Fertile Question: Being spiritual: What’s in it for me?

Core Content Area 2: Ritual and Spirituality

TOPIC 2.2: RITUAL, PRAYER AND MEDITATION

Extending Knowledge: Sacramentality

In this lesson, students will deepen their understanding of sacraments and sacramentality.

Teachers: Before You Start!

1. Familiarise yourself with the Catholic Church’s teaching’s about Sacraments and Sacramentality. (See below).

For students to deepen their understanding about sacraments and sacramentality select from the following activities:

1. Create a reflective mindset by viewing the following YouTube clip or similar.
2. View the clip about the Sacraments and read the following description of sacraments and sacramentality in the Catholic Church.

Catholics see in Jesus Christ the full embodiment of God. Since God became human, then God is seen, touched and heard in the context of human living. This is the principle of Sacramentality. The Catholic Church celebrates certain rituals that make the saving presence of God tangible to believers in different ways. They are intended as moments of encounter with God that can deeply affect the lives of those who participate in them. In Catholicism, there are seven such rituals that are called the Sacraments, with the Eucharist as the core Sacrament. However, the sacramentality of Catholic belief embraces more than the sacred rituals. Catholics also believe that humans live in a sacred world created by God. Therefore sacramentality includes every tangible element of creation, from the natural environment to human persons, and provides an opportunity to encounter something of God’s presence. (Adapted from Cooke, B. (1994). Sacraments and Sacramentality, Twenty-Third Publications: New York.)

a. Review understanding of the sacraments celebrated in the Catholic Church. Explore one of the sacraments in detail. For example, examine the Eucharist. Use ToonDoc to create a two frame cartoon depicting past and present experiences of Eucharist for believers.

b. As a class, discuss why the Catholic Church has chosen these particular life encounters with God to be sacraments.

c. Recall the most significant or sacred moments in your life so far. How were they marked or celebrated? (Discuss with the class or discuss with a partner).

d. Reread the last sentence in the description above. Sit with it in silent meditation for a few minutes. After the short meditation on the sentence, make a response to the following question:

If you fully believed the sentence “sacramentality includes every tangible element of creation, from the natural environment to human persons, and provides an opportunity to encounter something of God’s presence” to be true, how would that belief affect the way you live your life? One way to respond is to complete a SWOT analysis. What are the strengths, weaknesses, opportunities and threats of living life according to that sentence?

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