



The Seven Sacraments

Test Your Sacramental Knowledge

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This quiz can help your students and your students' families review knowledge about our Catholic faith. Check answers against the answer key on page 52.

1 The practice of Catholics gathering on Sundays to celebrate the Eucharist began at _____.

- a) the Last Supper
- b) Pentecost
- c) Vatican II
- d) World Youth Day

2 The sacraments of initiation in the Catholic Church are Baptism, Eucharist, and _____.

- a) Anointing of the Sick
- b) Matrimony
- c) Holy Orders
- d) Confirmation

3 The _____ is the center of the Catholic faith "for in the _____ is contained the whole spiritual good of the Church, namely Christ himself" (CCC, 1324). [Note: Use same answer twice.]

- a) Catholic school
- b) Rosary
- c) Eucharist
- d) Pope



4 Who baptizes people in the Catholic Church?

- a) sisters
- b) priests
- c) lectors
- d) Catholic school teachers

5 How many times can a Catholic get married?

- a) depends on the local laws
- b) no limit
- c) no more than twice
- d) once, unless widowed

6 The sacrament of Anointing of the Sick used to be called Extreme Unction.

True | False

7 The purpose of the sacrament of Confirmation is _____.

- a) to stir up the Holy Spirit in one's life
- b) to strengthen one to live an adult Catholic life
- c) to complete one's initiation into the faith
- d) all of the above

8 Holy oils are used in Baptisms, Confirmations, Holy Orders, and _____.

- a) Anointing of the Sick
- b) marriages
- c) confessions
- d) Eucharist

9 The bread and wine become the Body and Blood of Christ during the _____.

- a) consecration
- b) Bible readings
- c) opening prayer
- d) gathering song

10 The _____ were the first followers of Jesus to serve in the role of bishops.

- a) patriarchs
- b) apostles
- c) saints
- d) martyrs

11 You have to be a baby to be baptized.

True | False

12 In confession, the priest acts in the place of _____, who is the one forgiving our sins.

- a) St. Paul
- b) Mary
- c) Jesus
- d) the bishop



13 Catholics can receive the Anointing of the Sick _____.

- a) only at the point of death b) at Mass c) after eating at McDonald's d) if their health is at risk

14 If you commit _____ sin, you must go to confession before receiving Communion.

- a) a venial b) an accidental c) an unintentional d) a mortal

15 Confirmation is a "second Baptism" because you get dunked in water again.

True | False



Kids' quiz

1 Catholics bless themselves with _____ when they enter a church for Sunday Mass.

- a) a rosary b) holy water c) a saint statue d) palms from Palm Sunday

2 When Catholics receive Holy Communion at Mass, the priest holds the consecrated host in front of each person and says: "_____".

- a) the Body of Christ b) good morning c) go and sin no more d) the Lord be with you

3 The first sacrament every Catholic receives is _____.

- a) Anointing of the Sick b) Penance and Reconciliation c) Marriage d) Baptism



16 Our _____ vows are renewed at Mass every time we recite the Creed, which is our Profession of Faith.

- a) baptismal b) marriage c) military d) loyalty

17 How often are Catholics obliged to attend Mass?

a) once b) every Sunday and holy day of obligation c) until you get tired of it d) until you memorize all of the prayers

18 The _____ is the celebrant for the sacrament of Holy Orders.

- a) bishop b) pastor c) seminarian d) parent of the new priest

19 Catholicism celebrates two official daily liturgies: the liturgy of the Eucharist (Mass) and the liturgy of the _____.

- a) saints b) orthodox c) hours d) unbaptized

20 If you don't genuflect before sitting down before Mass, you have committed a venial sin.

True | False

This quiz can help your young students review knowledge about our Catholic faith. Check answers against the answer key on page 52.

4 Missing Mass on Sunday without a good reason is a sin.

True | False

5 To be forgiven of our sins before receiving our first Communion, Catholics receive the sacrament of _____.

- a) Marriage b) Holy Orders c) Penance d) Confirmation

6 Who was the first person to receive Jesus into her body?

- a) St. Clare b) Mother Teresa c) the Blessed Virgin Mary d) Eve

7 Who was born on the first Christmas?

- a) Jesus b) Santa c) Rudolph d) the Pope

8 The magi who visited the baby Jesus brought him _____.

- a) valuable gifts b) diapers c) a Bible d) a camel

9 _____ is the season in the Church that Catholics use to prepare for Christmas.

- a) Pentecost b) Halloween c) Lent d) Advent

10 Jesus was born in a palace because he was a king.

True | False



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ANSWERS to CATHOLIC IQ

1. a) “At the Last Supper, on the night he was betrayed, our Savior instituted the Eucharistic sacrifice of his Body and Blood. This he did in order to perpetuate the sacrifice of the cross throughout the ages until he should come again” (CCC, 1323).

