



The Holy Spirit *and the* Holy Sacraments



May 30, 2026

audio.stmary-ottawa.org/sermons/2026/SMO-2026-05-30-Sacraments.pdf

“I will give you a **new heart**
and put a **new spirit** within you;
I will take the **heart of stone**
out of your flesh and give you a **heart of flesh.**”
(Ezekiel 36:26)

Heart of stone → Death

New heart of flesh → Risen Alive!

How, Lord, will you do this?
*Through the Lord's Resurrection and
the Holy Spirit working in the Sacraments!*

Without or With the Holy Spirit

- **Hardened Heart**
- **Lacking Meaning**
- **Sense of Darkness**
- **Sadness & Despair**
- **Hopeless**
- **Restless**
- **Defeated**
- **Enslaved by sin**
- **New Heart**
- **Full of Life**
- **Light of Christ**
- **Joy in the Lord**
- **Hope**
- **At Peace**
- **Victorious**
- **True Freedom**

Power of the Resurrection

“I can do all things
through Christ
who strengthens me.”

(Philippians 4:13)

The risen Christ strengthens me!

Without Resurrection

“And if Christ is **not risen**,
then our preaching is empty
and your faith is also **empty**.”

(I Corinthians 15:14)

Without Resurrection, there is no Christianity!

“Then the disciples were glad
when they saw the Lord.”

(John 20:20)

Full of joy, courage & faith in the risen Lord!

No more fear, no more doubt, no more terror.

Power of the Lord's Resurrection

- He rose in **glory**
- He rose **victorious**
- He rose with a **glorified body**
- He did not need someone to raise Him
- The Lord rose by His own **Divine Power**
- He rose with the tomb sealed with the stone
- *He spent 40 days teaching His disciples things pertaining to the Kingdom of God (Acts 1:1-3)*

His Resurrection

The Lord overcame the power of death.
The Lord defeated the devil and his evil army.
The Lord opened the gate of Paradise.
The Lord restored Adam.

“I can do all things
through Christ
who strengthens me.”

(Philippians 4:13)

Living the Resurrection

Live the Resurrection
through the Holy Sacraments.

“I can do all things
through Christ
who strengthens me.”

(Philippians 4:13)

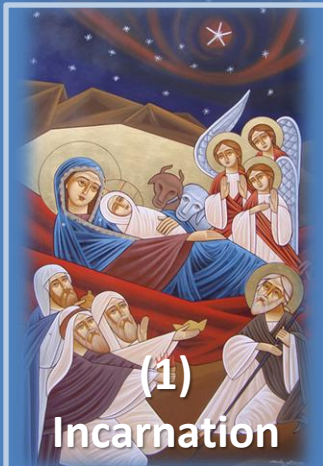
History of our Salvation

God's Creation and the subsequent
Fall of Humanity through Disobedience

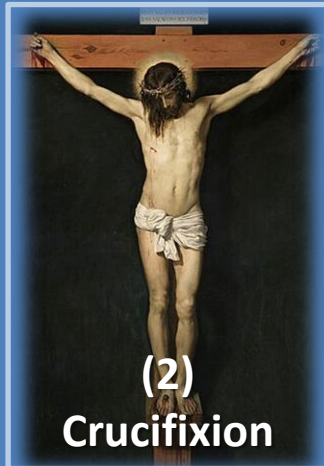
5500 years in the Old Testament,
Awaiting CHRIST'S FIRST COMING for our SALVATION

Our LORD JESUS CHRIST fulfills
Four Stages of our Salvation

The HOLY SPIRIT gives birth to, and continues
to sustain the Church through the Sacraments



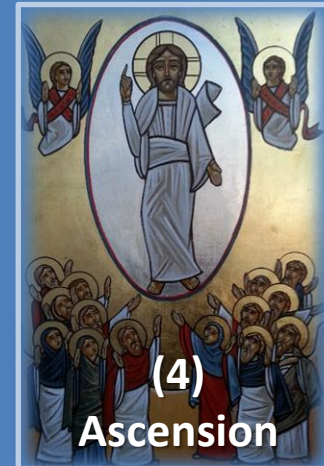
9 months (Annunciation to Incarnation)



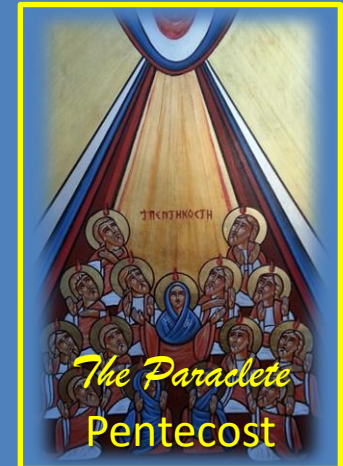
33 years to the Cross



3 days to Resurrection



40 days to Ascension



10 days to Pentecost

Alive & Active through the **Holy Spirit** in the New Testament,
Awaiting CHRIST'S SECOND Coming for JUDGMENT.

