

BIBLICAL EVIDENCE OF THE SACRAMENTS

The sacraments celebrated by the Church are signs of grace that make a deeper reality present to us. One reality we encounter through the sacraments is Christ's presence in the Church community, his Body. This recognition of Christ's presence in the community should lead to a stronger awareness of being sent on mission to engage in love-inspired action in the world.

As Pope Benedict XVI notes in *Deus Caritas Est* (God Is Love), the celebration of the sacraments and the ministry of love are "inseparable." Love in action, he says, is "an indispensable expression" of the Church's being (no. 25).

– USCCB Sacraments and Social Mission Living the Gospel, Being Disciples

One of the greatest myths and misconceptions about our Catholic faith is that the seven sacraments are not found anywhere in Scripture. Let's get right to the point: this is an absolutely false assertion.

The sacraments were instituted by Jesus, and they were then formally carried out by His apostles and handed on to their successors, the bishops. All of the sacraments have a clear biblical basis, intrinsically and implicitly. A sacrament is defined as "an outward sign, instituted by Christ, to bring grace. Always remember that the Catholic Church is founded on Sacred Scripture and Sacred Tradition. The two work hand-in-hand to make known to us the fullness of God's revelation, through the guidance and inspiration of the Holy Spirit.

In fact, the need to adhere to both Scripture and Tradition is itself, a biblical truth and Scriptural command, "*Therefore, brothers, stand firm and hold fast to the traditions that you were taught, either by an oral statement or by a letter of ours*" (2 Thessalonians 2:15).

Below are some of the Scriptural references we use when giving a Scriptural basis for the Catholic sacraments.

– Courtesy of the GreatAdventureOnline.com

The following scriptures focus on the Sacrament of Holy Eucharist, emphasizing both the personal and social natures of the Eucharist. As you read, consider the Eucharist as "the source and summit of the Christian life."



EUCCHARIST *Body of Christ, Broken for the World*

Old Testament

- Genesis 14:18-20 “Melchizedek, king of Salem, brought out bread & wine. He was a priest of God Most High.”
- Exodus 12:1-28 “Every family must procure for itself a lamb [male and without blemish], one apiece for each household.”
- Leviticus 23:4-14 “Passover: you shall offer to the LORD a burnt offering an unblemished yearling lamb.”
- Numbers 9:1-14 “If any one of you or of your descendants is unclean because of a human corpse, or is absent on a journey, you may still celebrate the LORD’s Passover.”
- Psalm 110; 4 “The LORD has sworn and will not waver ‘You are a priest forever in the manner of Melchizedek.’”

New Testament

- Matthew 26:26-29 and Mark 14:22-25 – “The Lord’s Supper.”
- Luke 22:14-20 and 24:13-43 – “The Last Supper” and “The Resurrection of Jesus.”
- John 6:7-15, 23-59 – “Multiplication of the Loaves” and “The Bread of Life Discourse.”
- Acts 2:42-43 – “They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers.”
- 1 Corinthians 11:17-34; – “This is my body that is for you. Do this in remembrance of me.” In the same way also the cup, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.”

Mass is rooted in Sacred Scripture. The next time you attend Mass, listen for the following prayers, all of which are directly from the Bible. – Courtesy of Altaration, *The Mystery of the Mass Revealed*.

- “In the name of the Father and of the Son and of the Holy Spirit.” (Matthew 28:19)
- “The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you.” (2 Corinthians 13:13, NAB).
- “The Lord be with you.” (Ruth 2:4; 2 Chronicles 15:2; Numbers 14:42)
- “Glory to God in the highest and peace on Earth to people of good will.” (see Luke 2:14).
- “Blessed be God forever” (see Psalm 68:36).
- “May the Lord accept the sacrifice at your hands” (see Psalm 50:23).
- “Lift up your hearts ... we lift them up to the Lord” (see Lamentations 3:41).
- “Let us give thanks to the Lord our God” (see Colossians 3:17)
- “Holy, holy, holy [is the] LORD. God of hosts.” (Isaiah 6:3)
- “Hosanna in the highest, blessed is he who comes in the name of the Lord.” (Matthew 21:9)
- “Lord, you are holy indeed, the fountain of all holiness” (Maccabees 14:36)
- “You never cease to gather a people to yourself, so that from the rising of the sun to its setting.” (Psalm 113:3)
- “Through him, and with him, and in him.” (Romans 11:36)
- “Behold, the Lamb of God. Behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb” (John 1:29; Revelation 19:9)