



# STREAMS OF LIFE

CATECHETICAL TEXTBOOK SERIES OF THE SYRO - MALABAR CHURCH



## Lesson 3

# Sacraments: Channels Of Divine Life





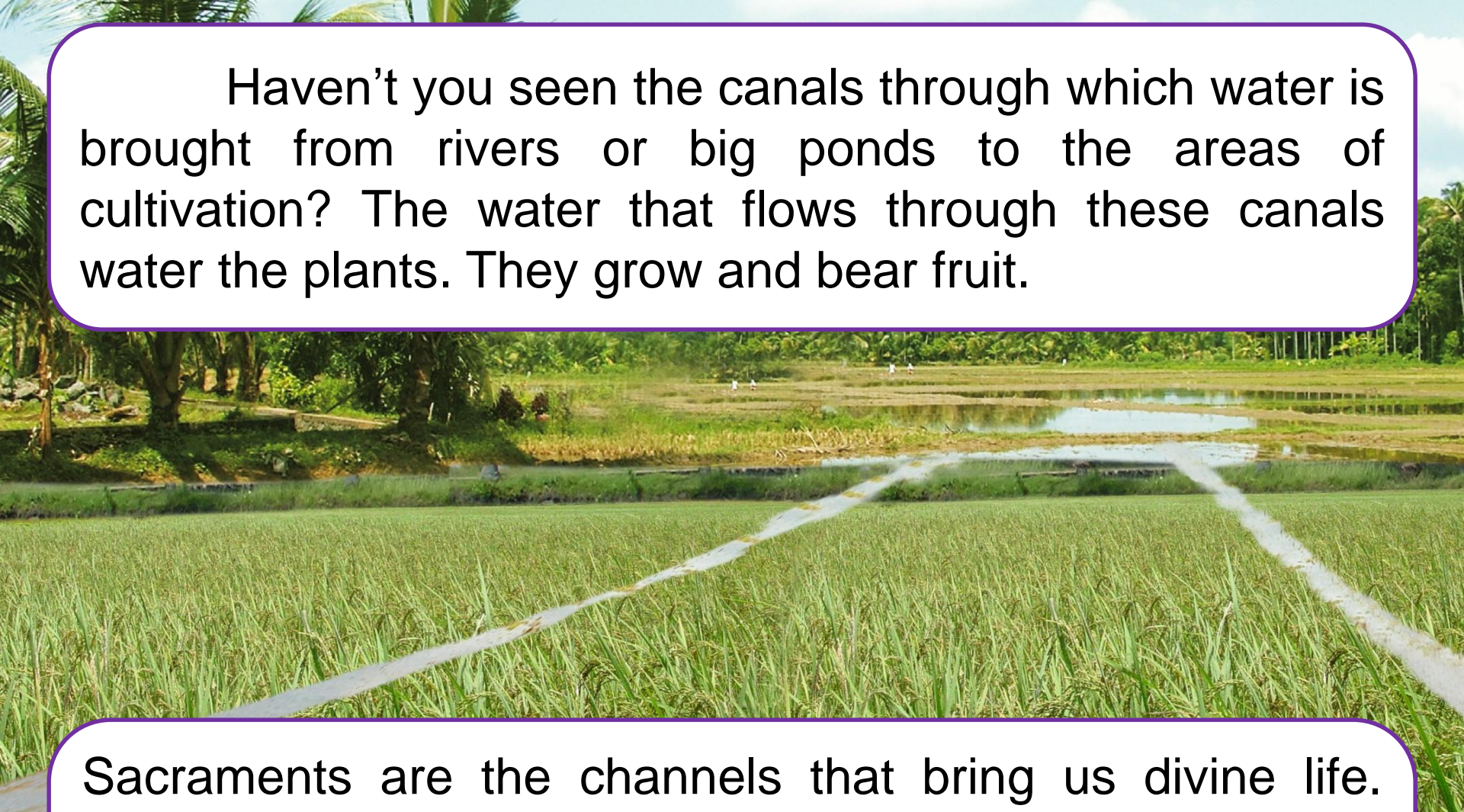
Once Jesus, tired after a long journey, sat by the side of a well. Then, a Samaritan woman came there to draw water. While talking to her, Jesus said:

“ Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give, will become in them a spring of water gushing up to eternal life” (John 4 :13-14).