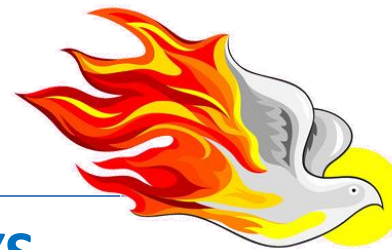
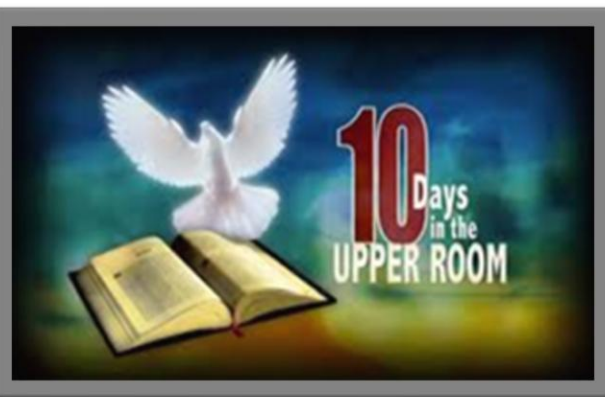
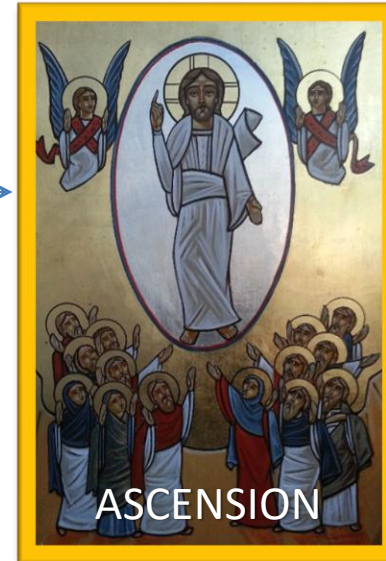


50 DAYS

40 DAYS

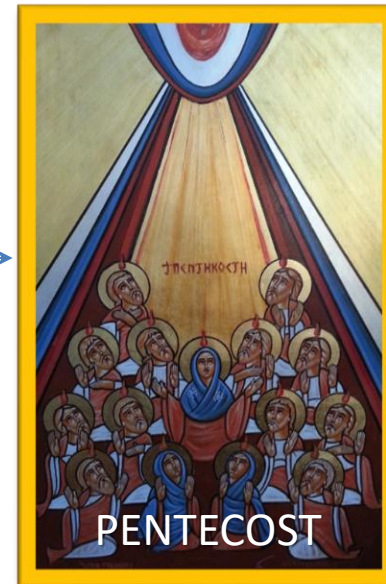
TO THE LORD'S ASCENSION

... TO WHOM HE ALSO PRESENTED HIMSELF ALIVE AFTER HIS SUFFERING BY MANY INFALLIBLE PROOFS, BEING SEEN BY THEM DURING **FORTY DAYS** AND SPEAKING OF THE THINGS PERTAINING TO THE KINGDOM OF GOD. (ACTS 1:3)



+10 DAYS
AWAITING
THE HOLY SPIRIT

“BEHOLD, I SEND THE **PROMISE OF MY FATHER** UPON YOU; BUT TARRY IN THE CITY OF JERUSALEM UNTIL YOU ARE ENDUED WITH POWER FROM ON HIGH.” (LUKE 24:49)



The Promise of My Father!



Christ promises the Holy Spirit

“And I will pray the Father, and He will give you another **Helper**, that He may **abide** with you forever ...” (John 14:16)

At **Pentecost** the Holy Spirit gave birth to the New Testament Church.

“... but you know Him, for He dwells **with** you and will be **in** you.” (John 14:17)

- The Holy Spirit **dwells** *permanently* in Christians
- The Holy Spirit works through the **Sacraments**
- *Unfortunately*, we sometimes **resist**, **grieve**, or even **quench** (put out) the Spirit, but He never leaves us



“ be filled with the Spirit ”
(Ephesians 5:18)



*Our Church is a Sacramental Church
Alive & active through the Holy Spirit*

What is a Sacrament?

