

# GRACE

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## Big idea

Grace is God's free gift of himself to us, but we must cooperate with this gift by freely receiving it and responding in return with the gift of our life.

**Q1:**  
**Can you tell us about a time you needed help?**

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**Q2:**  
**What is Grace?**

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## Things to know:

What are the three types of grace discussed in this section?

**Q3:**  
**What is Sanctifying Grace?**

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## Things to listen for:



Sanctifying grace is an habitual gift, a stable and supernatural disposition that perfects the soul itself to enable it to live with God, to act by his love.

-Catechism of the Catholic Church Paragraph 2000

**Q4:**  
**How do I receive Sanctifying Grace to get into heaven?**

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## Things to know:

Through what sacrament is Sanctifying Grace received?

**Q5:**  
**What happens if we lose this Grace?**

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**Things to listen for**



So be perfect, just as your heavenly Father is perfect.

-Matthew 5:48

**Q6:**  
**What are Actual Graces?**

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**Things to listen for**



You have made us for yourself, O Lord, and our heart is restless until it rests in thee.

-St. Augustine of Hippo

**Q7:**  
**Can you explain how personal holiness fits into this?**

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**Q8:**  
**How do I begin to grow in grace and holiness?**

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