

July 13, 2020

This week I would like to share with you some thoughts on **grace**. There are many kinds of graces: sanctifying, actual, sacramental, etc. And, what is grace?

**GRACE** is a **free gift** given to us by God because He **loves** us and has **mercy** on us. God forgive us and give us grace because He loves us, **not** because of anything we have done to earn it. (Thank you, God.)



That we **exist** is through God's **grace**. (Again, thank you God for the gift of life.) Creation is filled with God's grace. That the sun shines and the rain falls is due to God's grace.

**Sanctifying grace** is a *supernatural gift* of God bestowed on us through the **merits of Jesus Christ** for our **salvation**. It is a **sharing in the life of God Himself**. It makes us holy and pleasing to God and gives us the right to heaven.

**Actual grace** is a *supernatural help* of God which enlightens our mind and strengthens our will to do good and to avoid evil.

The definition I learned and love about **actual grace** is this: "**actual grace is a passing help from God**". This means that it is **not** always there. It's only there when we need it. We don't have the grace **now** for something that is going to happen tomorrow, next week or in the future. Grace will be there when the time comes. So, when you begin to **worry** about something in the **future**, say to yourself, "I don't have the grace for that **now**. It will be there when I need it." And it will.

**Examples of actual graces:** If someone's name comes to mind, **actual grace** can nudge you on to call them, send them a card or say a prayer for them. It is also there when you have a million things to do, yet stop to **help** or **listen** to someone or, when you are **patient** with others even when they interrupt you or finish your sentences.

**I am so grateful for actual graces.** They have helped me get through challenging times in my life as well as nitty-gritty situations. Just this morning when I was praying, I was distracted about finishing this letter and I heard these words: "You don't have the grace for that **now**. It will be there when you get to your computer later." So, I went back to praying.

One of the things we need to remember about grace is that we **can resist** it or **pass it by** because we have a free will. God does not force us to accept His grace. It's our choice!

- \* Are you remembering to take **quiet pauses** during the day?
- \* Who have you **affirmed** today at home? At work? At lunch?
- \* Are you aware of any **nudges (actual graces)** in your life today? Yesterday?