

## **Sacraments, and Saints**

### **The Protestant problem with these teachings are summed up in 3 scriptures –**

Eph 2:8 - For by grace you have been saved through faith; and that not of yourselves, it is the gift of God. (NOT BY SACRAMENTS)

1 Tim 2:5 - For there is one God and one mediator between God and mankind, the man Christ Jesus,

Heb 4:14 - Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.

**(NO ROOM FOR PRAYING TO IDOLS / SAINTS)**

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The 7 sacraments of the Catholic Church are Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Holy Orders, and Marriage.

**Sacrament** = a religious ceremony or act considered a holy rite. a visible symbol of the reality of God, as well as a means by which God enacts his grace. The catechism say they are necessary for salvation. A Requirement for salvation. Canon 4.stats - If anyone says that the sacraments of the New Law are not necessary for salvation but are superfluous, and that without them or without the desire of them men obtain from God through faith alone the grace of justification,[2] though all are not necessary for each one, let him be “anathema”(a formal curse by a pope or a council of the Church, excommunicating a person for denouncing a doctrine)

### **Saints –How to Ask a Saint for Help and Protection - By [Veronica Mena](#)**

Life is not always easy, and in desperate times people are thirsty for miracles. Everybody has problems, and everybody looks for help at least with the basics of health and protection. So people pray for the healing of a sick person, to have prosperity in the business, to get out of economic problems, to find their better half, etc.

This is when Catholics start to invoke the name of their favorite [patron saints](#). We pray to saints because they are already in heaven, and they can intercede for us.

St Mary - is the queen of all saints – (The Mother of God)

St Anthony - He is the patron saint of many causes, most known for finding lost articles and spouses. People call his name almost every day to help them find their lost property (including car keys) and to help get them out of the bachelors and bachelorettes club.

St Christopher - a medallion or necklace often worn. He is not in the “cannon” of saints, his name is a title – searched out to serve the devil, but decided to serve Christ. Thought of being one who carried Christ's cross and became a martyr. Patron saint of travelers and children.

St Jude - I have heard his name mentioned even in Spanish soap operas. In moments of anxiety, people need to hope and believe in something that helps them recover their faith and maintain peace in their lives, but sometimes the lack of knowledge can lead some to believe in superstitions.

First, every Catholic should be praying with Mary, Queen of the Saints. Second, it is perfectly acceptable to pray with those on the path to Sainthood: those who are Blessed, Venerable, or Servant of God.

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**More details...**

### **Sacraments of initiation**

1. Baptism: The Catholic Church sees baptism as the first and basic sacrament of Christian initiation. Christening (ceremonial dedication) or sprinkling of an infant.
2. Confirmation: Confirmation or Chrismation is the second sacrament of Christian initiation. "It is called Chrismation because the essential rite of the sacrament is anointing with chrism. It is called Confirmation because it confirms and strengthens baptismal grace."
3. Eucharist: The Eucharist, also called the Blessed Sacrament, is the sacrament (the third of Christian initiation, the one that the Catechism of the Catholic Church says "completes Christian initiation") by which Catholics partake of the Body and Blood of Jesus Christ and participate in his one sacrifice. The first of these two aspects of the sacrament is also called Holy Communion.

### **Sacraments of healing**

4. Penance and Reconciliation (Confession): The Sacrament of Penance is the first of two sacraments of healing. The Catechism of the Catholic Church mentions in the following order and capitalization different names of the sacrament, calling it the sacrament of conversion, Penance, confession, forgiveness and Reconciliation. It is the sacrament of spiritual healing of a baptized person from the distancing from God resulting from sins committed. When people sin after baptism, they cannot have baptism as a remedy; Baptism, which is a spiritual regeneration, cannot be given a second time.
5. Anointing of the Sick: Anointing of the Sick is the second sacrament of healing. In this sacrament a priest anoints the sick with oil blessed specifically for that purpose. "The anointing of the sick can be administered to any member of the faithful who, having reached the use of reason, begins to be in danger by reason of illness or old age". A new illness or a worsening of health enables a person to receive the sacrament a further time.