Invisible Gift of God with Visible Sign

Visible Sign

Administered by a **Priest**
Seen by our Physical Eyes



Invisible Gift

Work of the **Holy Spirit**
Seen by the Eyes of Faith

“Outward and visible signs of an inward and spiritual grace.”

- Saint Augustine

7 Sacraments



ADMINISTERED ONCE

1. **Baptism** Gift of a **new nature** able to enter God's **Kingdom**
2. **Confirmation** Gift of becoming a **dwelling** of God's **Holy Spirit**

REPEATED OFTEN

3. **Confession** Gift of **forgiveness** of sins when we faithfully **repent**
4. **Communion** Gift of the Lord's risen **Body** and life-giving **Blood**, given for remission of sin, and attaining eternal life
5. **Unction** Gift of **healing** ("Andeel" in Arabic)

SPECIAL CALLING

6. **Marriage** Gift of **unity** of Bride & Groom in Christ
7. **Priesthood** Gift of **administering** God's sacraments



Baptism

Baptism

- **ADOPTED INTO GOD'S FAMILY ... CITIZENSHIP IN GOD'S KINGDOM**
- A New Birth, a New Nature
- Die with Christ (**old nature**),
Rise with Christ (**new nature**)
- **VISIBLE SIGN: WATER** 💧
- Baptism by immersion 3 times:
 - Buried with Christ for three days
 - In the Name of the Holy Trinity



“Go therefore and make disciples of all nations,
baptizing them in the name of the
Father and of the Son and of the Holy Spirit.”

(Matthew 28:19)



Baptism

Baptism is my resurrection from **death** to **life**.

A new life in the risen Christ

Buried & risen!

*From **darkness** of old nature to the **light** of the risen Lord*





A new birth

“Most assuredly, I say to you, unless one is **born** of water and the Spirit, he cannot enter the kingdom of God.”

(John 3:5)





A new life

“we were **buried** with Him through baptism into death, that just as Christ was **raised** from the dead by the glory of the Father, even so we also should walk in **newness of life.**”

(Romans 6:4)





From darkness to light

Reject evil – Renounce Satan

I renounce you Satan, and all your unclean works, and all your wicked angels and all your evil demons,

and all your power, and all your abominable service, and all your evil cunning and error, and all your army, and all your authority and all the rest of your impieties.

I renounce you. I renounce you. I renounce you.

Accept new life with God

I confess You, O Christ my God, and all Your saving laws, and all Your living service, and all Your life giving works.

Priest:

I believe in one God, God, the Father, the Pantocrator, and His only-begotten Son, Jesus Christ, our Lord, and the Holy Spirit, the Giver of Life, and the resurrection of the flesh, and the one, only, holy, catholic and apostolic Church. Amen.

Confirmation



Confirmation



- **DWELLING OF THE HOLY SPIRIT**
- Confirmation also called Chrismation
 - The body (along with spirit) dedicated to the Lord
 - Holy Chrismation 'Myron' Oil anoints 36 crosses on entire body
- Coptic Church administers this immediately following Baptism
- **VISIBLE SIGN: HOLY CHRISMATION OIL**





Confirmation



“But this He spoke concerning the **Spirit** whom those believing in Him would receive; for the **Holy Spirit** was not yet given, because Jesus was not yet glorified.”

(John 7:39)





The Paraclete



The Lord rose, ascended, and sent us the Paraclete.

“It is to your advantage that I go away; for if I do not go away, the **Helper** will not come to you; but if I depart, I will send **Him** to you.”

(John 16:7)





Confirmation



Confirmed with Holy Oil

36 Crosses sealing the entire body.

The Cross of Christ leads to Resurrection.

There is no Resurrection without the Cross,
and there is no Christian Cross without Resurrection.





Confirmation



“that I may know Him
and the power of **His resurrection**,
and the fellowship of **His sufferings**,
being conformed to His death.”

(Philippians 3:10)



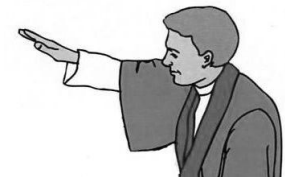


Confession

Confession



- **GIFT OF FORGIVENESS**
- Goes hand-in-hand with **Repentance**
 - **Stop doing bad (harmful) things**
 - **Increase doing good (useful) things**
 - **Forgiveness through the price paid by the Lord**
- Practiced regularly (confess every 1-2 months)
- Important to receive this absolution prior to communion
- A general absolution is prayed at the beginning of the Liturgy, for sins that have yet to be confessed
- **VISIBLE SIGN: LAYING OF HANDS OF THE PRIEST TO GIVE ABSOLUTION**





Risen!



