

What are Sacramentals? Sacramentals are visible sacred signs instituted by the church – similar to the sacred seven Sacraments – in that they signify spiritual effects through the intercession of the church. They help the faithful to receive the effects of the Sacraments. Sacramentals include religious signs, symbols, private and public devotions, prayers, gestures, rituals, music, images and manmade or natural made objects.

What do the Sacraments and Sacramentals mean to all Catholics? If we read scriptures carefully we can find the source for each of the 7 Sacraments. I covered this in a previous 5-Minute Catechism. For Catholics this means that they are sacred and are of God rather than something invented by mankind. To Catholics it means that God so loved us that He wanted to touch us with His grace through the Sacraments. We also see that Sacramentals help us to “see” the Sacraments in a visible way. When Catholics wear religious medals or ordain their homes with religious objects it means that in some special way we feel that God has touched us.