

2026 – The Year of Grace

Pope Leo declared 2026 “The Year of Grace”. First of all, what is Grace? According to the Baltimore Catechism, “Grace is a supernatural gift from God, given through Jesus Christ’s merits, for our salvation, making us holy and children of God”. Or, more simply put, as according to the Lincoln Diocese’s 92 Questions, “God’s life in us”.

There are two types of grace, Sanctifying and Actual. Sanctifying Grace “makes the soul holy, fills it with God’s life, and gives us the right to heaven”. (Baltimore Catechism) Actual Grace “is a passing, supernatural help that enlightens the mind and moves the will to do good and avoid evil”. (Baltimore Catechism) Using both types of grace together can allow us to respond more fully to God and His will for us.

Throughout this year, ask yourself how you can be more open to receive grace and what you can do to attain more graces in your life and spiritual life. Many things come to mind to become more grace filled.

- Receive the sacraments of Confession and the Eucharist
- Perform the Corporal and Spiritual Works of Mercy
- Forgive those who may have wronged you in some way
- Attend Mass on Sunday’s and if possible, throughout the week
- Pray, both individually and as a family
- Read Scripture
- Visit a shrine or go on a pilgrimage
- Go to Eucharistic Adoration
- Say thank you to God for all He has given you

This list is no where near complete. Add your own ideas to the list so you can be filled with grace this year. With the season of Lent approaching, this would be a great way to grow spiritually and have God come to you more fully throughout the 40 days.

Jesus wants to give us graces; He actually longs for it. Mary wants to help us too. On the Miraculous Medal that Mary showed to St. Catherine Laboure, Mary has rays extending from her fingers down to earth to us. These rays represent the graces given to us from Jesus her Son. Call on Mary to help you this year, to help you attain all that Jesus has in store for you. You will not be disappointed.