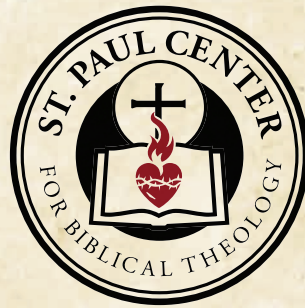


THE BIBLE *and the* SACRAMENTS

LEADER GUIDE



JOURNEY THROUGH SCRIPTURE

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Welcome to Journey Through Scripture






Journey Through Scripture is the St. Paul Center’s dynamic Bible study program designed to help ordinary Catholics grow in their knowledge of Scripture while deepening their understanding of the riches of our faith. Distinctively Catholic, Journey Through Scripture reads the Bible from the heart of the Church, considering both the Old and New Testaments and how they work together. It’s grounded in history, yet actively engages topics faced by today’s Catholics. More than just an ordinary Bible study, it’s biblical catechesis.

There are several Journey Through Scripture studies. This leader guide is for *The Bible and the Sacraments*, a dynamic eleven-part video series that examines the sacraments of the Catholic faith. Exploring their meaning and origin, *The Bible and the Sacraments* investigates the deeper mysteries they contain as illuminated by Sacred Scripture.

After presenting two overview lessons, *The Bible and the Sacraments* explores each sacrament individually. It examines where the sacraments come from, what they mean, and why they are so foundational to our faith.



STUDY COMPONENTS

The Bible and the Sacraments is designed for both group and individual study. It contains five possible components, all of which can be ordered at **BibleandtheSacraments.com**.

-  This leader guide
-  *The Bible and the Sacraments* Participant Workbook
-  *The Bible and the Sacraments* DVD set
-  *Swear to God: The Promise and Power of the Sacraments* by Dr. Scott Hahn
-  *Speaking the Love of God: An Introduction to the Sacraments* by Jacob Wood

How to Use this Leader Guide

This leader guide will serve as just that—your guide to helping participants for the duration of the study. The first thing to note is that this guide contains all the same material found in the participant workbook: review notes, lesson objectives, review and discussion questions, memory verses, and more.

In addition, it contains text intended only for you, the leader. In each of the lessons, this text is red and comes in two forms. Information that is not necessarily communicated to participants is under the heading “ **LEADER NOTE.**” Suggested text you can use for sharing information with participants is found under the heading “ **LEADER SAYS.**”

FURTHER READING AND PREPARATION

At the end of every lesson, there are listed readings designed to help you and the participants go deeper into the material. These readings come from Sacred Scripture, *Catechism of the Catholic Church*, *Speaking the Love of God* by Jacob Wood, and *Swear to God* by Scott Hahn, the book upon which this study is based. Both *Speaking the Love of God* and *Swear to God* are available for purchase at **BibleandtheSacraments.com**.

PRACTICAL TIPS FOR LEADING JOURNEY THROUGH SCRIPTURE

The first step in leading this study is always to bathe your efforts in prayer. Ask the Holy Spirit to use you for the glory of God and to bless the study.

Catholic Bible study is a spiritual, intellectual, and ecclesial undertaking. And it involves real spiritual warfare. “For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places” (Eph 6:12). Don’t be unarmed as you go into battle.

Choose a Good Time and Location - Ask yourself whom you are targeting as study participants: stay-at-home moms, teens, a men’s group? Tailor your study to your audience by arranging a convenient time and place to draw together your intended demographic.

Be creative in your timing. For example, some Journey Through Scripture studies are offered at the same time as religious education classes for children. This arrangement allows for parents to attend a Bible study instead of simply waiting for their children’s class to finish.

Location is a key factor, so make it convenient and comfortable so people will want to stay and participate. Make sure everyone can see and hear the video.

Preparation - Take some time before each lesson to prepare by reading through the notes so you’re familiar with what’s coming. Read the answers to the review questions in this leader guide. Preparation doesn’t just include *personal* preparation, though. It’s also wise to check your equipment ahead of time to make sure everything is working smoothly before people arrive.

Small Groups - Whether or not you employ small groups for discussion following the video presentation is completely up to you and your group. Journey Through Scripture allows for a great deal of flexibility in this regard. The review and discussion questions at the end of each lesson provide good material for such groups.

