

The Sacraments	The Biblical Basis for the Celebration	The Traditional Understanding	The Human Need

The Seven Sacraments of the Universal Church

Baptism

Outward Signs - The Water – The words, in the Name of the Father and the Son and the Holy Ghost

Inward Grace – The forgiveness of sin – the regeneration of the person into a new creation in Christ

Holy Communion

Outward Signs – The bread and the wine

Inward Grace – The strengthening and refreshing of our souls, the forgiveness of sin and the renewal of the promise of eternal life

Confirmation

Outward Sign – The laying on of hands by a Bishop

Inward Grace – the completing of initiation into the Church (The Body of Christ) – Strengthening for service and the reception of Spiritual Gifts

Reconciliation (Confession)

Outward Sign - telling a priest our sins - and receiving his counsel

Inward Grace - Understanding clearly that our sins are forgiven and having the strength to change our lives and avoid sin.

Holy Matrimony

Outward Signs - The joining of hands the life shared by a man and woman - the vows made by the man and the woman - the wrapping of the stole by the priest around the joined hands of the couple to represent the presence of the divine in their relationship - the Blessing, giving and receiving of rings

Inward Grace - To live together in peace

Ordination

Outward Sign - the Bishop laying hands on a man selected for Holy Orders

Inward Grace - The gifts and abilities to serve as God's Bishop, priest or deacon

Unction (Anointing the Sick)

Outward Sign - the laying on of hands and the anointing with unction oil

Inward Sign - Healing in body, mind or spirit