

Sacraments 101

BY DAVID O'BRIEN

This quiz can help you, your students, and your students' families review what you know about our Catholic faith. Check your answers against the answer key on page 43.

1 _____ is the sacrament that welcomes people into the Catholic Church.

- a) first Communion b) baptism c) first reconciliation d) matrimony (marriage)

2 The apostles never did what we do at Mass.

True | False

3 How often can a person receive Holy Communion?

- a) only on Sunday b) Christmas and Easter c) 10 times a day d) once a day

4 Sacraments are the supernatural way that we encounter _____.

- a) Christ b) the saints c) other Catholics d) Pope Francis

5 The sacrament of _____ is how Catholics receive mercy and forgiveness for their sins.

- a) holy Communion b) matrimony c) reconciliation d) ordination

6 The first Christians celebrated baptisms and the Eucharist.

True | False

7 _____ is one of the sacraments of initiation.

- a) holy orders b) marriage c) confirmation d) confession

8 If a person is baptized in a mainline Protestant community, it is recognized by the Catholic Church. True | False

9 "I baptize you in the name of the _____, and of the Son and of the Holy Spirit."

- a) bishop b) Church c) Trinity d) Father

10 Which is the only sacrament that is not celebrated by an ordained bishop, priest, or deacon?

- a) holy orders b) matrimony c) reconciliation d) anointing of the sick

11 "He took _____, said the blessing, broke it, and gave it to them, and said, "Take it; this is my body" (Mark 14:22).

- a) jars of wine b) crackers c) dinner d) bread

12 The sacrament of the anointing of the _____ is celebrated with seriously ill or dying people.

- a) bread and wine b) water c) sick d) Communion hosts

13 _____, deacons and bishops are ordained when they receive the sacrament of holy orders.

- a) priests b) nuns c) monks d) married couples

14 Chrism is the holy _____ that is used at baptisms, confirmations, and ordinations.

- a) oil b) water c) clothes d) candle

15 Eucharist literally means "come together to break bread."

True | False



16 When a baby is baptized, the _____ speak for the child until they can profess their faith for themselves at the sacrament of confirmation.

- a) priests b) grandparents c) altar servers d) parents

17 In the sacrament of matrimony, the couple vows to be open to _____.

- a) wedding presents b) having children c) moving for a better job d) volunteering in the parish

18 Jesus' first miracle was the Wedding at _____ (John 2:1-12), where he turned water into wine.

- a) Cana b) Jerusalem c) Bethlehem d) Nazareth

19 At Pentecost, the Holy Spirit came upon the apostles like tongues of _____ (Acts 2:1-13).

- a) doves b) cows c) incense d) fire

20 Only mortal sins should be confessed to a priest.

True | False



David O'Brien is the faith formation director at St. Timothy Parish in Florida. He served as associate director of religious education for the Archdiocese

of Mobile. He teaches theology at St. Leo University and is the author of *There's a Beer in My Handbag: Unusual Thoughts About Everyday Faith*.

IQBQ

Sacraments change us no matter what we do because the sacraments are from God, and God wants us to be holy like Christ.

True | False

For more Catholic IQ and to find the answer to the *What's Your Catholic IQ? Bonus Question*, go to Catechist.com.