If you decide to break into small groups, try to assign some extroverted people to each of the groups. However, you don’t want them to act as moderators, but more like facilitators, keeping the conversation on track and making sure everyone who wants to contribute can do so.

Refreshments - Plan in some social time with refreshments if you can. Snacks need to be neither elaborate nor expensive. There is something quasi-sacramental about eating together: it is a family activity and, gathered as the Church, that's what we are. This also affords participants an opportunity to get to know each other, which is a very valuable and, in some areas, difficult-to-achieve part of parish life.

Name Tags – Providing name tags is especially important for the first few sessions when people are getting to know each other.

Start on Time - This teaches the people who come late to arrive on time the following week and doesn't punish those who show up on time. The study group leader should wait around for a bit after the session is over. This will give people who may have been afraid to speak up in front of others a chance to ask a question.

Bible - Encourage participants to bring a Bible to the study. Journey Through Scripture uses the Revised Standard Version Second Catholic Edition for all Scripture references that are not directly from the liturgy.

SAMPLE JOURNEY THROUGH SCRIPTURE SESSION

Journey Through Scripture is intended to be a very flexible study. Below is a sample of how a typical session might look:

Amount of Time	Section
5–7 minutes	Announcements, prayer, and introduction of the lesson
25–30 minutes	Video
10 minutes	Break
10–15 minutes	Review questions
10–15 minutes	Discussion questions
2 minutes	Review of memory verse and preparation for next lesson
1 minute	Closing

From here on, all leader information in this guide will be **marked in red**. All the text in black is identical to what your participants see in their workbook.



Lesson One
INTRODUCTION *to the* **MYSTERIES**



“**S**acraments are ‘powers that come forth’ from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in his Body, the Church. They are ‘the masterworks of God’ in the new and everlasting covenant.”

CCC 1116

 LEADER NOTE**Opening Prayer and Introduction**

At the beginning of the first session, introduce yourself and then open in prayer. If you are not comfortable praying in your own words, you can use the prayer written below. Each lesson has an opening and closing prayer written out for your use.

 LEADER SAYS**Opening Prayer**

“Heavenly Father, God of all creation, we thank you for bringing us together to delve deeper into the mystery of the sacraments and for offering us a place in your divine family. We ask that you send us your Holy Spirit to enlighten our minds to understand these signs, and open ourselves to the power and grace that flows from them. We ask all of this in your Son’s name as we pray, Our Father . . .”

Welcome

“Welcome to our first lesson of *The Bible and the Sacraments*. We are about to embark on a journey through the sacraments of the Catholic faith. Our goal is to understand what they are, where they come from, and why they’re so foundational to our faith.

This study is a part of Journey Through Scripture, a Catholic Bible study series from the St. Paul Center for Biblical Theology, an apostolate dedicated to teaching Catholics how to read Sacred Scripture from the heart of the Church. Though it’s focused on Catholic doctrine and teaching, everyone—Catholic or non-Catholic—is welcome. In fact, we encourage you to invite friends to come with you.”

Introduction to the Lesson Order

“Before we begin the video and start the study, I want to quickly go over what’s in your workbook so that you know what to expect as we go through this series. First, you’ll see at the beginning of Lesson One that there is a description of this particular study. Starting in Lesson Two, you’ll see review notes from the previous session at the beginning of the lesson. It’s a good idea to read these review notes before we begin the current lesson to reinforce what we went over last time.

Next, you’ll see a little film projector icon with the title ‘What We’ll Cover in Lesson One.’ This tells us what we’ll see in the video lesson. For example, Lesson One begins with an overall introduction to the study and then moves into the main presentation.

Starting in Lesson Two, Matthew Leonard will begin each session by profiling a notable Catholic figure from the last century or so who has experienced the transforming power of the sacraments.

Under the title ‘Themes Covered,’ you’ll see a quick list of the major points that will be covered in the lesson, followed by a list of Scripture references read in this lesson. These are listed in case you

want to go back and read them later. Each one of the videos is about 25–30 minutes long.

After the video is finished, we'll break into groups and go over the review and discussion questions. You'll also notice there is a suggested memory verse for each lesson, as well as further reading to help you get the most out of this study. *The Bible and the Sacraments* is based on Dr. Scott Hahn's book entitled *Swear to God: The Promise and Power of the Sacraments*.

