



Growing with **GOD**[™]

Safe and Sacred

LESSON 1
God Creates Us

In This Lesson

For You **Pages 1–2**

- A Time of Discovery
- 3-Minute Retreat
- Lead Your Child to Grow with God
- Safe and Sacred at Home

For You and Your Child **Pages 3–4**

- With Your Child: Bringing the Lesson Home
- Pray Together



What the Church Says About

Gifts from God

These gifts include life itself, the dignity of human beings created in the image and likeness of God, and the wondrous gift of the whole of the earth where all of life is nurtured and supported.

U.S. Council of Catholic Bishops, *Marriage: Love and Life in the Divine Plan* (November 2009)

A Time of Discovery

Kindergarten is a time for joyful discovery of God’s world and all his creations. New friendships, new routines, and new observations fill your child’s early elementary days. Mixed feelings of excitement and apprehension are to be expected at this stage—for the parents as well as the child.

As you guide your child through transitions, emphasize the wonders and blessings of new experiences. He or she will find comfort when you confidently navigate change together.

At this age, your child needs to hear often that he or she is a child of God. Let him or her hear you express thanks to God for the unique qualities and gifts of your child. Also help him or her value the individuality of peers and relatives by pointing out the qualities you appreciate in them.

Kindergarten children learn by discovery and by example. Encourage your child’s natural curiosity by exploring God’s world together. Let your child see that when difficulties arise, you can find ways to work through them together, confident that God is always present and caring for you.



3minute
RETREAT

*Can a mother forget her infant,
be without tenderness for
the child of her womb?
Even should she forget,
I will never forget you.*

Isaiah 49:15

Reflection

The prophet Isaiah proclaims God's love and faithfulness to the exiled people when they were feeling desperate. Isaiah reassures them that God has not forgotten them. God is always present for us, too. We can reflect his love for others as we serve them with a faithful and willing heart.

Questions

How has God shown me that he remembers and cares for me? How can I best teach my child to know God's love for him or her?



Prayer

Pray to God, using this prayer or one of your own.

Help me be aware, O God, of your continuing love and tenderness as I prepare to help my family and others in my care.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual Share your love for God with your child by placing reminders around your home of your Catholic faith. Include pictures of your child's Baptism, a cross placed next to family photos, or a Bible verse framed and hung prominently by your doorway. Look at them and talk about them with your child often.

Social Read children's books of parables from the Bible to your child. Talk about the actions, motives, and feelings of the different people in the stories. Look for simple ways to relate the lessons to your child's daily life and friendships.

Physical Give your child as many opportunities as possible to explore his or her physical abilities. From crafting to climbing, your child



will benefit from practicing both fine and gross motor skills daily.

Safe and Sacred at Home



Embracing the Way of Jesus (Loyola Press)

by Pope Francis

The joy of children causes the parents' hearts to beat and reopens the future. Children are the joy of the family and of society. . . . Children are a gift. Each one is unique and irreplaceable and at the same time unmistakably linked to his or her roots.

Big Ideas

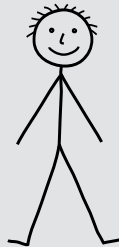
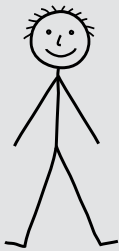
In Lesson 1, your child will:

- identify physical characteristics of a human person.
- pray the Sign of the Cross and make the prayer's gestures in sequence.
- define *create*.



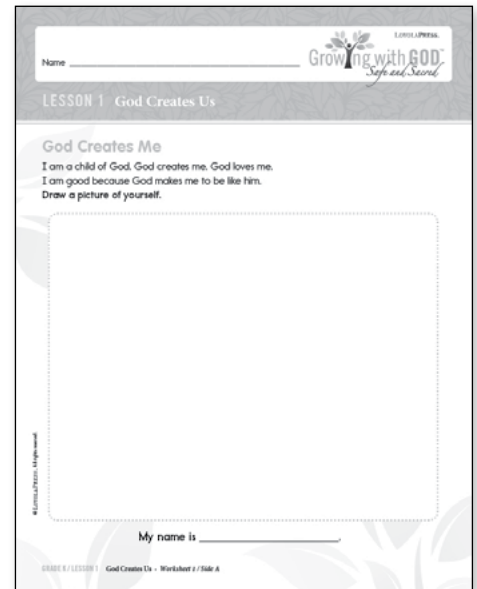
Word to Know

create · To make (as in how God makes everything). God creates everything and all of creation is good.



Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.



STEP 1 ENGAGE & EXPLORE

SAY: God made you just the way he wanted you to be, and I will always love you exactly as you are. Nobody in the world is exactly like you, and God made you this way in order to carry out the unique

plan he has for you. ASK: What are some words you would use to describe yourself? Listen carefully to your child and add your own observations to bolster a sense of gratitude for God's generous gifts.

Every child is an artist. Hang your child's self-portrait on your refrigerator or another place where it can be seen and appreciated.



Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

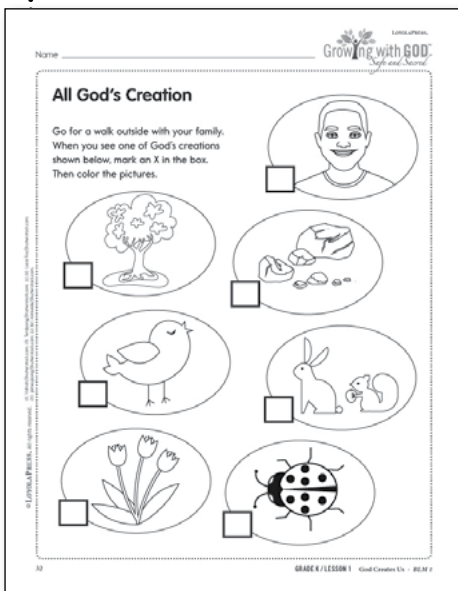
SAY: God created our world and everything in it. We see his wondrous creation in tiny snowflakes, giant mountains, amazing creatures, and all the people around us. Ask your child to name some things he or

she sees in the world that are reminders of God's greatness.

Take a walk with your child and use the blackline master to check off items as you see them on your walk. Later, invite your child to color the pictures.

SAY: Let us pray together.

Pray the prayer from the Pray Together feature or a prayer of your own. Begin and end the prayer with the Sign of the Cross.



Pray Together

Lord, thank you for your wondrous creation, especially making us exactly as we are so that we can serve your kingdom.

