The Invisible Force.

You have heard how they bore under a river to build a tunnel.

A huge steel cylinder, big enough to contain several men, with a metal hood telescoped over the front end, is driven through the river bed.

What holds back those tons and tons of sand and water pressing down, pushing in on the cylinder from every side?

Nothing but compressed air. Enough pressure is fed into the cylinder to equal the pressure of sand and water outside.

Stand inside the cylinder and you feel nothing but a slight tickling in the ears. You see nothing perhaps but the oozing tons of menacing sand through which the cylinder pushes its way.

The cylinder filled with compressed air is a good example of the soul filled with grace making its perilous way through the world of sin.

With the inflood of sanctifying grace -- that unseen something -- into the soul, mortal sin is forced out. It is held out by actual grace.

The "pressure" of grace inside the soul must constantly equal or surpass the pressure of sin from without.

And what frightful resistance is the pressure of sin ever pushing in upon the soul?

You sense it at the movie, in the scandal sheet, in free and easy social conventions. You feel it in the concupiscence of your own flesh. You hear it in blasphemous conversations. You read it in faithless books. And you are powerless against it without grace.

As air fed into the cylinder not only holds out the inrushing sand and water but also gives life to the men working within, so grace gives life to the soul -- gives a participation in the divine life.

Without this grace you can do nothing that counts eternally. You can't make an act of faith, of hope, of sorrow or love. You can't have a devout feeling. You can't do a charitable deed. This grace present, everything counts -- the fleeting thought, the charitable word, the pleasant smile.

The meaning, then, of the presence of grace is supernatural life and safety. Its absence is disaster and death.

Hence the importance of constant communication of the soul with God, source of grace, by means of the channels of grace -- Mass and Communion, daily discharge of duty, prayer, self-denial.

A day lived in sin is a day lost forever. A day lived in grace is written to your eternal credit on the unforgotten intelligences of the angels.