Repentance and Confession

from death of sin to a risen life leading to eternal life

“For the wages of **sin** is **death**, but the gift of God is **eternal life** in Christ Jesus our Lord.”

(Romans 6:22)



Forgiven!



“If we say that we have no sin,
we deceive ourselves,
and the truth is not in us.

If we confess our sins,

He is faithful and just to **forgive** us our sins
and to **cleanse** us from all unrighteousness.”

(1 John 1:8-9)



New life in the Risen Christ



“I have been crucified with Christ;
it is no longer I who live, but Christ lives in me;
and the life which I now live in the flesh
I live by faith in the Son of God,
who loved me and gave Himself for me.”

(Galatians 2:20)



Absolution



The priest has the authority to provide absolution to those who repent & confess.

“Assuredly I say to you,
whatever you **bind** on earth
will be **bound** in heaven, and
whatever you **loose** on earth
will be **loosed** in heaven.”

(Matthew 18:18)

Communion



Communion

- **BODY & BLOOD OF CHRIST**
- Holy Eucharist given for:
 - **Remission of our Sins**
 - **Obtaining Eternal Life**
- **VISIBLE SIGN: BREAD & WINE**
 - Bread transformed to the Body
 - Wine transformed to the Blood
- *Most Holy Sacrament of Sacraments*





Communion

“Take eat, this is My Body.”

Then He took the cup, and when He had given thanks He gave it to them, and they all drank from it and He said to them

“This is My Blood of the new covenant which is shed for many”

(Mark 14:22-24)





Communion

Communion renews the Power of Resurrection in our lives.

The Lord's Body & Blood is given:
for the remission of sins
for those who repent & regularly confess,
and for eternal life
... partake of the Tree of Life!





The Tree of Life

“Greatly saddened was the Tree of Life when it beheld Adam stolen away from it; it sank down into the virgin ground and was hidden—to burst forth and reappear on Golgotha...”

*St. Ephrem the Syrian
Hymns On Paradise, XVI, 10*





Approach in a worthy manner!

"Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord... For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body..."

1 Corinthians 11:27-30 (NKJV)




Uktion



Unction



- **HEALING ...
ACCORDING TO GOD'S WILL**

- **VISIBLE SIGN: HOLY UNCTION OIL** 
- Coptic Church practices this sacrament:
 - For Families or Individuals
(in houses of the believers)
 - Communally
(in church, typically during Great Lent)



Heal the sick!



“Whatever city you enter, ...
And **heal** the sick ...”

(Luke 10:8-9)

“**Heal** the sick, cleanse the lepers,
raise the dead, cast out demons.
Freely you have received, freely give.”

(Matthew 10:8)

“And they cast out many demons, and
anointed with **oil** many who were sick, and **healed** them.”

(Mark 6:13)





Uction



Healing & Forgiveness

“Is anyone among you sick?
Let him call for the elders of the church,
and let them pray over him,
anointing him with oil in the name of the Lord.
And the prayer of faith will **save** the sick,
and the Lord will **raise** him up.
And if he has committed sins, he will be **forgiven.**”

(James 5:14-15)



Uction



The Lord will **raise** him up.
And he will be **forgiven**.

“Confess your trespasses to one another,
and pray for one another,
that you may be **healed**.”

(James 5:16)



Uction



The Lord will **raise** him up.
And he will be **forgiven**.

*The Lord may or may not always provide **physical** healing.*

*The Lord cares more for **spiritual** healing & forgiveness.*

“For I consider that the sufferings
of this present time are not worthy to be compared
with the glory which shall be revealed in us.”

(Romans 8:18)



Uction Prayer



The priests prays the following:

(at the end of the 1st Uction Prayer)

“O You who **raised** from death the widow’s son and the official’s daughter when You commanded them to **rise**, and **raised** Lazarus from Hades after he had been dead for four days by the authority of Your divinity; **raise** up Your servant from the death of sin; and if You command to **raise** him up in another time, give him **support** and **help** that he may please You while in the world and all the days of his lifetime.

*And if You advocate that his soul be taken,
let it be by powerful hands of angels of light
to **save** him from the demons of darkness.*


Transform him to the Paradise of joy to be with all the saints ...”

