

Why Receive the Sacraments More Frequently?

By Christina Semmens

In the midst of our busy schedules, our spiritual lives often take a back seat. For a long time in my own life, getting to Mass on Sunday, trying to spend time in prayer each day, and going to Reconciliation during Advent or Lent seemed about the most I could get done.

Along the way though, God was gracious enough to have me encounter three reasons that dramatically altered my understanding of why I *needed* to be coming to the sacraments more frequently.

Most of us know that the Holy Eucharist is spiritual food that strengthens and nourishes us. Yet the more we receive Holy Eucharist, not only are we being fed, we are also being *filled*. Specifically, each time we receive Holy Eucharist, the *more* supernatural graces flow into our souls. Now, I don't know about you, but I need all the graces I can get! Just knowing that God will keep filling me with more of His graces the more frequently that I receive Him has dramatically changed how often I try to get to daily Mass in addition to Sundays.

The second reason was learning that the Sacrament of Reconciliation is not *only* about forgiveness. Just like Holy Eucharist, Reconciliation is an opportunity for God to fill us with His supernatural graces. And in His infinite mercy and wisdom, the graces that God gives us in Reconciliation are *the exact graces we need to fight against the very sin(s) we are confessing!* Remembering this about Reconciliation significantly helps me in getting to confession more frequently as now try to go at least twice a month, if not weekly.

The final reason is in light of the tremendous pain, suffering, anger, hate, division and discouragement in the world today. We *have* to do our best to shine as beacons of love, hope, mercy, goodness, truth and beauty. But to do that, we have to be filled with God's supernatural graces. And those graces are most easily received through the sacraments.

When we try to shine on our own, we are fighting with only natural weapons, while Satan is using supernatural ones. No wonder Satan is winning in our world—we are trying to use a knife during a gun fight! But the best news is that we have an entire armory at our disposal—if we but accept the supernatural weapons God desires to give us.

So, the next time you are deciding whether you have “time” to get to Mass during the week, or whether to go to Reconciliation, say yes to the opportunity to be filled with God’s supernatural graces. He will give you *exactly* what you need to burn brightly as you help win the battle against the forces of darkness.

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