

Lesson One Preparation: Psalm 19:1-14

Who We Are and Why We Are Here

Lesson Supplies

Catholic Children's Bible with table of contents page marked (page 3)

Journal for each family member and writing supplies

Videos cued up on your device

Objectives

- To know why God created you
- To understand what a human being is
- To understand how to find true and lasting happiness

Read

From the Bible

Psalm 19:1-14

From the *Catechism of the Catholic Church*

God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life. For this reason, at every time and in every place, God draws close to man. He calls man to seek him, to know him, to love him with all his strength. He calls together all men, scattered and divided by sin, into the unity of his family, the Church. To accomplish this, when the fullness of time had come, God sent his Son as Redeemer and Savior. In his Son and through him, he invites men to become, in the Holy Spirit, his adopted children and thus heirs of his blessed life. (*Catechism of the Catholic Church*, paragraph 1)

From the *Compendium to the Catechism of the Catholic Church*

Read questions [1-2](#) and [66-72](#). This will take five minutes.

Watch

[What is Man](#) (3:00)

[How to Start a Relationship with God](#) (3:22)

[What is the Soul](#) (3:36)

Reflect

We've all heard it hundreds of times: God loves you. We've heard it so much that it's lost its meaning. Consider this: God looks at you now the way you looked at your baby for the very first time. This little being caused great physical discomfort and would very soon become highly needy with feedings, diaper changes, diaper blowouts, throwing up... And yet as a parent, you cannot help but love your child. That is how God looks at you.

God made you to be like him, to be with him, to know him. To make this possible, God took a huge risk: he gave you freedom, and he respects your freedom. Even though the only way to be truly happy, to be fully alive, is to live in friendship with God, he will allow you to choose otherwise. But God never stops inviting us into the friendship he made us for. He even became one of us and died for us to take our sins away so that we could live with him forever in heaven.

As St. Irenaeus once said, "The glory of God is man fully alive." That is God's plan for you and for your children.

Lesson One: Psalm 19:1-14

Who We Are and Why We Are Here

Lesson Summary

God created the world on purpose out of love.

God created you for friendship with him, which will make you truly happy.

God will always love you and gives you the freedom to love him.

Pray

1. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
2. Who or what would you like to pray for today?
3. Our Father (*Catholic Children's Bible* page 1992)

Read

Psalm 19:1-14 – God's Glory in Creation

- Read the passage slowly and out loud at least three times, maybe taking turns.
- Pay attention for a word or phrase that sticks out to you.
- In your journal, write about that word or phrase. Use some of the suggested journal prompts if you need help.

Reflect

God created each of us out of pure love. He doesn't need you; he wants you! You were made to be in relationship with your Creator.

You were made in God's image and likeness. What does that mean? First, it means you are God's child. Second, it means you have an invisible soul that will always exist. Third, it means you have free will, the freedom to choose things.

God made you to be fully happy, and the only way to be fully happy is to live the way God made you to live, in loving friendship with him.

Watch

[What is Man](#) (3:00)

[What is the Soul](#) (3:36)

[How to Start a Relationship with God](#) (3:22)

Discuss

- How did God create each of you? Name one thing that you love about each person in your family.
- Describe something beautiful that you saw in nature. How did it make you feel?
- What can you do to grow closer in friendship with God?

Salvation History

Sometime this week, read **God Made Us to Love and Be Loved (Genesis 1:1-2:3)**, pages 22-23 in the *Catholic Children's Bible*.

This is the story of how God created the world in an orderly way with human beings as the crown of creation.

Live

- Go out in nature and find something beautiful that God created. Close your eyes and thank Him for His creation.
- Secretly write a note to someone in your family letting them know that you appreciate them. Sticky notes work best! Stick the note where they will see it.
- Throughout the week when you want to share something exciting or something that is bothering you, stop what you are doing, close your eyes, and tell God.

Lesson One Supplemental Materials

Who We Are and Why We Are Here

Doctrine Summary Statements

- All the universe was created out of nothing by God.
- God sustains the universe at every moment.
- Man is the highest creature in creation.
- Man was created in God's image and likeness:
 - Man has an intellect that enables him to know and reason.
 - Man has a will that enables him to decide, choose, and love.
- Man is created for relationship with God and others.
- Man is made up of a body and an immortal soul.
- The soul is the life principle of man and contains the intellect and will.
- Man was created by and for God out of love, and only God can fulfill all of man's desires and make man truly happy.
- Man was created to know, love, and serve God in this world, and to be happy with God now and forever in heaven.
- God loves us unconditionally, and he gives us the choice to love Him in return.

More Resources to Answer Your Questions

Videos

- [Living a Life of Meaning](#) (4:12)

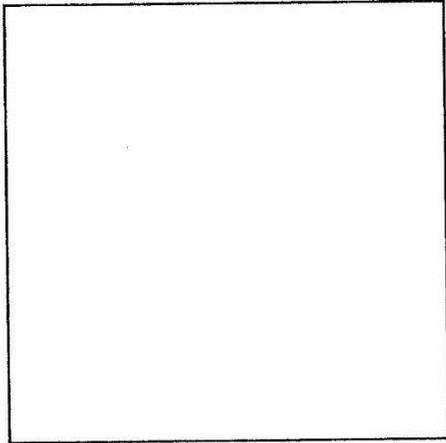
Websites

- [Catholic Answers](#)
- [Credible Catholic](#)
- [Formed.org](#)

