



Sacramental Celebrations

Test your knowledge of the Christian mysteries

DAVID O'BRIEN

This quiz can help you, your students, and your students' families review what you know about our Catholic faith, especially the seven sacraments. Check your answers against the answer key on page 3.

1 The Eucharist we receive at Mass is the body, blood, soul, and _____ of Christ.

- a) divinity b) will c) miracles
- d) resurrection

2 Although there are _____ sacraments, most Catholics may only receive six in their lifetimes.

- a) eight b) three c) 12 d) seven

3 After the Mass, the consecrated hosts are placed inside the _____.

- a) sacristy b) rectory c) tabernacle
- d) cathedral

4 _____ is one of the patron saints of first communicants.

- a) Blaise b) Imelda Lambertini
- c) Catherine of Siena d) Elizabeth of Hungary

5 Jesus said, "Do this _____ of me" at the Last Supper when he celebrated the first Mass.

- a) in imitation b) in fear c) instead
- d) in memory

6 Marriage is a sacrament of vocation.

True | False

7 Jesus continues to forgive, heal, and spiritually feed Catholics today through the _____.

- a) Old Testament b) funerals
- c) Catechism d) sacraments

8 Oil used for anointing at Confirmation and Baptism is called _____.

- a) perfumed oil b) chrism c) canola oil
- d) spikenard

9 Deacons, priests, and bishops receive the sacrament of _____ to serve the Church with God's power.

- a) Holy Orders b) Matrimony
- c) preaching d) leadership

10 The Mass has two main parts: the Liturgy of the _____ and the Liturgy of the Eucharist.

- a) Music b) Word c) Homily
- d) Adults

11 The Church teaches that Catholics should go to Mass on Sundays.

True | False

12 The sacrament of _____ fills us with the gifts of the Holy Spirit just like the disciples experienced at Pentecost.

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

13 The candles we light at Mass during Advent remind us that _____ is the light of the world.

- a) the inventor of *Fortnite* b) the president
- c) the Blessed Mother d) Jesus



14 _____ at Mass is an ancient way to praise and worship God as a community.

- a) Sleeping b) Eating c) Playing
d) Singing

15 The bread and wine only change into Christ's body and blood if you believe it does.

True | False

16 At Mass, the _____ begins when the priest asks the Holy Spirit to transform the

bread and wine into Christ's body and blood.

- a) consecration b) homily c) Gospel
d) Sign of Peace

17 If you commit a mortal sin, you should _____.

- a) blame someone else
b) go to Confession c) avoid getting caught
d) pretend you didn't do it

18 If God calls you to a vocation, you will know and respond _____.

- a) when you are open and ready b) at birth
c) when you are old enough
d) next Christmas

19 "Holy, holy, holy, Lord God of _____."

- a) a galaxy far, far away b) the Milky Way
c) hosts d) Hogwarts

20 The priests always wear the same clothes with the same colors at Mass all year.

True | False

Kids' quiz *Seven Helps for Heaven*

This quiz can help your students review what they know about the sacraments. Check answers with the answer key on page 3.



1 The first sacrament every Christian receives is _____.

- a) Eucharist b) Baptism
c) Confirmation d) Anointing of the Sick

2 The main symbol of Baptism is _____, which is used to wash away our sins.

- a) water b) fire c) bread d) a big party

3 Children can receive their first Communion at the age of reason, which is _____ years old.

- a) 12 b) 18 c) 21 d) 7

4 The priest will think you are a bad person when you tell him your sins during Penance.

True | False

5 The place where we can be closest to Jesus is at _____.

- a) Disney b) school c) Mass d) the beach

6 A person becomes a Christian when he/she is _____.

- a) no longer tempted to sin b) born
c) baptized d) ordained

7 After receiving Communion we say, "_____."

- a) And with your spirit b) Amen
c) Good-bye d) Thanks

8 The special cup the priest uses at the altar to hold the blood of Christ is called a _____.

- a) chalice b) holy grail c) goblet
d) sippy cup

9 The season of Advent prepares us for Christmas, which is _____.

- a) Santa's birthday b) Jesus' Baptism
c) the day Jesus rose from the dead
d) Jesus' birthday

10 God only calls perfect boys and girls to be priests or religious sisters and brothers.

True | False



DAVID O'BRIEN teaches theology at St. Leo University in Florida and is the author of *There's a Beer in My Handbag: Unusual Thoughts about Everyday Faith*.

Thoughts about Everyday Faith.

