

Chapter 10: Life of Grace

Through the power of the Holy Spirit, we are made holy.

Chapter Summary

On Pentecost, the Holy Spirit descended upon the Church. We receive the grace of the Holy Spirit first in Baptism and then through the other sacraments that Jesus gave the Church. Jesus gave us the seven sacraments to give us the grace we need at every stage and for every need in our lives. “The sacraments of Christian initiation—Baptism, Confirmation, and the Eucharist—lay the *foundations* of every Christian life” (CCC 1212). There are two sacraments of healing: Reconciliation and Anointing of the Sick. The purpose of these sacraments is to continue Jesus’ “work of healing and salvation” (CCC 1421). The two sacraments of vocation and service are Marriage and Holy Orders.

More for Parents

As parents, we are tasked with the responsibility of teaching our children how to open themselves to the power of God’s grace in their lives. God pours His love into us through the power of the Holy Spirit. The Holy Spirit first comes to live in us in Baptism. We are strengthened and further inspired by graces of the Holy Spirit in the other sacraments throughout our lives. We are all at risk of seeing the sacraments as “milestones” on the way to spiritual graduation. Instead, God plans to be united to us—to come and live in us—when we receive the sacraments. Children learn to open themselves to God’s love by (1) seeing their parents prepare for and celebrate the sacraments, (2) practicing prayer each day, and (3) growing in their understanding of what God is doing in the sacraments.

Virtue in the Family

The Holy Spirit fills us with grace and equips us with the virtues we need to live the Christian life.

God Living in Us

- Prayer activity: Reflect together on the truth that the Holy Spirit comes to live in us through the sacraments.
 - Close your eyes and think of the Holy Spirit coming to live in your soul in Baptism.
 - Imagine your soul being made beautiful by the Holy Spirit.
 - Ask God to help you grow in love for Him and appreciation for the sacraments. Conclude by saying, “Heavenly Father, thank You for the sacraments. We welcome You into our lives. Open our hearts and our souls to receive You more.”
- Play in your yard or at a park with your children. Point out the green grass. Our souls are like this grass in a way. Without water, the grass cannot be vibrant and beautiful. Without God’s grace, our souls cannot be vibrant and beautiful. We must open our hearts to receive God’s grace so that we can grow into virtuous people.
- Take the sacraments seriously. If you show great reverence and gratitude for the sacraments, then your children will most likely as well.
- As your children prepare to receive First Holy Communion, help them live with charity. After Mass, discuss how each member of the family can live with charity this week.

Vocabulary Words for Your Children to Review

- **sacraments**
- **sacraments of healing**
- **sacraments of initiation**
- **sanctifying grace**

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