The word of the week is

 Seize

Seize is a verb.

**Definition:** **it means to take hold of, to grab or capture**

**Used in a sentence:**

Carpe diem means to seize the day – to make the most of your time while you have it.

You should seize all the great opportunities that come your way.

As part of the punishment for his crime, the courts seized everything he owned.

When I saw my grandmother’s house I was suddenly seized with a feeling of comfort.