



Lental Yatra '25: Participant Handout



LENTAL YATRA – Week 1/DAY 2 Thursday, March 20, 2025 Sacramental Relationship with Christ

What is a Sacrament in the Catholic Church?

A **sacrament** is a sacred sign, instituted by Christ and entrusted to the Church, through which we receive God's grace. The sacraments are outward signs of inward grace, given to sanctify us, build up the body of Christ, and give worship to God.

"The sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us." (Catechism of the Catholic Church, 1131)

The Seven Sacraments of the Catholic Church:

Sacraments of Initiation:

1. **Baptism** – The first sacrament that cleanses us from original sin and makes us children of God. (*Matthew 28:19*)
2. **Confirmation** – Strengthens the gifts of the Holy Spirit received in Baptism and deepens our commitment to Christ. (*Acts 8:14-17*)
3. **Holy Eucharist** – The real presence of Christ's Body and Blood, received in Holy Communion. (*John 6:53-56*)

Sacraments of Healing:

4. **Reconciliation (Confession/Penance)** – Restores us to God's grace by forgiving our sins. (*John 20:22-23*)
5. **Anointing of the Sick** – Gives strength, healing, and grace to those who are ill or near death. (*James 5:14-15*)

Sacraments of Service:

6. **Holy Matrimony** – A lifelong covenant between a man and a woman, reflecting Christ's love for the Church. (*Ephesians 5:31-32*)
7. **Holy Orders** – The sacrament by which men are ordained as deacons, priests, or bishops to serve the Church. (*1 Timothy 4:14*)

1. Holy Mass: Encountering Christ in the Eucharist

The Holy Mass is the highest form of prayer and worship in the Catholic Church, where we unite with Christ through His real presence in the Eucharist.

"He who eats my flesh and drinks my blood abides in me, and I in him." (John 6:56)

Why is the Holy Mass Essential?

- It is the re-presentation of Christ's sacrifice on Calvary. (*Luke 22:19-20*)
- We receive the Body and Blood of Christ, nourishing our soul. (*John 6:53-54*)
- It strengthens our unity with Christ and the Church. (*1 Corinthians 10:16-17*)
- We offer thanksgiving, repentance, and intercession to God. (*Psalms 50:14*)

How to Deepen Our Experience of the Mass

1. **Prepare Spiritually** – Arrive early, examine conscience, and ask for grace.





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2. **Participate Actively** – Sing, respond, listen to readings, and engage in prayers.
 3. **Receive Worthily** – Approach the Eucharist with reverence, having confessed serious sins.
 4. **Reflect After Mass** – Spend time in thanksgiving and apply the Word of God in daily life.
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2. Confession: Healing and Renewal in Christ

The Sacrament of Reconciliation (Confession) restores us to God's grace and heals our souls.

"If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness." (1 John 1:9)

Why Should We Go to Confession?

- It reconciles us with God and His Church. (*2 Corinthians 5:18-19*)
- We receive spiritual healing and strength to resist sin. (*John 20:22-23*)
- It renews our commitment to holiness. (*Psalms 51:10*)

Steps for a Good Confession

1. **Examine Your Conscience** – Reflect on sins committed. (*Psalms 139:23-24*)
2. **Be Sincere in Repentance** – Feel true sorrow for sins. (*Luke 15:18-19*)
3. **Confess to a Priest** – Honestly confess sins and receive absolution. (*James 5:16*)
4. **Perform Your Penance** – Accept and complete the given penance.
5. **Resolve to Improve** – Avoid sin and grow in virtue.

How to Make a Good Confession Regularly

1. **Stay Aware of Sin** – Do a nightly examination of conscience.
 2. **Cultivate a Penitent Heart** – Sincerely seek God's mercy.
 3. **Go to Confession Frequently** – Monthly or as needed.
 4. **Be Specific in Confession** – Avoid general statements; confess sins clearly.
 5. **Receive Absolution with Gratitude** – Trust in God's mercy.
 6. **Amend Your Life** – Take concrete steps to avoid sin in the future.
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3. Growing Spiritually Through the Sacraments

Ways to Deepen Our Relationship with Christ Through the Sacraments:

- Attend Mass regularly, even on weekdays when possible.
 - Approach the Eucharist with faith and devotion.
 - Prepare for Confession with honest self-examination.
 - Go to Confession frequently (at least monthly).
 - Spend time in Eucharistic Adoration.
 - Read Scripture and reflect on God's mercy.
 - Pray for a deeper understanding of the sacraments.
 - Encourage others to receive these sacraments regularly.
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To-Do List: Strengthening My Spiritual Life

To-Do List for Holy Mass

- Arrive early and prepare with silent prayer.
- Follow the prayers and readings attentively.
- Receive the Eucharist in a state of grace.
- Offer personal intentions during Mass.
- Reflect on the homily and apply it to daily life.
- Spend a few minutes in thanksgiving after Mass.

To-Do List for Confession

- Examine your conscience daily.
- Make an act of contrition regularly.
- Schedule Confession at least once a month.
- Be honest and open with the priest.
- Perform your penance with sincerity.
- Reflect on how to avoid repeating sins.

Final Thought

The Sacraments are Christ's gifts to His Church. By participating in Holy Mass and Confession, we grow in grace, holiness, and closeness to God. Let us embrace them wholeheartedly on our Lenten journey.

