The doctrine of grace is one of the central teachings of Christianity. In particular, sanctifying grace is the divine gift that transforms us inwardly, elevates us above our nature, and makes us partakers of divine life. In this article, we will explore what sanctifying grace is, how it makes us children of God, and how we can live in it daily.

1. What is Sanctifying Grace?

Sanctifying grace is a supernatural gift infused by God into the soul of the believer at the moment of Baptism. It is a real participation in the divine nature (2 Peter 1:4) and makes us just and holy before God. It is not merely an external favor or a passing help but an inner transformation that makes us like Christ.

Saint Paul clearly expresses this: “If anyone is in Christ, he is a new creation; the old has passed away, the new has come” (2 Corinthians 5:17). This means that sanctifying grace renews us from within, giving us a spiritual life that we did not have before.

Characteristics of Sanctifying Grace

1. **It is habitual**: It remains in the soul as long as no mortal sin is committed.
2. **It makes us friends of God**: It introduces us into a filial relationship with the Father.
3. **It grants us rights in Heaven**: It makes us heirs of eternal life.
4. **It is the principle of holiness**: It enables us to act according to God.

2. Sanctifying Grace Makes Us Children of God

One of the most sublime effects of sanctifying grace is that it makes us adopted children of God. By nature, God is the Father only of Jesus Christ, but through grace, He also adopts us as His children.

Saint John affirms this with luminous clarity: “To all who received him, he gave power to become children of God, to those who believe in his Name” (John 1:12). This divine filiation is not merely symbolic or legal but real: we receive a new life that makes us resemble Christ, the Only Begotten Son.

Implications of Being Children of God

- **It introduces us into the divine family**: We are members of the Church, which is God’s family on earth.
- **It grants us the heavenly inheritance**: Eternal life is not an external reward but the

culmination of the grace we already possess.
- **It gives us filial confidence**: We can approach God with the certainty of being loved as His children.

3. Grace in Daily Life

Living in grace means maintaining this divine life within us and making it grow. It is not something theoretical or reserved for saints of the past but a reality accessible to all.

How Can We Preserve and Increase Sanctifying Grace?

1. **Receive the sacraments frequently**: Confession restores lost grace, and the Eucharist strengthens it.
2. **Constant prayer**: Talking with God helps us remain in His presence and grow in friendship with Him.
3. **Works of charity**: “Faith without works is dead” (James 2:26); living grace means acting according to God’s love.
4. **Avoid sin**: Mortal sin destroys grace; therefore, we must fight against occasions of sin.

4. A Call to Holiness

Sanctifying grace is not just a passive gift but an active call to holiness. God gives us His life so that we may live according to Him and be transformed into the image of His Son.

Saint Thérèse of Lisieux summarized it this way: “Holiness does not consist in saying beautiful things, but in suffering and suffering everything.” The Christian life is not free from difficulties, but with God’s grace, every sacrifice becomes an opportunity for spiritual growth.

Testimony and Apostolate

Whoever lives in grace cannot keep it only for themselves. The joy of divine filiation compels us to share our faith with others, whether through words or by the testimony of life. In a world that often ignores or rejects God, living in grace is a light that illuminates and transforms.

Conclusion

Sanctifying grace is the most precious gift we can receive. It makes us children of God,

transforms us inwardly, and prepares us for eternal life. However, it is not a static treasure but a life that must grow, be strengthened, and shared.

May our prayer always be: “Lord, give me Your grace so that I may live as Your child and reflect Your light in the world.”