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## **2.6.8 The Grace of God**

God's grace is an indescribable, real power that we can connect with through the spiritual path.

It is a resource that does not exist in psychotherapy. In fact, it is grace that truly makes the way to God possible in the first place. How difficult would it be if we had to bring about all change by ourselves?

In psychotherapy, the focus is on becoming aware of behavioral and emotional patterns in order to develop new ones.

This is laborious detailed work. In a truth- or ethics-centered religious life, we also reflect on ourselves and strive to improve.

All of this is valuable, and we should make use of these tools.

**But it is God's grace that ultimately leads us to our true human potential.**

As children of God, we are not left to ourselves

- **we become the object of His grace.**

Our essential task is to open ourselves to it. The mystical path leads us directly into the experience of divine grace.

## **The sincere heart that seeks God**

The most important thing in religious life is a sincere heart that longs for God – **because this very longing is love for God.**

**This heart is what leads us back to Him.**

Through prayer, we can reconnect with it. It is exactly this heart that drives mystics to walk their path. We are called to rediscover this love within us and open our hearts to it.

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**Source URL:** <https://baum-des-lebens.org/the-inner-path/grace-god>