Key Concepts			
Punishment	The consequences or penalty for someone that has committed a crime.	**Absolutism**	The belief that there are certain actions which are always right or always wrong.
Sin	An act against God	**Relativism**	The belief that certain actions are right or wrong depending on the situation or circumstances.
Forgiveness	The act of pardoning someone for the offences they've caused you. Overlooking a person's faults.	**Eucharist**	Meaning "thanksgiving". The sacrament in which Roman Catholics remember the Last Supper.
Salvation	The belief that through Jesus' death and resurrection humanity has achieved the possibility of eternal life.	**Evangelisation**	Spreading the "Good News" which can be translated as "Gospel" The sharing of the Gospel and life of Jesus with others.

The Seven Sacraments and the Importance of the Eucharist (Mass)

The sacraments of Baptism, Confirmation and Eucharist (Holy Communion) are known as the sacraments of initiation. This means that they are the ceremonies through which people can become full members of the Catholic Church. Reconciliation and anointing of the sick are known as the sacraments of healing. These celebrate the healing power of Jesus as shown in the Gospels when Jesus forgave sins and healed the sick. Marriage and Holy Orders are sacraments of service that allow people to be active members of the 'Body of Christ'

Sources of Authority

"The Eucharist is the source and summit of the Christian life" **Magisterium**

"Behold the Lamb of God, who takes away the sins of the world" **Eucharistic Prayer**

"This is my body, broken for you…this is my blood, the blood of the new covenant" **Eucharistic Prayer**

"I baptise you in the name of the Father, and of the Son, and of the Holy Spirit" **Prayer at Baptism**

"Be sealed with the gift of the Holy Spirit." **Confirmation Ceremony**

Sacraments of Initiation	The sacraments of **Baptism, Confirmation and Eucharist (Holy Communion)** are known as the **sacraments of initiation**. This means that they are the ceremonies through which people can become full members of the Catholic Church. Baptism washes away **original sin** and welcomes a child into the Church. Confirmation gives the **gifts of the Holy Spirit** that the disciples received at **Pentecost.** The Eucharist recalls the Last Supper and by taking the bread and wine Catholics receive the body and blood of Jesus which gives **salvation.**
Sacraments of Healing	**Reconciliation and Anointing of the Sick** are known as the **sacraments of healing**. These celebrate the healing power of Jesus as shown in the Gospels when Jesus forgave sins and healed the sick.
Sacraments of Service	The sacraments of **Marriage and Holy Orders** are known as the **sacraments of service**. They allow people to be active members of the **'Body of Christ'.** Marriage allows the couple to **create a family** and continue to pass on the teachings of Jesus. Holy orders welcomes people into the **priesthood** so they can become apostles and represent Jesus in the world today.
Importance of the Eucharist (Mass)	The **Mass or Eucharist** is the service where Catholics gather to recall the **Last Supper.** Catholics believe the Eucharist was the new promise or agreement that God made with all people. Jesus' sacrifice was the symbol of the **new covenant** and allowed all people an opportunity to **receive salvation.** The word 'Eucharist' means **'thanksgiving'** and for Catholics, it is the most regularly celebrated sacrament to receive **God's grace (mercy).** The Magisterium teaches that the Eucharist (Mass) is **'the source and summit of the Christian life',** because it **unites Christians with God**. Catholics believe they become closer to God because they receive Jesus in communion. Catholics believe that Jesus is present in the Mass. They believe in **transubstantiation** which means the consecrated (blessed) **bread and wine, become Jesus' body and blood.** The Mass re-enacts the **sacrifice of Jesus on the cross**, so it is the **highest form of prayer** that a believer can make. By receiving the Eucharist in communion, Christ's Body and Blood spiritually feeds the believer. It makes individual Catholics part of the **body of Jesus or the Church**

Exam Practice

c) Explain why the Eucharist (Mass) is important for Catholics (8)

d) Going to Mass and receiving the Eucharist is the most important part of Catholic life" (15)