### **Sacraments of service**

6. Holy Orders: Holy Orders is the sacrament by which a man is made a bishop, a priest, or a deacon, and thus dedicated to be an image of Christ. A bishop is the minister of this sacrament. Ordination as a bishop confers the fullness of the sacrament, making the bishop a member of the body of successors of the Apostles, and giving him the mission to teach, sanctify, and govern, along with the care of all the Churches. Ordination as a priest configures the priest to Christ the Head of the Church and the one essential High Priest, and conferring on him

the power, as the bishops' assistant, to celebrate the sacraments and other liturgical acts, especially the Eucharist. Ordination as a deacon configures the deacon to Christ the Servant of All, placing him at the service of the bishop, especially in the Church's exercising of Christian charity towards the poor and preaching of the word of God.

7. Matrimony: Matrimony, or Marriage, is another sacrament that consecrates for a particular mission in building up the Church, and that provides grace for accomplishing that mission. This sacrament, seen as a sign of the love uniting Christ and the Church, establishes between the spouses a permanent and exclusive bond, sealed by God. Accordingly, a marriage between baptized people, validly entered into and consummated, cannot be dissolved. The sacrament confers on them the grace they need for attaining holiness in their married life and for responsible acceptance and upbringing of their children. As a condition for validity, the sacrament is celebrated in the presence of the local Ordinary or Parish Priest or of a cleric delegated by them (or in certain limited circumstances a lay person delegated by the diocesan Bishop with the approval of the Episcopal Conference and the permission of the Holy See) and at least two other witnesses, though in the theological tradition of the Latin Church the ministers of the sacrament are the couple themselves. For a valid marriage, a man and a woman must express their conscious and free consent to a definitive self-giving to the other, excluding none of the essential properties and aims of marriage. If one of the two is a non-Catholic Christian, their marriage is licit only if the permission of the competent authority of the Catholic Church is obtained. If one of the two is not a Christian (i.e. has not been baptized), the competent authority's dispensation is necessary for validity.

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## **21 saints to pray to...**

### **1. The Saint of the day**

For those who work in the world especially, it can be easy to overlook the Saint of the day. You may not even hear about the Saint at Mass, if it's a minor celebration like an optional memorial. A full-bore [“daily Saints” calendar](#) can be helpful, as long as you look at it daily—as can apps like [Laudate](#) and [Catholic Calendar](#). Even a brief prayer with the Saint of the day, every day, calls on one of God's most straightforward means of sanctification of time and place.

### **2. The Saint of your baptism**

Hopefully you're already celebrating [the anniversary of your baptism](#). Who was the Saint of the day that day? That Saint was celebrating your entrance into God's family long before you were. The unfolding of your baptismal graces happens throughout your lifetime. This Saint, in other words, can be a lifelong friend and guide.

### **3. Your confirmation Saint**

You likely chose this Saint yourself. How's your devotion with that Saint going? Saying “yes” to the inspirations of the Holy Spirit is a daily act, and your confirmation Saint can be a strong helper.

#### **4. Your namesake Saint**

Someone likely chose your first name for you. If it's a Saint's name, you've got a constant reminder of that Saint's patronage—a great person to pray with.

#### **5. Your other middle namesake Saint**

You probably have a middle name, not your confirmation name, that someone chose for you. What's the story behind that name? If it's a Saint, does that Saint's example bring out another aspect of holiness to reflect and act on?

#### **6. Your birthday Saint**

Imagine being a Saint and observing all the babies born on your feast day. Wouldn't you have a special attachment to those children? Going to Mass on your birthday is a good way to foster a devotion to your birthday Saint.

#### **7. The Saint of your first confession**

He or she probably helped you make a good first confession. And this Saint can continue to be a special helper in receiving God's mercy.

#### **8. The Saint of your first communion**

This Saint rejoiced to see you receive the greatest gift: Christ Himself. Just like parents and sponsors celebrate their children's first communion, so do the Saints who watch as their spiritual children receive the Eucharist on their feast day. A good person to pray with before receiving communion, or at Adoration.