Marriage



Marriage



- **UNION OF ...**
CHRIST WITH THE GROOM AND THE BRIDE
- **VISIBLE SIGN: WEDDING RINGS** 
- Coptic Ceremony full of wonderful symbols with deep meanings (**crowns, robes, rings**)
- Holy Matrimony is an unbreakable covenant (no divorce) according to the words of Christ, *“what God has joined, let no man separate”*



Marriage



Holy Matrimony is the height of joy.

***The union of man & woman
is likened to the union of Christ with the Church!***

“For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.

This is a great mystery,
but I speak concerning Christ and the church.”

(Ephesians 5:31-32)



Marriage

“For where two or three are gathered together in My name,
I am there in the midst of them.”

(Matthew 18:20)



Marriage

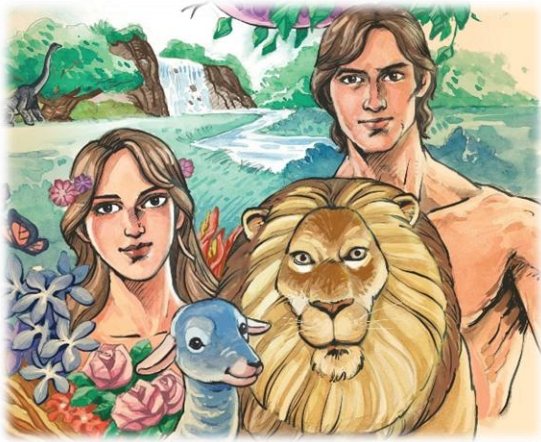


The **Church** as a whole is the **Bride** of Christ,
And the soul of every Christian is also wed to Christ!

“Therefore, just as the church is subject to Christ,
so let the wives be to their own husbands in everything.

Husbands, love your wives,
just as Christ also loved the church
and gave Himself for her.”

(Ephesians 5:24-25)



Marriage



The first sacrament performed by God was the marriage of Adam & Eve!

Then the rib which the Lord God had taken from man He made into a woman, and **He brought her to the man**. And Adam said:

“This is now bone of my bones and flesh of my flesh; She shall be called Woman, because she was taken out of Man.”

Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

(Genesis 2:22-24)

The first miracle performed by the Lord was turning water into wine at the Wedding of Cana of Galilee.

(John 2:1-11)

Priesthood



Priesthood



- **MINISTER OF CHRIST TO ADMINISTER THE SACRAMENTS**
- Unbreakable covenant
- Priesthood is a calling for life
- **VISIBLE SIGN: LAYING OF HANDS**
- Coptic Priests can be Celibate or Married
- Only a small group is granted this mystery

“No man takes this honour unto himself,
but it is for those who God calls, as Aaron was”

(Hebrews 5:4)



Priesthood



*The Holy Spirit acts in the priest,
enabling him to administer the sacraments.*

He is granted to rise to a **new** level,
a **new** resurrection, a **new** life of service.

The priest receives a **new** name, **new** attire, and
even a **new** look suitable for this new level of service.



Priesthood



After the Lord's Resurrection,

He breathed on them, and said to them,

“Receive the Holy Spirit.

If you forgive the sins of any,

they are forgiven them.

If you retain the sins of any,

they are retained.”

(John 20:22-23)



Priesthood



Only a priest can grant absolution:

“Lord, if we have committed any sin against You knowingly or unknowingly, or through anguish of heart, whether in deed or word or from faint-heartedness, O Master who knows the weakness of men as the Good One and Lover of Mankind, O God, grant us the forgiveness of our sins, bless us, purify us, absolve us, and all Your people.”



Priesthood



“The harvest truly is plentiful,
but the laborers are few.
Therefore pray the Lord of the harvest
to send out laborers into His harvest.”

(Matthew 9:37-38)

CHOOSE WISELY ...

Without or With the Holy Sacraments

- Hardened Heart
- Lacking Meaning
- Sense of Darkness
- Sadness & Despair
- Hopeless
- Restless
- Defeated
- Enslaved by sin
- New Heart
- Full of Life
- Light of Christ
- Joy in the Lord
- Hope
- At Peace
- Victorious
- True Freedom

Keep the Power of Resurrection active

through the work of the Holy Spirit in the Sacraments!

Repentance & Confession and Communion are essential to our Christian life.

