



What Makes Us Catholic?

Grace

The word Grace is thrown around a lot these days, but what does it actually mean when talking about our faith?

Grace is a free and undeserved gift that God gives us to respond to His call. It allows us to participate in the life of God. It is our strength, which allows us to act in a God-like manner, to follow His ways. It is given to us by the Holy Spirit, who touches **our very soul** with this strength. This grace has the power to justify us by cleansing us from our sins.

When moved by grace, we turn towards God and away from sin, thus accepting His forgiveness. Grace **changes us** from within. It is a participation in the life of God. For our part, we need to exercise our free will and accept this grace and the path God is taking us with it. It helps us be precisely who we are made to be.

Through God's love, we WANT to receive this grace and, in turn, show it to others in how we live, especially through acts of charity. Faith and works go together. As St. James says, "faith without works is dead."

We are all given different graces at different stages of our lives. God works in us slowly, developing block upon block in building the temple of our bodies to conform to His. God will never stop pouring out His grace and peace upon us!

Want to read more about this topic?

Sources:

- CCC: 1996-2005
- 2COR 6:1, "As your fellow workers we beg you not to receive the grace of God in vain."
- <http://www.catholic.com/tracts/grace-what-it-is-and-what-it-does>
- <http://www.markmallett.com/blog/all-is-grace/#more-21220>

Do you have questions on this topic, or other topics you would like to learn more about?
Please complete the back side of this sheet and leave it in the box on the "What Makes Us Catholic?" stand.