

## God's Grace

Not everything that makes us feel embarrassed or ashamed is a sin. Mistakes and accidents can make us feel this way too. Let's have a look at an example together.

Perhaps you knock over your milk at breakfast. This is an accident, not a sin. Or maybe you trip over your little sister's toy and break it. This is an accident, not a sin. Maybe you get the answers wrong on your math test or spelling test. This is a mistake, not a sin.

Accidents and mistakes happen. What God wants is for us to avoid intentional sin by making great choices and keeping his commandments.

The best way to deal with sin is to go to Reconciliation.

When your body gets sick, you go to the doctor and he or she helps you get better. When your soul gets sick because of sin, you go to Reconciliation and the priest helps you get better.

Through Reconciliation God forgives our sins, but he also gives us grace to help us avoid sin in the future.

What is grace? Grace is the help God gives us to do what is good and right.

God's grace helps us to become the-best-version-of-ourselves. God's grace helps us to grow in virtue. God's grace helps us to live holy lives. God's grace helps us to have healthy relationships. God's grace allows us to share in his life and love.

