



# Growing with GOD™

*Safe and Sacred*

**LESSON 1**  
God Creates Us

**In This Lesson**

**For You**                      **Pages 1–2**

- Giving and Receiving God's Love
- 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**

*Family Spirituality*

Led by the Spirit, the family circle is not only open to life by generating it within itself, but also by going forth and spreading life by caring for others and seeking their happiness.

Pope Francis,  
*Amoris Laetitia*, 324 (2016)

**Giving and Receiving God's Love**

All of us have gifts from God that make us who we are. God calls us to use our gifts to praise him and act in service to others. Talk to your child about his or her gifts and explore ways to use them in praise or service. Many people feel reluctant asking for or receiving help from others. We should remember that God gifted others to be the instruments of his grace. We should be as willing to receive help from others as we are to give it.

**As we help others and share God's love with them, we should take joy in accepting gifts of service and kindness that others might offer us.**

Children are members of families, church groups, and school communities. They may also begin to join community groups, scout troops, or teams at this age. Participation in these settings offers endless opportunities to reflect God's love as well as to absorb it. Share examples with your child of the ways that you use your own God-given gifts within the communities that you belong to and how interaction with others within the groups has helped you feel God's love and draw nearer to him. Children need to be reminded that every act that we do to praise God or serve others reflects his love.





3 minute  
RETREAT

*And let the peace of Christ control your hearts, the peace into which you were also called in one body. And be thankful.*

Colossians 3:15

### Reflection

Every day we hope and pray for peace in our families and in our communities. Bringing peace and maintaining that peace means choosing to focus our eyes on God, surrender to his powerful love, and treat people in our lives accordingly. We push aside impatience or frustration and treat those we love gently. Peace comes from the grace that we receive from Jesus Christ.

### Questions

How can I show my family and others that I love and care about them? How do I respond when I see others sharing their gifts?



### Prayer

Speak to Jesus, using the words of this prayer or your own.

*Loving Jesus, continue to be with me and my child as we prepare to see you as the source of love, loyalty, and care. Help us guide our actions and behaviors toward others so there is peace in our family and in our community.*

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

**Spiritual** Set aside time each day to read a resource like a saint-of-the-day calendar or a children's reference book about the lives of individual saints. Point out and talk about the different ways that saints shared their gifts with others. Look for mentions of each saint's individual gifts and point out saints who share similar gifts with your child. Invite your child to think about possible ways to share his or her gifts.

**Social** Talk with your child about using gifts from God to learn more about others' feelings (empathy), to be helpful to others when it's appropriate (compassion), and to bring people together when possible (unity). Nurture your child's capacity for empathy, compassion, and unity by demonstrating it in everyday interactions. Children need to witness and experience these ideals to assimilate them.

**Physical** Encourage exploration and development of your child's gifts through challenging physical experiences such as going on a hike or participating in a new sport. Even if your child learns he or she is not great at these things, your child will develop an appreciation for different abilities and thank God for the abilities he or she does have. Set realistic expectations for each challenge and balance them with experiences that nurture exploration and fun.



### Safe and Sacred at Home.



*Busy Lives, Restless Souls* (Loyola Press)  
by Becky Eldredge

Pondering our children and watching them grow is a common prayer for me these days as a mom. My children have much to teach me about God. As I stop to watch them in wonder as I marvel at who they are in their development and personalities, God often shows me something about myself.

## Big Ideas

### In Lesson 1, your child will:

- demonstrate understanding that God gives each of us different gifts.
- explain that we are the Body of Christ because we are members of God's family, the Church.
- show how we praise God with our minds and bodies.
- define *praise* and *Body of Christ*.

### Words to Know

**praise** · *To express in words, songs, actions, or thoughts our joyful response to God, not only for what he does, but simply because he is*

**Body of Christ** · *The members of God's family, also known as the Church*

## 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.

Name \_\_\_\_\_

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Growing with GOD  
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LESSON 1 God Creates Us

**Remarkable Me**

God creates each of us in his image. He gives us gifts that make us like no one else. We use and share God's gifts to show our thanks to God. We praise God when we express ourselves joyfully.

Draw yourself to fill in the picture. Then complete the sentences to tell how God made you like no one else.

One of God's gifts to me is \_\_\_\_\_

This gift helps me to \_\_\_\_\_

I give praise and thanks to God when \_\_\_\_\_

GRADE 2 / LESSON 1 God Creates Us - Worksheet 1 / Side A

## STEP 1 ENGAGE & EXPLORE



**SAY:** God gives gifts to each of us.

**Think about one of the gifts he has given you. When did you know that God gave you this gift?** Allow time for your child to answer.

Tell your child about a gift that you recognized in yourself when you were a young person, such as becoming more patient.

# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

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

**SAY:** God gives us gifts to use. One way to use our gifts is to share them with others.

Discuss specific ways your child can share his or her gifts in different situations.

**SAY:** Let's pray together now. Pray the prayer from the Pray Together feature or a prayer of your own. Begin and end the prayer by praying the Sign of the Cross.

The worksheet is titled "Growing with GOD" and is divided into three main sections. The first section, "I Share My Gifts", includes the text: "We serve God as the Body of Christ. Jesus is our example. We serve others like Jesus did. Think about how you use your gifts to serve God at home. Write about it in the blue box. Then tell how you share your gifts from God at church. Write about it in the purple box." Below this text are two writing boxes: a blue one with a house icon and a purple one with a church icon. The second section, "Scripture", contains the text: "I will sing to the Lord: all my life, I will sing praise to my God while I live. Psalm 104:33." The third section, "Prayer", contains the text: "Glory Be to the Father, Glory be to the Son, and to the Holy Spirit." At the bottom of the worksheet, it says "GRADE 2 / LESSON 1 - God Creates Us - Worksheet 2 / Side B" and "LOYOLA PRESS, A Parent Resource www.loyolapress.com".



### Pray Together

Heavenly Father, help us share your love with others by using the unique gifts you have given us. Thank you for the people in our lives who use their gifts to share your love with us.