On the Sacraments



Father Shenouda talk [May 1, 2026]:
[youtube.com/watch?v=8PMLkYdAc6w](https://www.youtube.com/watch?v=8PMLkYdAc6w)



suscopts.org/coptic-orthodox/church/sacraments

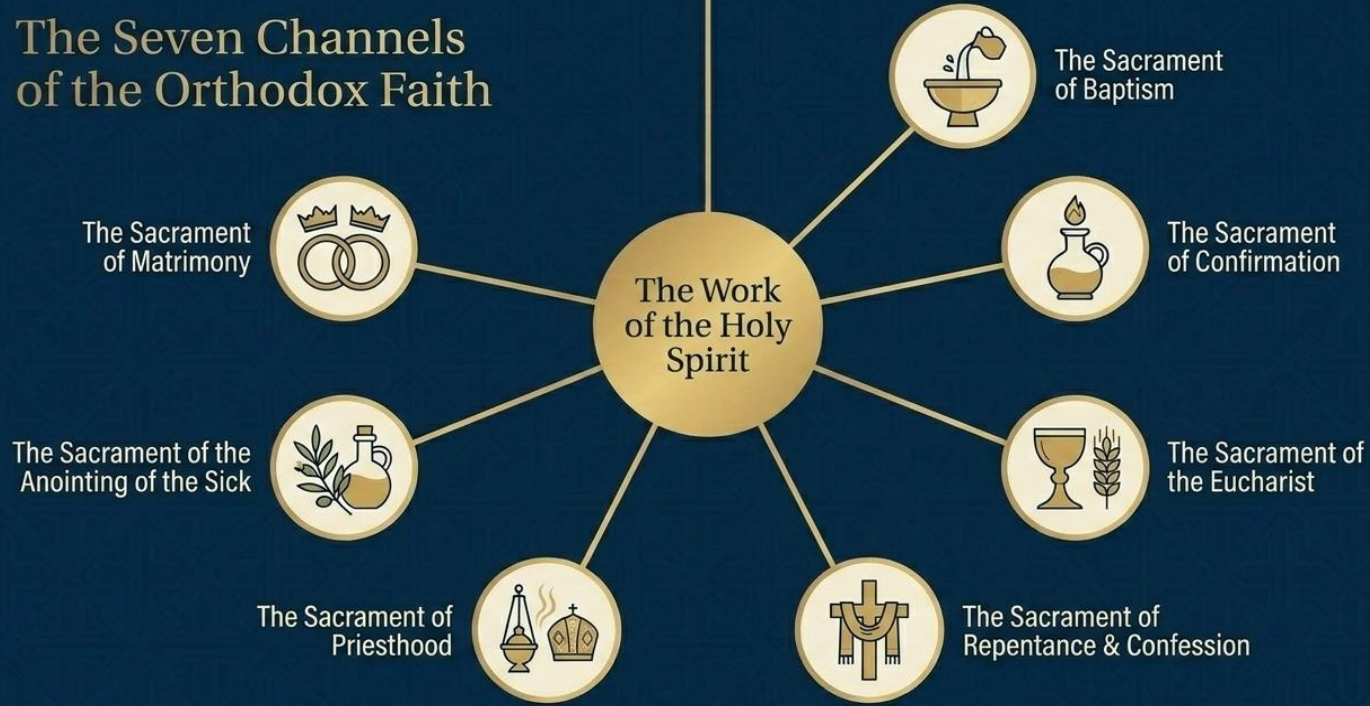


stmaryandstjohn.org/en/coptic-orthodox-faith/the-seven-sacraments



Slide material from today's talk [May 30, 2026]:
audio.stmary-ottawa.org/sermons/2026/SMO-2026-05-30-Sacraments.pdf

The Seven Channels of the Orthodox Faith



“The Holy Spirit has existed in the church since the day of Pentecost... giving us His gifts, blessings and comfort, and teaches us and guides us to the way of truth.”



The seven channels are not historical artifacts; they are active, living pathways through which Pentecost happens for every believer today.

Initiation and Communion

Includes the Sacraments of Baptism, Confirmation (Chrism), and the Holy Eucharist.



Sacrament of Baptism



Sacrament of Confirmation (Chrism)



Sacrament of the Holy Eucharist



Channels of Divine Grace

Sacraments are the primary means by which believers receive the Holy Spirit's blessings.

The Spiritual Foundation



The Dwelling of the Comforter

The Holy Spirit has abided within the Church since the day of Pentecost.



Guidance and Remembrance

The Spirit works through sacraments to teach the faithful and recall Christ's words.

Vocations and Service

Includes the Sacrament of Matrimony and the Sacrament of Priesthood.



Sacrament of Matrimony



Sacrament of Priesthood



Sacrament of Repentance and Confession



Anointing of the Sick