ANSWERS TO Catholic I.Q.

from pages 18 and 19

1. **a)** Jesus was the divine son of God, "God from God, light from light, true God from true God, begotten not made," as we say in the Nicene Creed (see *Catechism of the Catholic Church*, 469).
2. **d)** The seven sacraments are Baptism, Penance, Eucharist, Confirmation, Matrimony, Holy Orders, and Anointing of the Sick. Normally priests don't get married, and married people don't become priests.
3. **c)** Consecrated hosts in the tabernacle are taken to the sick who cannot attend Mass. Catholics often pray in front of the tabernacle because Jesus is there.
4. **b)** Pope Pius X changed the age for First Communion, in part, because of Blessed Imelda, who fervently desired Communion before she was old enough. As she prayed in front of the tabernacle one day, Jesus (in the Eucharist) left the tabernacle and floated over her head. The priest took the host and gave her Communion.
5. **d)** All over the world, Mass is celebrated in the Catholic Church every day to honor Jesus' request.
6. **True.** Matrimony calls a couple to holiness and service, primarily through their selfless and generous love for each other and their children.
7. **d)** In Penance, Jesus forgives our sins. In the Anointing of the Sick, Jesus heals the sick. In the Eucharist, Jesus feeds us with his body and blood.
8. **b)** Chrism oil is used for anointing at Baptism and Confirmation. It must be made from pure olive oil and is usually scented with balsam. It must be blessed by a bishop, usually at a diocesan Chrism Mass once a year on Holy Thursday.
9. **a)** "Holy Orders is the sacrament through which the mission entrusted by Christ to his apostles continues to be exercised in the Church until the end of time" (CCC, 1536).

10. **b)** The Liturgy of the Word includes readings from the Old and New Testaments, the homily, and the intercessions (see CCC, 1349).

11. **True.** The first precept of the Church states: "You shall attend Mass on Sundays and holy days of obligation and rest from servile labor." (See CCC, 2042.)

12. **a)** "Confirmation gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross" (CCC, 1303).

13. **d)** Jesus said, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life" (John 8:12).

14. **d)** After crossing the Red Sea, Moses and the Israelites sang praises to God (see Exodus 15:1) and King David wrote the psalms as songs to God. Mass songs are often verses in the Bible.

15. **False.** If a person doubts Christ's presence in the Eucharist, his/her lack of belief does not impact what happens during Mass at the altar. Christ is the one changing the bread/wine into his body/blood. And it is the universal belief of the Church that what Christ spoke about the Eucharist actually happens at every Mass. (See CCC, 1375.)

16. **a)** "Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner" (CCC, 1413).

17. **b)** A mortal sin cuts us off from God. Penance restores that relationship. "A person who is conscious of a grave sin is not to . . . receive the body of the Lord without prior sacramental confession" (*Code of Canon Law*, 916).

18. **a)** Once we are ready to listen to God, we hear his message and are given the courage to follow his invitation to serve others in the special way he created us to do.

19. **c)** *Hosts* is a biblical word for "armies." It can relate to God's protection of the people of Israel's armies, but also to the heavenly hosts of angels available at the Lord's command.

20. **False.** Their vestments change with the liturgical seasons and feasts: purple during Advent and Lent; white during the Christmas and Easter seasons; green in Ordinary Time; and red for feasts related to martyrs, the Holy Spirit, or the cross.

Kids' Quiz

1. **b)** Our lives as disciples of Jesus begin with this first sacrament.
2. **a)** The baptismal waters wash us clean of original sin. For those baptized when older, all personal sins are also forgiven.
3. **d)** At the age of reason, a child can tell the difference between ordinary bread and wine and the consecrated body and blood of Christ at Mass.
4. **False.** Priests represent Jesus during Penance, and Jesus loves and forgives us. He is always happy we come to Penance and are sorry for our sins.
5. **c)** Jesus is everywhere, but his physical body and blood are truly present at Mass where we receive him into our bodies at Holy Communion.
6. **c)** Our initiation into the Catholic community begins with Baptism and is completed at our First Communion and Confirmation.
7. **b)** *Amen* means "so be it" or "I believe," which indicates that we know we are receiving Jesus.
8. **a)** According to Church law, the chalice must be made from a precious metal such as gold because it will hold the precious blood of Christ that was shed to forgive our sins.
9. **d)** Christ's birth defines Western history. B.C. means "before Christ" and A.D. means "in the year of the Lord." We are living in the 2018th year of Our Lord.
10. **False.** No one who God calls to serve as a priest, sister, or brother is perfect, and they won't be perfect after they say yes to God. We are all sinners, but God loves us anyway and helps us do the right things.

Editorial note: This answer key provides corrections to Answers 11 and 15 that were originally published in the print issue. We apologize for not catching the errors prior to publication.