

#### Lesson 4 - Man, the Hungry Animal: An Introduction to Sacramental Thinking

*From the Liturgy of St. Basil:* In the Divine Liturgy, who “receives gifts” God, man, or both?

*From the Fathers:* Abba Pambo gives very practical advice. Is it surprising that he stressed “control” of stomach? Why or why not?

*From the Memory Verse:* How does the Church interpret this verse?

For the Life of the World: What does it mean for man to be hungry? What is he hungry for?

Fill-in the Blanks: The sacraments are normal human experiences given grace and new meaning.

Washing / Birth becomes the sacrament of \_\_\_\_\_

Breath / Quickening becomes the sacrament of \_\_\_\_\_

Eating becomes the sacrament of \_\_\_\_\_

Pair-bonding / Mating becomes the sacrament of \_\_\_\_\_

What are the three main liturgical cycles of the Orthodox Church?

- 1.
- 2.
- 3.

HOMEWORK – What saint is commemorated on your birthday?