

Chapter 2

Answer Key for Double-Check Questions

1. *How are a symbol and a ritual related?*

A symbol is an object or action that points us to another reality, leading us to look beyond our senses to consider a deeper mystery. A ritual is an established form of the words and actions for a ceremony that is repeated often. Rituals and symbols are related because the actions and words of a ritual often have a symbolic meaning, calling us to consider a deeper mystery. "Symbolic action" is another way to refer to a ritual.

2. *What is a sacrament?*

A sacrament is an efficacious (or effective) and visible sign of God's grace, "instituted by Christ and entrusted to the Church, by which divine life is dispensed to us" (*Catechism*, no. 1131).

3. *What is the Paschal Mystery?*

The Paschal Mystery is the work of salvation accomplished by Jesus Christ mainly through his Passion, death, Resurrection, and Ascension. It is the core of every sacrament and is most evident in the Eucharist.

4. *What do we mean by sacramental economy?*

Sacramental economy refers to the communication or dispensation of the fruits of Christ's Paschal Mystery in the celebration of the Church's sacramental liturgy. That is, through grace, all the sacraments signify and make present the work of Christ in our lives.

5. *What is grace?*

Grace is a relationship with God and participation in his life. Grace helps us to freely respond to and cooperate with God, which in turn opens us to more grace and more freedom.

6. *Explain the difference between sanctifying grace and actual grace.*

Sanctifying grace is the free gift of God's life, which we first receive at Baptism and then renew in the sacraments. This kind of grace heals our human nature, which has been wounded by sin, and restores us to friendship with God. Sanctifying grace gives us a permanent disposition that enables us to live with the Holy Trinity. In contrast, actual graces are the daily interventions and support we receive from God in every moment of our lives.

7. *How do the sacraments fulfill Christ's plan of redemption for us?*

Christ's plan of redemption for us was for him to be accessible through the Church and the sacraments, especially the Eucharist, in which he is really present. His plan was for us to be in relationship with God. Jesus intended the sacraments to be the doorways to this relationship for all people of all times, in all places.



8. *Describe each of the three expressions of prayer: vocal prayer, meditation, and contemplation.*

Vocal prayer uses words to speak to God, either aloud or silently. We can pray with words either alone or in a group. Vocal prayer includes both memorized prayer and spontaneous prayer that we make up ourselves. Next, in meditation, we focus on using our thoughts, imagination, and emotions, sometimes using Scripture, the Rosary, or other focal points. Finally, contemplation, a wordless form of prayer, sometimes described as resting in God, is another way for us to listen for God's movement in our lives, faithfully meeting his love in silence and entering into union with the Trinity.

9. *What is the Liturgy of the Hours?*

The Liturgy of the Hours, also called the Divine Office, is the official, public, daily prayer of the Catholic Church. It provides standard prayers, Scripture readings, and reflections to be prayed at regular hours throughout the day. The Liturgy of the Hours is the prayer of the whole People of God.

(The quotation in question 2 is from the English translation of the *Catechism of the Catholic Church* for use in the United States of America, second edition [CCC], no. 1131. Copyright © 1994 by the United States Catholic Conference, Inc.—Libreria Editrice Vaticana [LEV]. English translation of the *Catechism of the Catholic Church: Modifications from the Editio Typica* copyright © 1997 by the United States Catholic Conference, Inc.—LEV.)

