

## Confirm Your Faith

### SESSION 11: SACRAMENTS

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In The United Methodist Church, two sacraments are identified: baptism and Holy Communion. Sacraments are rites or practices of the faith ordained by Christ. These are actions that Jesus experienced. They are also open to all. All believers may be baptized. All believers may participate in Communion. Believers are baptized once because this is God's action and there is no need to redo God's affirmation. All are encouraged to receive Communion (also referred to as the *Eucharist, Holy Communion, the Lord's Supper*) as often as we can throughout our life. It would be natural for the youth with whom you are working to be curious about your baptism.

If you have photos from when you were baptized, locate them to show the confirmand. Talk about your memories (and your lack of memories as well) about your baptism. Take time to clarify your beliefs about baptism, and talk with your confirmand about your beliefs.

- ✦ In what way are individuals or families in your congregation supported after baptism?
- ✦ What can you do to affirm your commitment to be a part of the journey of faith with them?
- ✦ List any particular memories of taking Communion in a special place or at a critical moment in your life?
- ✦ How did you experience the presence of God in that moment?