2. d) The earliest Christians received all the sacraments of initiation together as do present-day adult converts at Easter through the *Rite of Christian Initiation of Adults (RCIA)*.

3. c) “The Eucharist is ‘the source and summit of the Christian life.’ The other sacraments, and indeed all ministries . . . are bound up with the Eucharist and are oriented toward it” (CCC, 1324).

4. b) Deacons and bishops also baptize. In emergencies, anyone can baptize (*Canon Law*, 861).

5. d) An annulment recognizes that a previous legal marriage was never a sacramentally valid marriage (cf. *Canon Law*, 1055-1165). Jesus forbade divorce (cf. Matthew 19:3-9).

6. True. *Extrema Unction* means “last anointing” and refers to how this sacrament was commonly associated with the last rites given to a dying Catholic.

7. d) “Confirmation perfects baptismal grace; it . . . incorporates us more firmly into Christ, strengthens our bond with the Church, associates us more closely with her mission, and helps us bear witness to the Christian faith in words accompanied by deeds” (CCC, 1316).

8. a) Holy oils are blessed by the bishop at the annual Chrism Mass on Holy Thursday (cf. CCC, 1297).

9. a) After the consecration, Jesus is truly present on the altar: Body, Blood, Soul, and Divinity (cf. CCC, 1413).

10. b) The apostles were all later considered saints too. Peter, the leader of the apostles, is seen as the first Pope (cf. Matthew 16:13-19).

11. False. Adults and older children can be baptized once they receive instruction in the Catholic faith, usually through the Rite of Christian Initiation of Adults (RCIA).

12. c) The priest, through his ordination, acts *in persona Christi* when he celebrates Mass, hears confessions, or anoints the sick (cf. CCC, 1348).

13. d) Catholics facing a serious illness or a major surgery can request an anointing from a priest.

14. d) Mortal sin separates us from communion with God. “They necessitate a new initiative of God’s mercy and a conversion of heart . . . accomplished through the sacrament of reconciliation” (CCC, 1854-56, see also 1395).

15. False. Water is not used in Confirmation. Candidates are anointed — chrismated — by the bishop (or priest) with sacred chrism oil.

16. a) Baptism is the first and most important profession of faith because it makes us Christians.

17. b) “On Sundays and other holy days of obligation the faithful are bound to participate in the Mass” (CIC, 1247; see also CCC, 2192).

18. a) “The promise of obedience priests make to the bishop at the moment of ordination and the kiss of peace from him at the end of the ordination liturgy mean that the bishop considers them his co-workers, his sons, his brothers and his friends, and that they in return owe him love and obedience” (CCC, 1567).

19. c) Also known as the Divine Office, the Liturgy of the Hours sanctifies the day with prayers to be said every hour, including psalms, Bible readings, and reflections from saints. All priests and religious are expected to pray it daily.

20. False. Genuflecting (or bowing) shows respect and reverence for Christ’s presence in the tabernacle.

ANSWERS to KIDS’ QUIZ

1. b) Making the Sign of the Cross with holy water reminds Catholics that they were baptized in the name of the Father, Son, and Holy Spirit.

2. a) The Eucharist is truly the Body of Christ, not a symbol. In receiving Communion, Catholics are transformed into Christ’s living Body so we can bring Christ out of the Church and into the world (CCC, 1396).

3. d) At Baptism a person is reborn as a child of God, freed from original sin, and made a member of the Church.

4. True. Catholics are obliged to worship and show respect to God. Going to Sunday Mass is the best way to do this (CCC, 2181).

5. c) The sacrament of Penance, also known as Reconciliation, restores our relationships with God and other people when we have sinned against them (CCC, 1496).

6. c) Nine months before the first Christmas, Mary said yes to the angel Gabriel and received Jesus into her womb (see Luke 1:26-38). Therefore, she was the first tabernacle to hold the body of Christ.

7. a) Jesus, the Son of God, was sent by the Father to save the world from sin and Satan.

8. a) Also known as the wise men, the magi worshiped and adored the Christ Child, presenting him with gifts worthy of a king: gold, frankincense, and myrrh. Catholics still worship Jesus at Mass and in Eucharistic Adoration, bringing him the gift of our hearts.

9. d) Advent is a preparation time to spiritually make room for Jesus to be born into our lives on Christmas.

10. False. Even though Jesus was the most powerful king ever born, his birth was in a stable with animals. Real power comes from humility, love, and mercy, not from money or important jobs.