Setting the Stage

We are about ready to begin our first session. If you look at the bullet points under 'What We'll Cover in Lesson One,' you'll notice that this session is about how sacraments can have many levels of meaning and were foreshadowed in the Old Testament. We're going to see how the sacraments of grace that we now celebrate are nothing new to the story of salvation history. So let's begin."

LEADER NOTE

Start video. When video is complete, refer to the next leader note.



Introduction *to the Mysteries*

In paragraph 1116, the *Catechism of the Catholic Church* describes the sacraments as “the masterworks of God’ in the new and everlasting covenant.” More than mere earthly rituals, they are “powers that come forth’ from the Body of Christ, which is ever-living and life-giving.”

The Bible and the Sacraments dives into the mystery of these God-given channels of grace. It illuminates the deeply scriptural roots of the sacraments, examining the rich relationship between the Old and New Testaments and their connection to the rites of the Catholic Church.







What we’ll discover throughout this study is that the sacraments we celebrate are nothing new. God has always dealt with humanity in a sacramental manner. Finding their institution in Christ and their origin in salvation history, Baptism, Confirmation, the Eucharist, Penance, Anointing of the Sick, Marriage, and Holy Orders are God’s gifts of life and love to his children.

What We’ll Cover in Lesson One



INTRODUCTION

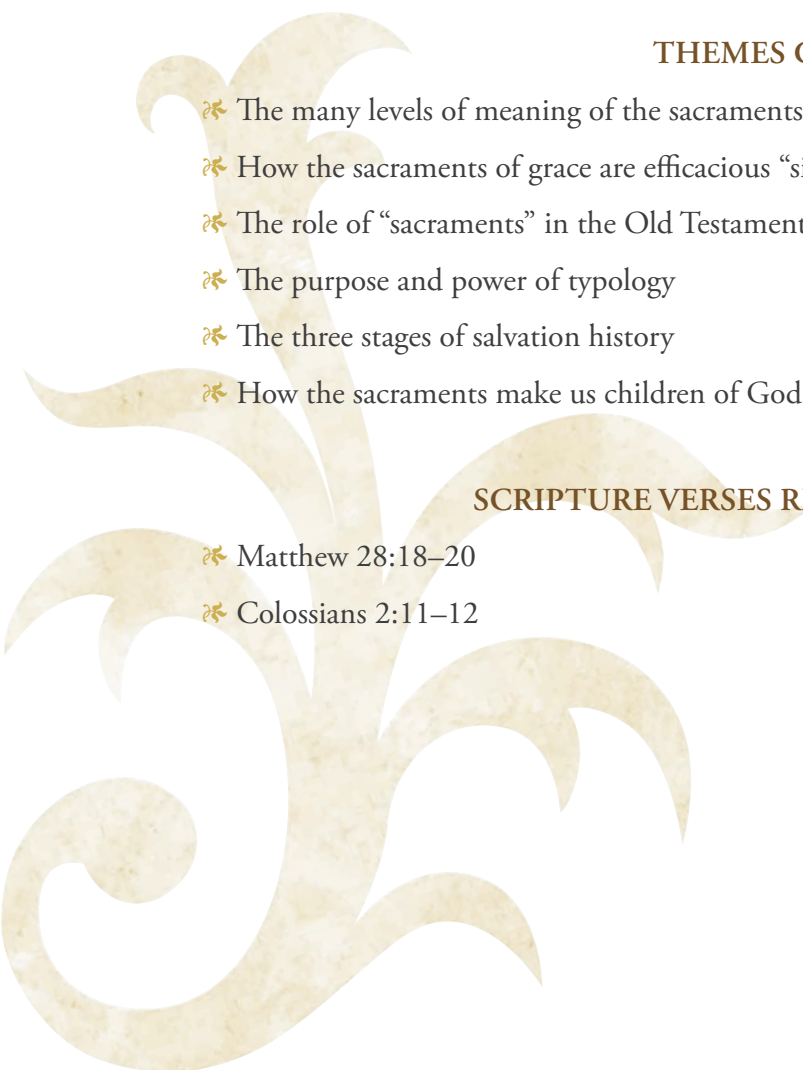
Matthew Leonard, Vice President of the St. Paul Center and host of the series

THEMES COVERED

-  The many levels of meaning of the sacraments
-  How the sacraments of grace are efficacious “signs”
-  The role of “sacraments” in the Old Testament
-  The purpose and power of typology
-  The three stages of salvation history
-  How the sacraments make us children of God

SCRIPTURE VERSES READ IN THIS LESSON

-  Matthew 28:18–20
-  Colossians 2:11–12



 LEADER NOTE

Take a short break at the end of the video and then begin the review and discussion questions. If your group is large, break them up into appropriately sized groups (6–10 people). Explain the purpose of the Review Questions (see below) and let them know how long you have set aside for this section.

