

## What Is a Sacrament?

A Sacrament is a celebration of God's love for humanity. Through the Sacraments God fills us with the grace we need to become the-best-version-of-ourselves, grow in virtue, and live holy lives.

It is not easy to become the-best-version-of-yourself.

It is not easy to grow in virtue.

It is not easy to live a holy life.

We need God's help. We need God's grace, and the first step is to know that we need it.

Imagine making a journey from New York to San Francisco. You start out walking. It's not difficult to walk down the street, but it's difficult to walk almost three thousand miles from New York to San Francisco.

After a couple of days walking, you think to yourself, "I need a bike." But after a couple of days riding the bike, that doesn't seem so great anymore either. You keep riding and then your parish priest comes along side you and says, "Rachel, what you need is a bus." Along comes a bus and you jump on. It turns out that Jesus is driving the bus. He says, "Hi Rachel, I'm going to help you get there."

The Sacraments and the grace we receive through them are like Jesus' bus. They help us get where we need to go—not to San Francisco, but to heaven.

