Grace

Two false beliefs exist in our world.

1. Grace is not needed because we are good enough and strong enough to do everything well on our own; this is a resurgence of the heresy of Pelagius,
2. The demands of the Gospel are out of reach for us mortals

What does the church teach about Grace?

grace is both a power and a relationship

 As a power, grace gives us the capacity to do and to be beyond our normal human capacities. This is the gift of the Holy Spirit.-given in Baptism and increases with every worthy sacrmanent

The accomplishment of the virtuous act then deepens our relationship with Almighty God. (Conversely, failure to respond to the movements of God’s grace brings about a diminished relationship with our God.)

Actual Grace is holy “nudging” of the Holy Spirit urging us to do the good or to avoid the evil at hand

He also gives us through free will the capacity to reject the gift of His grace, which is always an overture of His love. Because Saint Paul heard the Lord say, “My grace is sufficient for you” (2 Cor 12:9), he could face temptations and trials with the confidence embodied in a line like, “I can do all

Things in him who strengthens me” (Ph 4:13).

<http://www.catholicworldreport.com/2018/03/20/all-is-grace-lent-sacraments-and-deification/>