**WHY SACRAMENTS?**

Discussion points:

How do the sacraments help us to be more fully alive?

Can you think of a time when you have been helped by a sacrament?

Some key points:

Sacraments take us beyond this life.

Through the sacraments, the Holy Spirit builds us up, so that Christ’s ministry continues through us.

The sacraments make Christ present with us.

In this troubled world, we need God’s grace more than ever.

The Sacraments are a visible assurance that God is present with us, to help us face the challenges of life.

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