



# Growing with GOD™

*Safe and Sacred*

**LESSON 1**  
God Creates Us

**In This Lesson**

**For You**                      Pages 1–2

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- 3-Minute Retreat
- Lead Your Child to Grow with God
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**What the Church Says About**

*Faith and Reason*

Though faith is above reason, there can never be any real discrepancy between faith and reason. Since the same God who reveals mysteries and infuses faith has bestowed on the human mind, God cannot deny himself nor can truth ever contradict truth.

*Catechism of the Catholic Church, 159*

**Finding God in Science and Technology**

Advancements in science and technology are reshaping our daily lives. While these changes provide unique opportunities, they can also present parenting challenges. You may find yourself wondering: *How do I talk to my child about God in relation to science? How can I help my child navigate new and complicated choices?* The Church teaches us that faith and science support each other.



**God instills in us the desire to know him and a mind to investigate and understand the world he creates.**

We can come to know God more deeply by exploring the world he creates. Science can allow us to see the glory and mystery of God who is at the very heart of all things. Call your child’s attention to things you notice every day in nature, the technology you use, and scientific discoveries, pointing out how you recognize the hand of God in each. Remind your child that the innovations of the human mind are made possible by a generous and loving God. Help your child be mindful of using these innovations in healthy and virtuous ways that are in accordance with Catholic culture, identity, and Tradition.



3 minute  
RETREAT

*God looked at everything he had made, and found it very good.*

Genesis 1:31

### Reflection

How wonderful to be reminded that God is at the heart of all creation and that it is good! Too often we view the world and ourselves with a critical eye. This Scripture refocuses us. By using the gifts of faith and reason, we reflect on God's goodness. Through the lens of our Catholic faith, we explore God's creation and seek to experience in it the fullness of life. When we investigate the natural world, we are led closer to God, the Creator of all things.

### Questions

How often do I reflect on God's goodness in creation? In what ways do my experiences in the world bring me closer to God? How do I recognize God's love and goodness in myself and others?



### Prayer

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

*Creator God, thank you for giving me a world filled with your goodness. Help me to care for it responsibly.*

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

**Spiritual** Make a reading corner in your home. Display a Bible and include a few books and magazines by Catholic authors and publishers. (These may be available to borrow from your parish.) Engage your child in discussions about articles or stories to encourage a habit of daily reading and prayerful reflection.

**Social** Use scientific discoveries or technology breakthroughs as a springboard for discussions about making choices. Consider how using these tools might challenge our



beliefs or cause temptations. Help your child see that an educated conscience guides us in discerning right from wrong and knowing what God wants us to do in each situation.

**Physical** Invite your child on a walk around your neighborhood, to a local park or, if possible, out in nature. Try scheduling the outings at different times of day. Point out what you notice about your environment, such as the weather, the color of the sky, or any animals and insects. Share with your child how these parts of God's creation make you feel and encourage your child to do the same.

### Safe and Sacred at Home



*Love Will Steer Me True* (Loyola Press)  
by Jane Knuth, Ellen Knuth

As my children become adults, my role is changing. It is transforming slowly into a pause to watch God work on my daughters' faith, instead of anxiously trying to shape it myself. This isn't obedience. It is another way to practice my religion. This feels something like that way of life Jesus hints at when he talks about the Holy Spirit.

## Big Ideas

### In Lesson 1, your child will:

- explain that we come to know God more deeply through a curiosity in the world he creates.
- describe the relationship between reason and faith.
- demonstrate an understanding that reason should be guided by conscience.
- define *reason*, *superstition*, and *conscience*.

### Words to Know

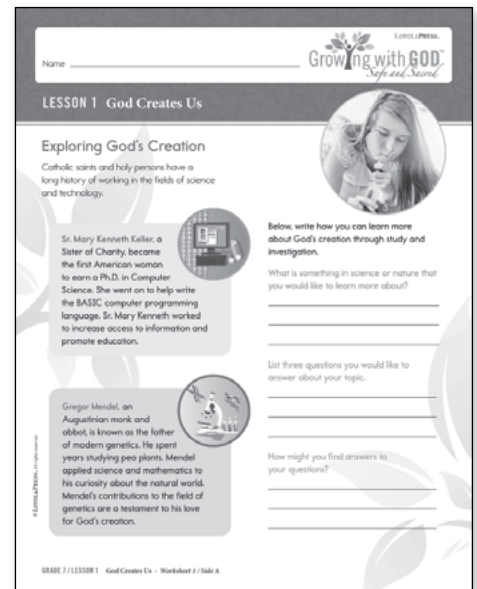
**reason** • *The logical, rational process by which one thinks, solves problems, understands, and forms judgments*

**superstition** • *The reliance on the perceived power of an object or practice rather than trusting in God all powerful*

**conscience** • *The inner voice that helps one know the law that God has placed in one's heart*

## 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

Technology develops at a fast pace. Think back to when you were the same age as your child. Take a moment to consider how technology has changed and how those differences might impact your child's experiences of growing up as compared to your own.

**SAY:** God gave us the ability to think, solve problems, and form judgments. We call this our ability to reason. We use reason every day to make sense of the things around us.

Discuss with your child how you use reason in your daily life. Explain that people use reason to develop and study science and technology. Share with your child some of the advancements in these areas that you have experienced in your lifetime, and discuss how they have affected the ways people live and work.

**ASK:** What is something you are interested in that you would like to study or investigate? Share some of your own interests.



# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

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

**SAY:** We use God’s gift of reason to think and make plans. We are then faced with choices about how to use our ideas in ways that serve God and one another. Explain that while it may not always be easy to know right from wrong, we can rely on our Catholic faith, Tradition, and Scripture to help us form our consciences. We can make the choices and plans that will lead us closer to God.

Ask your child to tell you about one modern invention he or she addressed on Side B of the worksheet and how he or she thinks it could be used to know or serve God better. Validate your child’s answer by making observations about how his or her idea would lead someone closer to God.

**SAY:** Let’s pray together now. Pray the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.

The screenshot shows a worksheet page with the following content:

- Think About It!**  
God creates us with the desire and ability to know and love Him. One way we come to know God better is by exploring the natural world around us. The knowledge we gain from studying our world leads us to desire an even deeper connection with God.  
Think of modern inventions or recently developed technology. How might these discoveries be used to know or serve God better? Complete the box below with your ideas.
- Scripture**  
The human heart plans the way, but the Lord directs the steps. Proverbs 16:9
- Table:**

| Modern Inventions or Technology | Way It Can Be Used to Know or Serve God Better                    |
|---------------------------------|---|
| Microscope                      | Enables people to explore the mysteries of creation more closely. |
| Internet                        |   |
|                                 |   |
|                                 |   |
- Prayer**  
**Song of Praise**  
All things praise the Lord who created them.  
Praise the Lord mountains and hills,  
Praise the Lord all that grows in the ground,  
Praise the Lord you springs,  
Praise the Lord seas and rivers,  
Praise the Lord you whirls and all that swirls in the waters,  
Praise the Lord you birds of the air,  
Praise the Lord all wild animals and cattle,  
Praise the Lord of people on earth.
- LOYOLA PRESS**  
A Division of  
www.loyolapress.com
- GRADE 7 / LESSON 1 God Creates Us - Worksheet 2 / Side B**



### Pray Together

Dear God, thank you for giving us the ability to think, reason, and plan. Help us grow strong in our faith so we can come to know you better. Guide us in making good choices to honor you and your creation in all that we do.

Scan this code and guide your child through a simple review of the lesson.