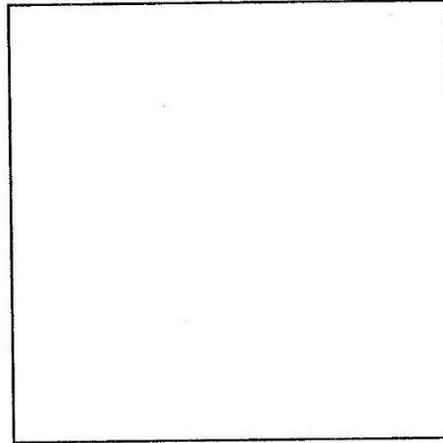
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Love-Gifts from God to Us

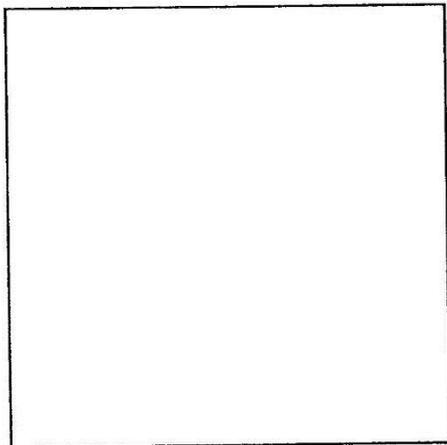
God made us and filled the world with gifts for us. In each box below, draw a gift that God made in the place that is named.



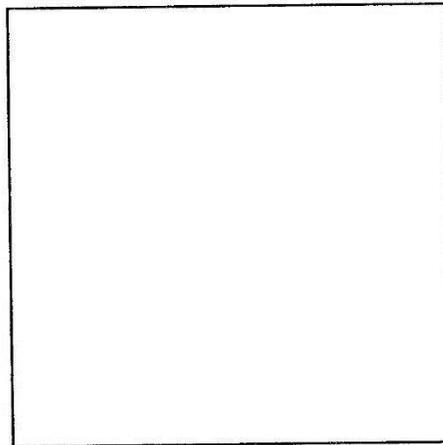
SKY



LAND



WATER



YOUR HOME



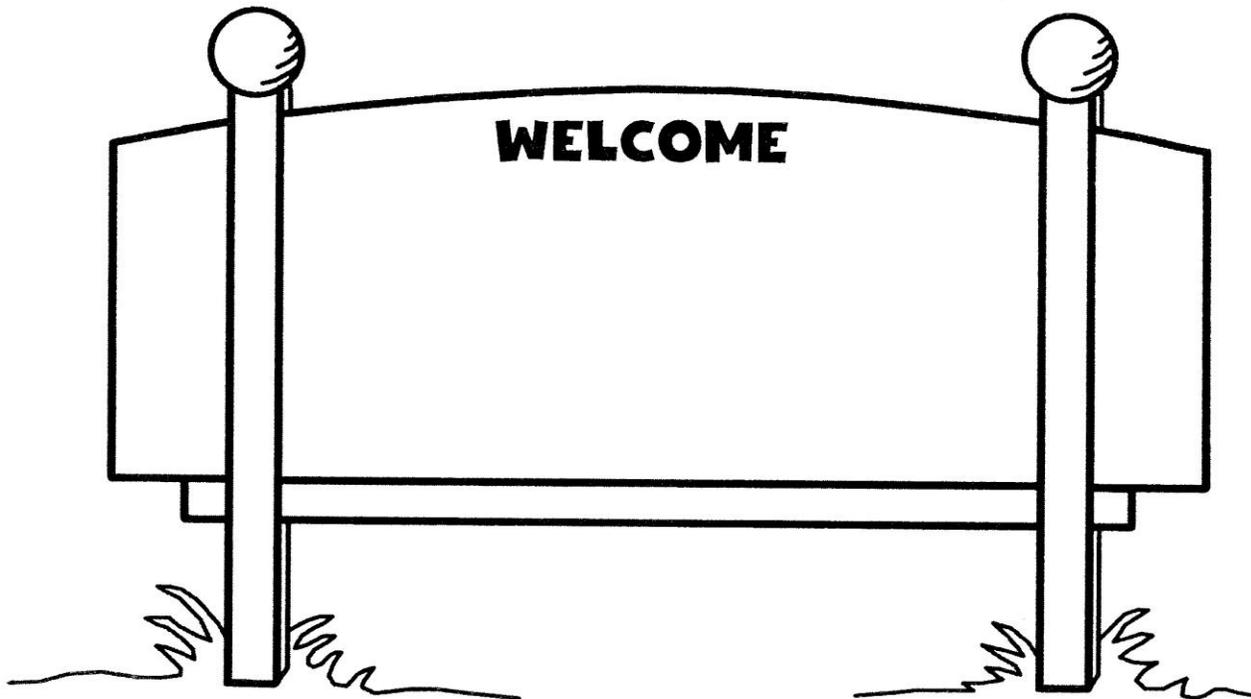
Seek and Find: Look at pages 22 and 23 of your Bible. How many butterflies do you see above the Understand It! title?



Name: _____

Welcome!

Find and read Matthew 19:13–15 in your Bible. It is the story of Jesus, welcoming the children. Imagine that you are going to Jesus and you see a sign welcoming you. Decorate the sign on this page with some of God’s creations: flowers, birds, and smiles. Hang it in a special place to remind you that Jesus will always open his arms to welcome you.



Jesus prayed over the children and blessed them. What do you think Jesus said?



Seek and Find: Look at pages 1496 and 1497 of your Bible. At the bottom of the story pages, how many children are looking at and listening to Jesus?