

Words you'll hear

A plain glossary. No jargon, promise.

In short. The sacraments are signs of grace instituted by Christ, and the Eucharist is called thanksgiving.^{1,2} Confession is the sacrament of forgiveness through a priest.³

Key points

- Sacraments give God's life.¹
- Eucharist means thanksgiving.²
- Confession brings God's forgiveness.³

Try this, this week

1. **Pick one word** and ask them what it means to them.

Common questions

What is a Rosary?

Video answer: Bishop Robert Barron, stoneandincense.com/en/questions/what-is-the-rosary/

Hail Marys prayed slowly while thinking about Jesus' life.⁴

Remember: Every word here is something they love.

Sources

1. CCC 1131
2. CCC 1328

3. CCC 1424
4. CCC 971

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