

What Is Sin?

God has a marvelous plan for you and your life. As a loving Father, he wants you to become the-best-version-of-yourself by living a holy life.

Sometimes when you are thinking about making a choice that you know you should not make, you get this gnawing, yucky feeling in the pit of your stomach. That feeling is the-best-version-of-yourself, or your conscience, saying, “No, no, no! Don’t do it! This is not a good choice for you!”

Sometimes you listen to that voice, and you stop and make a better choice. But at other times, you might continue on and make the bad choice anyway. What happens to that yucky feeling in your belly? It just gets worse because . . . you’ve sinned against God!

When you have purposely made a poor choice, you have sinned. When you sin you break God’s commandments by choosing an action that turns away from him. Some sins hurt our relationship with God; these are called venial sins. Other sins break our relationship with God; these are called mortal sins.

