of God at Mass. At Mass, we listen to the *lector* read from the Old and New Testaments.

## Chapter 3

**mercy** kindness and forgiveness offered to another. When we sin, we ask for God's *mercy*.



altar

## Chapter 4

**Creed** a summary of what people believe. The Apostles' *Creed* is a summary of Christian beliefs.

**Gospel** the Good News of God's love for us. In the *Gospels* of Matthew, Mark, Luke, and John, we learn the story of Jesus' life, Death, Resurrection, and Ascension.

**Homily** an explanation of God's Word. A *Homily* explains how to live according to the message we hear in the readings at Mass.

**New Testament** the second part of the Bible. In the *New Testament*, we read the story of Jesus and the early Church.

**Old Testament** the first part of the Bible. In the *Old Testament*, we read the story of how God prepared the people for the coming of Jesus.

**psalm** a prayer in the form of a poem. There are 150 *psalms* in the Old Testament Book of Psalms.

**Sacred Scripture** the holy writings of Jews and Christians collected in the Old and New Testaments of the Bible. At Mass, we hear God's Word proclaimed from *Sacred Scripture*.

## Chapter 5

**blessing** a prayer that calls for God's power and care upon some person, place, thing, or activity. At the end of Mass, the priest gives us a *blessing* and tells us to go in peace.

**sacrifice** a gift given to God to give him thanks. Jesus' death on the cross was the greatest *sacrifice*.

I Know These Words



Gospels

## Chapter 6

**Consecration** the bread and wine are transformed into the Body and Blood of Christ by the power of the Holy Spirit and the words and actions of the priest. The *Consecration* is part of the Eucharistic Prayer.

**Eucharistic Prayer** the central part of the Mass when the sacrifice of Jesus is made present again through the words and actions of the priest. At Mass, the *Eucharistic Prayer* is our prayer of thanksgiving.

**Last Supper** the last meal Jesus ate with his disciples on the night before he died. Every Mass is a remembrance of the *Last Supper*.

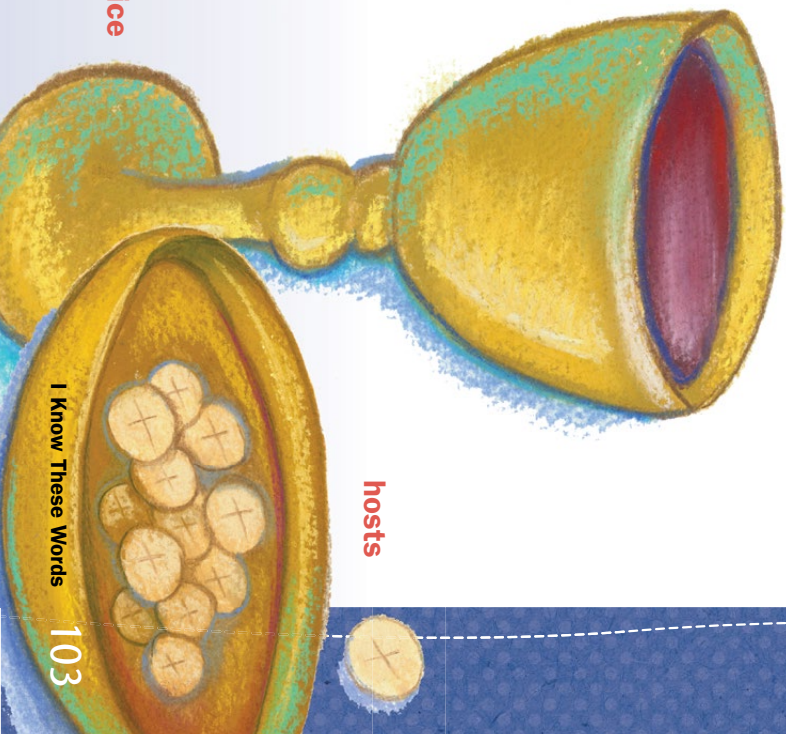
## Chapter 7

**chalice** the cup used for the Consecration of wine at Mass. I drink from the *chalice* when I receive the Blood of Christ in Holy Communion.

**host** the unleavened bread used at Mass. Consecrated *hosts* are kept in the tabernacle.

## Chapter 8

**grace** a gift of God given to us without our earning it. *Grace* fills us with God's life and keeps us close to him.



chalice

hosts