Jesus promises life – giving water to the thirsty. **The life – giving water that He promised is the divine life or grace.**

Those who receive grace become heirs to eternal life. Jesus gives this grace that makes us heirs to eternal life through the Church.



Haven't you seen the canals through which water is brought from rivers or big ponds to the areas of cultivation? The water that flows through these canals water the plants. They grow and bear fruit.

Sacraments are the channels that bring us divine life. These channels flow from Jesus, the source.

The Syriac word for sacrament is '**Koodasa**'. It means '**Sanctifying act**' ! Sacraments sanctify us by forgiving our sins and giving us divine life.

Sacraments are the visible symbols, instituted by Jesus and administered by the Church, that purify and empower us by giving us the divine life.



The first three sacraments are known as sacraments of initiation. It is through these sacraments that a person enters into relationship with Jesus and the of the Church.



**Baptism**



**Holy Qurbana**



**Anointing the sick**



**Matrimony**

**Anointing**

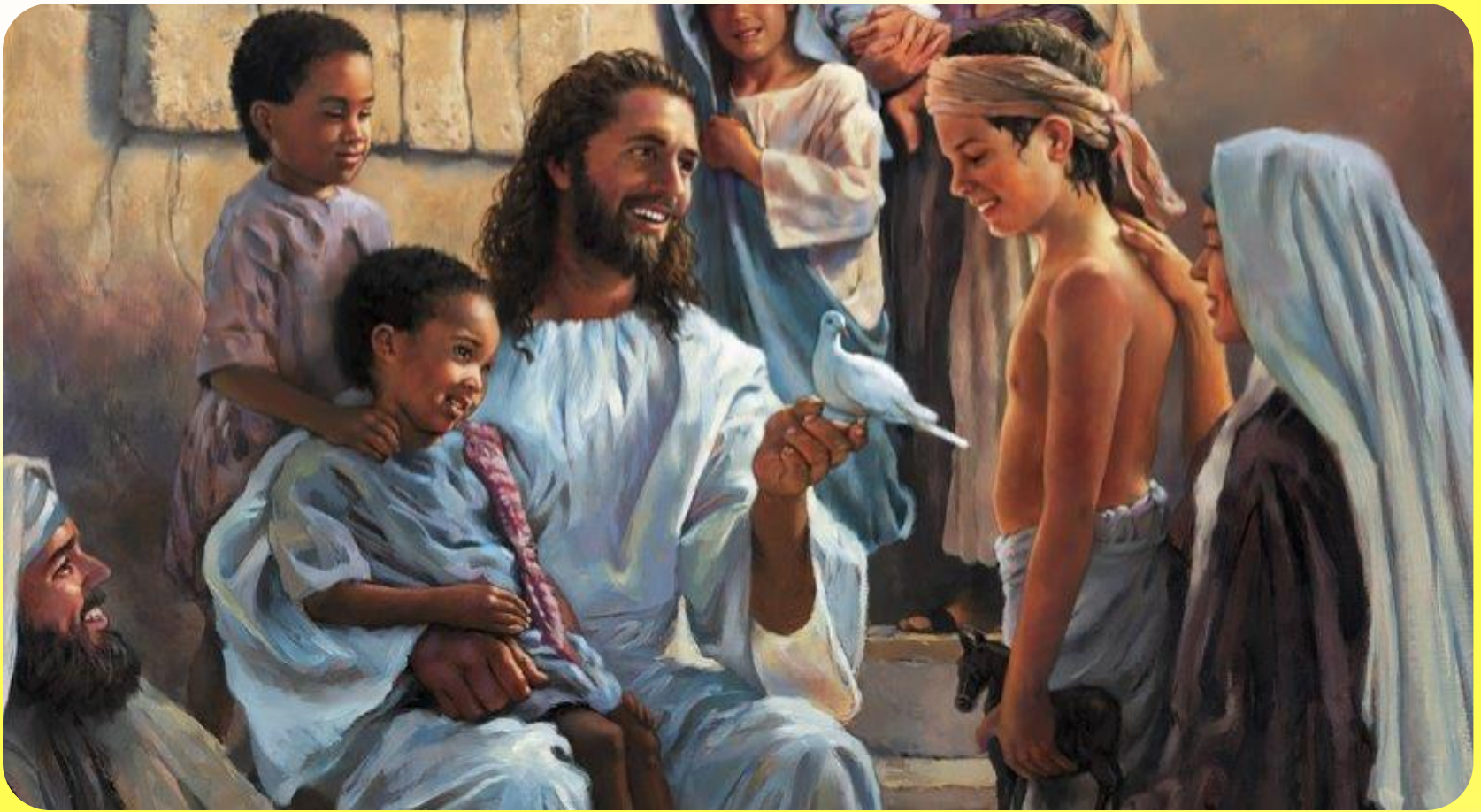