#### **9. A Saint of your career in general**

If you're a writer, St. Francis de Sales should be someone you pray with. Good ol' St. Florian for the firefighters, and St. Matthew if you're an accountant. As many of us struggle with keeping work in its proper place—not too much, not too little—the patron Saint of our work can be a big help.

#### **10. A Saint of your specific workplace**

If there's a Saint associated with your specific workplace—like the Augustine Institute—call on that Saint! You have quite a few options if your place is associated with an order, like a Jesuit college; your particular building may even be named after a Saint.

#### **11. A Saint of your diocese or region**

Catholic dioceses are rightfully thankful for their patrons. Cardinal Raymond Burke would often invoke Saint Louis, King of France, when he was archbishop of St. Louis. To the

northwest you have St. Charles, Missouri, where just as many people pray with St. Charles Borromeo as with St. Rose Philippine Duchesne, the great missionary who established her first of many schools there. The Saints of your diocese or region have been entrusted with a great mission; all the better to call on them.

## **12. A Saint of your vocation**

Priests and religious have many options to choose from, and often there is a particular Saint that helped lead them to their vocation. Married laymen can look to St. Louis Martin and St. Thomas More. A married woman might find [Servant of God Elisabeth Leseur](#) inspiring. The important thing here is to pray with a Saint specifically keyed to how you live your vocation.

## **13. A Saint of your spirituality**

Our spiritual reading will vary; as it does, we ought to pray with a particular Saint of that aspect of the spiritual life. Reading [a book by a Carthusian](#)? St. Bruno could be your guy. Really digging the Dominicans? St. Catherine of Siena would be happy to oblige. Pray for an appropriate Saint's help and guidance as you read.

## **14. A Saint of your ministry or apostolate**

Serve primarily in your church in the choir? St. Cecilia and St. Hildegard ought to be friends of yours. Prison ministry more your line? Consider St. Maximilian Kolbe, or Sts. Felicity and Perpetua. Call on the Saints who know your ministry; they will help you all the more.

## **15. A Saint of your greatest weakness**

Those struggling with addiction like to call on Venerable Matt Talbot. There are many Saints who can help with chastity, from St. Maria Goretti to St. Charles Lwanga and companions. Frequent calling on the Saints who know our specific infirmities will only speed our trust in God's mercy.

## **16. Your guardian angel**

Forgotten about this one since you were a kid? From St. Frances of Rome to Padre Pio, many adult Saints had extraordinary relationships with their guardian angels. Our dealings with our guardian angels may be ordinary, but we should never ignore the great guide entrusted to us whom Jesus says "always look[s] upon the face of my heavenly Father" (Mt 18:10).

## **17. The angel of your town or city**

Tradition teaches that the great angels called Principalities watch over individual towns and cities. Both [Peter Kreeft](#) and [Cardinal Jean Danielou](#) have reliable books on the matter. Invoking the Principality of the place in which you're praying is not only spiritually honorable but an easy way to remind yourself of the vast love of God's spiritual world.

## **18. The Saint of the church you attend**

Whether it's St. Cyril's of Alexandria or St. Patrick's, your home church is likely named after a Saint. Praying with that Saint before Mass or activities there invokes a powerful patron.

## **19. The angel of the church you attend**

Tradition also has it that every church has its own guardian angel. Think of that wonderful line in Eucharistic Prayer I: "Almighty God, we pray that your angel may take this sacrifice to your altar in heaven. Then, as we receive from this altar the sacred body and blood of your Son, let us be filled with every grace and blessing." Again, a great Saint to pray with before Mass and other activities at your parish.

## **20. A Saint of your favorite hobby**

While a few people probably need reminders to moderate their penances (as famously happened to St. Aloysius Gonzaga), most of us need help in keeping our hobbies in check. To summarize St. Francis de Sales, we must not let our amusements become occupations. Your favorite hobby probably has a Saint to help out. Athletes love St. Sebastian, while photographers can pray with St. Veronica.

## **21. A particular Saint that God specially draws you to**

The above places and events are among the most ordinary ways God draws us to Himself through particular Saints. There may be, however, a Saint you're drawn to for no particular reason you can discern. Though you may learn the reason later on, don't wait: go ahead and pray!