

# Encountering Christ in the Sacraments

BY DAVID O'BRIEN

*This self-quiz can help you, your students, and your students' families review what you know about our Catholic faith. Check your answers against the answer key on page 39.*



**1** There are \_\_\_\_\_ sacraments in the Catholic Church.

- a) 3 b) 7 c) 100 d) a lot of

**2** The Bible never mentions any of the sacraments.

True | False

**3** How many times are Catholics baptized?

- a) weekly b) every Easter  
c) once as a baby and once before dying d) one time

**4** Like baptism, the sacrament of \_\_\_\_\_ is non-repeatable.

- a) confirmation b) Eucharist c) reconciliation  
d) anointing of the sick

**5** Which sacrament do Catholics receive the most in their lives?

- a) reconciliation b) matrimony c) Eucharist  
d) ordination

**6** Christ is the one who actually celebrates sacraments with us.

True | False

**7** The three sacraments of initiation are \_\_\_\_\_, confirmation, and Eucharist.

- a) holy orders  
b) marriage  
c) baptism  
d) confession



**8** The sacraments make Catholics more and more like Christ.

True | False

**9** Which sacrament forgives original sin?

- a) reconciliation b) holy orders  
c) matrimony d) baptism

**10** Which sacrament is a sign of Christ's marriage to the Church, the bride of Christ?

- a) holy orders b) matrimony c) reconciliation  
d) anointing of the sick

**11** "While they were eating, he took bread, said the blessing, broke it, and gave it to them, and said, 'Take it; this is my \_\_\_\_\_'" (Mark 14:22).

- a) blood b) snack c) dinner  
d) body

**12** Priests, \_\_\_\_\_, and bishops are ordained when they receive the sacrament of holy orders.

- a) deacons b) nuns c) monks d) married couples

**13** Seriously ill or dying people are anointed with blessed \_\_\_\_\_ in the sacrament of the anointing of the sick.

- a) candles b) water c) oil d) communion hosts



**14** The holy oil that is used at baptisms, confirmation, and ordinations is called \_\_\_\_\_.

- a) chrism b) Crisco c) greasy d) flaxseed oil

**15** The word "Eucharist" means thanksgiving. True | False

**16** \_\_\_\_\_ are the Catholics who agree to officially support and pray for those being confirmed.

- a) Deacons b) Parents c) Godparents  
d) Sponsors

**17** In the sacrament of matrimony, the couple exchanges \_\_\_\_\_, which are sacred promises that must never be broken.

- a) rings b) vows c) iPads d) cars

**18** Jesus' first miracle was at the Wedding at Cana (John 2:1-12) where he turned water into \_\_\_\_\_.

- a) wine b) cheeseburgers c) blood d) orange juice

**19** "Go, therefore, and make disciples of all nations, baptizing them in the name of the \_\_\_\_\_, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you" (Matthew 28:19-20)

- a) pope b) bishop c) church d) Father

**20** Confession is another name for the sacrament of reconciliation.

True | False

**IQBQ** If a person receives the sacraments but does not become a saint, the sacraments didn't work. True | False

For more *Catholic IQ* and to find the answer to the *What's Your Catholic IQ?* Bonus Question, go to [Catechist.com](http://Catechist.com).

David O'Brien is the Faith Formation Director at St. Timothy parish in Florida. He teaches theology at St. Leo University.

## ANSWERS to WHAT'S YOUR CATHOLIC IQ?



**1 B)** “The whole liturgical life of the Church revolves around the Eucharistic sacrifice and the sacraments.” These include: baptism, confirmation or chrismation, Eucharist, penance, anointing of the sick, holy orders, and matrimony (*Catechism of the Catholic Church*, 1113).

**2 FALSE.** All of the sacraments appear in the Bible, some very prominently like the Eucharist at the Last Supper (Luke 22:19-20) and baptism (Matthew 28:19). However, the word sacrament never appears in the Bible.

**3 D)** Whether an infant or an adult, once a person is baptized, he/she is a Christian; no need to re-baptize.

**4 A)** Confirmation completes baptism and confers the gifts of the Holy Spirit on the confirmandi.

**5 C)** Catholics receive the Eucharist weekly at Mass. Some attend daily Mass so as to receive Christ’s body and blood as often as possible.

**6 TRUE.** The priest only represents Christ. It is Christ who baptizes, Christ who hears our confession, Christ who heals us, and Christ who shares his body and blood with the Church (see CCC, 1127).

**7 C)** “The faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive in the Eucharist the food of eternal life” (CCC, 1212).

**8 TRUE.** The sacraments, even those celebrated privately like confession, are meant to make Catholics more and more like Christ, who came to love and serve everyone (CCC, 1134).

**9 D)** Baptism releases the faithful from the grip of original sin inherited from Adam and Eve’s disobedience of God in the Garden of Eden.

**10 B)** “Husbands, love your wives, even as Christ loved the church and handed himself over for her” (Ephesians 5:25).

**11 D)** All four Gospels describe how Jesus told his disciples to eat his body and drink his blood to have communion with him.

**12 A)** Holy Orders includes the ordination of deacons, priests, and bishops.

**13 C)** According to James 5:14 “Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint [him] with oil in the name of the Lord.”

**14 A)** Chrism is perfumed scented oil consecrated by the bishop.

**15 TRUE.** “The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all...that he has accomplished through creation, redemption, and sanctification” (CCC, 1360).

**16 D)** Sponsors must be at least 16 years old, have already received their confirmation, and be faithfully practicing their Catholic faith so as to be good role models.

**17 B)** Catholic couples vow to be faithful to each other, be open to having children, and stay together until they die no matter what life brings (CCC, 1646).

**18 A)** Wine symbolized celebration and pointed to the wedding banquet in heaven at the end of time (Revelation 19:7-9).

**19 D)** The Trinity—Father, Son, Spirit—is a uniquely Christian understanding of God: one God, three persons.

**20 TRUE.** We confess our sins, ask God for forgiveness and are reconciled to God as well as the Church.

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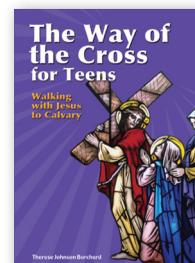
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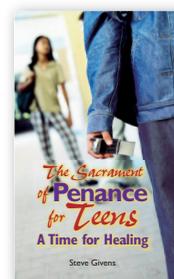


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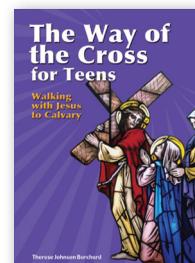
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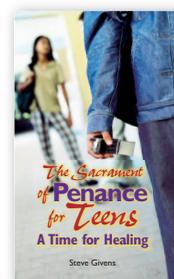


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