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**Notre Dame Academy: Middle School Theology**

**March Prayers and Catechism Questions**

**□The Confiteor**. I confess to Almighty God, and to you my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore, I ask the blessed Mary ever-Virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.

**The New St. Joseph Baltimore Catechism:**

109. **What is grace?** Grace is a supernatural gift of God bestowed on us through the merits of Jesus Christ for our salvation.

110. **How many kinds of grace are there?**

There are two kinds of grace: sanctifying grace and actual grace.

111. **What is sanctifying grace?** Sanctifying grace is that grace which confers on our souls a new life, that is, a sharing in the life of God Himself.

112. **What are the chief effects of sanctifying grace?**

 The chief effects of sanctifying grace are:

 First, it makes us holy and pleasing to God

 Second, it makes us adopted children of God

 Third, it makes us temples of the Holy Spirit

 Fourth, it gives us the right to heaven.

113. **What is actual grace?** Actual grace is a supernatural help of God which enlightens our mind and strengthens our will to do good and to avoid evil.

117. **What are the principal ways of obtaining grace?** The principal ways of obtaining grace are prayer and the sacraments, especially the Holy Eucharist.

118. **How can we make our most ordinary actions merit a heavenly reward?**

We can make our most ordinary actions merit a heavenly reward by doing them for the love of God and by keeping ourselves in the state of grace.