**Reconciliation**



**Holy orders**





At each stage of a person's life, from birth to death, Jesus gives us the grace to grow in divine life and to carry out the several ministries in the Church through these sacraments. Receiving these sacraments, which due devotion and preparation, let us grow in grace.





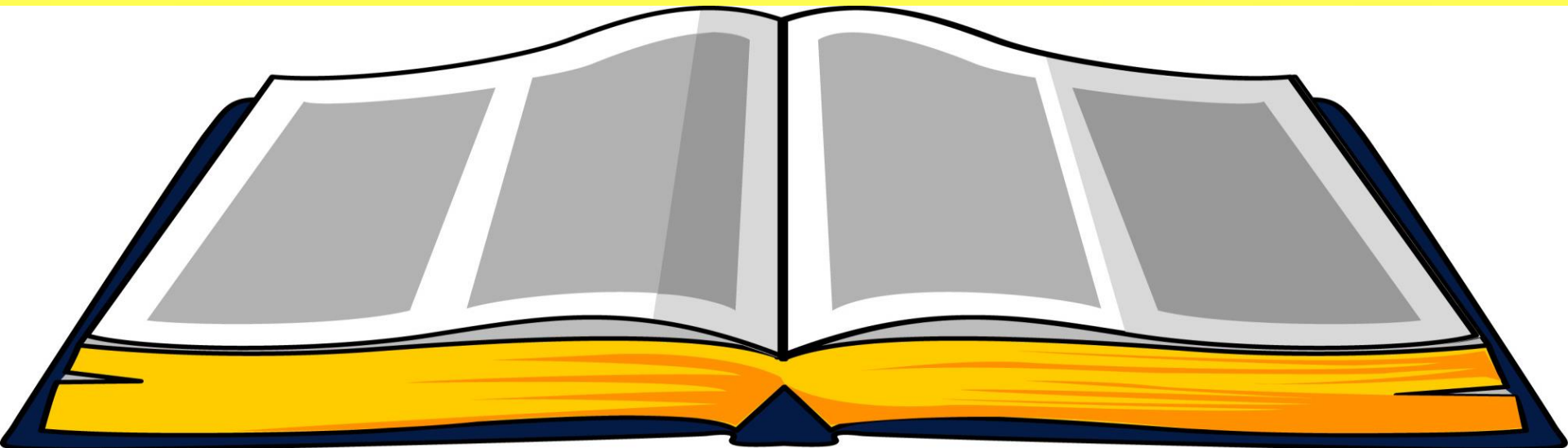
Let us pray


O Jesus you who instituted sacraments to make us  
Grow in divine life, enable us to receive these sacraments  
with proper preparation and devotion.

## Word of God to remember

“ Those who drinks the water that I will give them, will  
never be thirsty.”

(John. 4:14).





Let us read the  
Word of God with devotion

(John. 4:1-15)



# Activity

Write the missing sacraments in the proper order



**Baptism**



**Holy Qurbana**



**Anointing the sick**



**Matrimony**



**Anointing**



**Reconciliation**



**Holy orders**

## My decision

I will receive sacraments with  
Proper preparation and due devotion.



# Let us find out the answers

1. What are the channels that give us divine life?
2. What is a sacrament?
3. How many sacraments are there? Which are they?
4. How are we to receive sacraments?



**Thank you**