

**A Biblical Study of
The Catechism
of the Catholic Church:
Bible Answers to the Most
Frequently Asked Questions
about Catholic Beliefs and Practices**

Dr. Jonathan Carl

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**DOES GRACE COME
THROUGH THE
SACRAMENTS?**

**DO WE RECEIVE THE
HOLY SPIRIT THROUGH
SACRAMENTS?**

“The whole liturgical life of the Church revolves around the Eucharistic sacrifice and sacraments...Baptism, Confirmation or Chrismation, Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony” (CCC 1113)

“Through the Church’s sacraments, Christ communicates his Holy and sanctifying Spirit to the members of his Body.” (CCC 739)

“The communion
of the
sacraments...
unite us to
God” (CCC 951)

“the sacraments
confers the grace
they signify. They
are efficacious”
(CCC 1127)

“The Church affirms that for believers the sacraments of the New Covenant are necessary for salvation.” (CCC 1129)

Ephesians 2:8–9 “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, [9] not a result of works, so that no one may boast.” (ESV)

Galatians 3:2–3 “Let me ask you only this: Did you receive the Spirit by works of the law or by hearing with faith? [3] Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?” (ESV)

John 1:12–13 “But to all who did receive him, who believed in his name, he gave the right to become children of God, [13] who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.” (ESV)

If we are “not justified by works” (Galatians 2:16) then why are the works of the sacraments “necessary for salvation” (CCC 1129)?

If Romans 8:15 and
Ephesians 1:5 explain
that we have already
been adopted, then why
do we need sacraments
to “unite us to God”
(CCC 951 and 1129)?

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