Brief answers to the review questions are listed below so you can help along any group that may not be able to answer a particular question.


 LEADER SAYS

“The review questions are exactly that: a review of the material from the video. If you were listening closely, Matthew Leonard discussed the answer to each of these questions in the lesson segment. See if you can answer them.”

Review Questions

1. How are signs and sacraments similar? How are they different? 

Answer: Signs are visible symbols of things that are invisible. Sacraments are signs. While a sacrament is like other signs, it is also unlike them. The symbolic value present in sacraments goes far beyond normal signs and symbols. Sacramental signs can represent many realities at the same time. Unlike normal signs, sacraments actually help bring about the very reality they signify.

2. What is typology? Why is it important? 

Answer: Typology is the study of how God’s works in the Old Covenant prefigure what he accomplished through Christ in the New Covenant (CCC 128). Typology is important because it shows us how Sacred Scripture is one story telling us how what was prepared in the Old Testament is fulfilled in Jesus Christ.

3. What are the three stages of salvation history? Why are they important to understanding the sacraments of grace? 

Answer: The age of nature (from creation to the time of Moses); the age of law, (from when Moses received the law from God at Mt. Sinai through the history of ancient Israel); and the age of grace (from the advent of Jesus Christ to this present moment; see Rom 5:12–14 and 5:19–21).

Since sacraments were essential to Christ’s saving work in the age of grace, they were part of God’s plan “from the beginning.” The New Covenant sacraments are nothing new to the story of salvation history.

4. What are some examples of Old Testament “sacraments”? What did Christ do with them? 

Answer: Water, bread, blood, circumcision, and animal sacrifice are some examples of Old Testament

“sacraments.” Christ transforms and elevates the Old Testament “sacraments” to powerful avenues of grace that can actually bring about saving grace.

 **LEADER NOTE**

Once your participants have completed the review questions, move on to the discussion questions. Tell them how long they have to answer these and then tell them the difference between the review and discussion questions.

 **LEADER SAYS**

“While there are specific answers to the review questions that are directly from the lesson materials in the video, the discussion questions are different. There are no right or wrong answers. These questions are meant to spur a conversation between the people in the group.”

Discussion Questions

1. What do sacraments tell us about the place of the physical matter, creation, in God’s plan?



2. What does it mean to live “sacramental” lives?



 **LEADER NOTE**

Memory Verse and Follow-Up Reading

Before dismissing the participants, please point out the memory verse for this lesson, as well as the follow-up reading for Lesson Two.

 **LEADER SAYS**

“The Bible tells us that if we want to protect ourselves from sin we should memorize and meditate on the Word of God. Psalm 119:9–11 says:

How can a young man keep his way pure?
By guarding it according to the word.
With my whole heart I seek thee;
let me not wander from thy commandments!
I have laid up thy word in my heart,
that I might not sin against thee.

In addition to our memory verse, take a look at the follow-up reading and preparation for Lesson Two. The sacraments are a deep and rich topic. By preparing, you will get much more out of each session.”

Closing Prayer




“Father in heaven, we thank you for all of the blessings that you bestow on us as your sons and daughters, especially in the sacraments. We ask that you continue to guide us in this study through the Holy Spirit to enlighten our hearts and minds to appreciate these powerful signs given to us by your Son, Our Lord Jesus Christ. We pray this in his name.”

THIS LESSON’S MEMORY VERSE

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and behold, I am with you always, to the end of the age.”

— Matthew 28:19–20 —

FOLLOW-UP READING AND PREPARATION FOR THE NEXT LESSON

-  *Swear to God* by Scott Hahn, pp. 2–23
-  *Speaking the Love of God* by Jacob Wood, pp. 1–16
-  *Catechism of the Catholic Church*, paragraphs 1077–1112

Additional study resources can be found at www.StPaulCenter.com

