

1. Define Grace: Free gift from God we don't deserve

	Sanctifying Grace	Actual Grace
2. Definitions:	Gives our souls new life	To do good and avoid evil
3. Effects:	Holy and pleasing to God, adopted children of God, Holy Spirit	Strengthens our will. Ability to choose good things.
4. Why we need it:	Salvation	Resist the power of temptation
5. How to obtain it:	Sacraments especially the Holy Eucharist, Prayer	