



# Growing with GOD™

*Safe and Sacred*

**LESSON 1**  
God Creates Us

**In This Lesson**

**For You** Pages 1–2

- God Creates Us with 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*

The family is the community in which, from childhood, one can learn moral values, begin to honor God, and make good use of freedom. Family Life is an initiation into life in society.

*Catechism of the Catholic Church, 2207*

**God Creates Us with Love**

We are all works in progress, continuously shaped by the Holy Spirit and by our responses to God’s love and grace in our lives. Your child is a work in progress too. He or she is growing, learning, and changing every day. Think of all the things your child has learned with your support and guidance and imagine all that is still to be learned and taught.

**You are your child’s first catechist and teacher and likely the one who will have the greatest influence.**

Our children learn the behavior we model for them. You taught your child to smile, laugh, walk, eat, dress himself or herself, speak, share, and play. Your child learned many of these things by observing you. Similarly, your child learns how to treat others with kindness and respect by observing you—how to apologize and how to forgive, as well as how to pray at Mass, participate in the community, cooperate with others, and work for the greater good. In other

words, your child develops character and conscience as he or she follows your example. Sometimes, though, children do need clear instructions. This is the case when helping your child learn to be safe.





3 minute  
RETREAT

*[Jesus said,] “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.”*

John 8:31-32

### Reflection

You can model to your child how to seek the truth found in Jesus’ word as you believe in him and follow him. Your child can learn what it means to be a disciple as he or she watches you find true freedom in Jesus and take care of others. When you care for your child as Jesus cares for you, you point your child to the truth.

### Questions

What steps can I take today to be a true disciple of Jesus? How can I help my child to care for herself or himself?



### Prayer

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

*Jesus, my friend and guide, lead me on the path to light and life so I may truly live in graced relationships with the Father and others.*

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



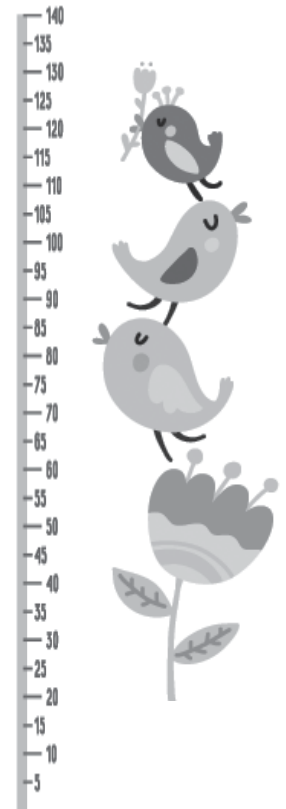
**Spiritual** Display sacred objects in your home. By displaying a Bible, a crucifix, or a holy image prominently in your home, your child will grow in his or her Catholic identity.

**Social** Continue to read to your first grader.

Encourage your child to identify the emotions being experienced by characters in the stories.

Ask your child whether he or she has ever felt that way. Be sure to talk about a full range of emotions, not just positive ones.

**Physical** Whenever possible, invite your child to be more independent when doing personal-care tasks such as brushing teeth, combing hair, buttoning shirts, and zipping up coats. Offer emotional support. Let your child know that you are proud of all that he or she is learning to do.



### Safe and Sacred at Home



*Spiritually Able: A Parent’s Guide to Teaching the Faith to Children with Special Needs* (Loyola Press)

by David and Mercedes Rizzo

When people see a child with autism or other serious disability participating in the faith community, they may see past the stereotypes and begin to recognize the image and likeness of God in all people. A transformation of the consciousness can occur that leads to a deeper compassion in all of us.

## Big Ideas

### In Lesson 1, your child will:

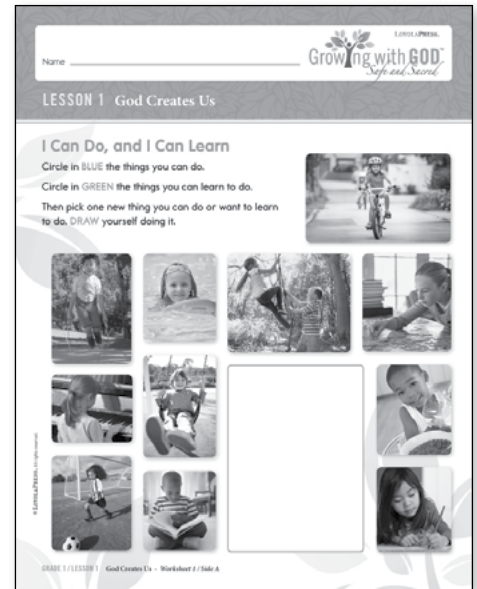
- tell that he or she is created by God.
- identify things he or she has learned to do.
- thank God for the people who teach him or her things and keep him or her safe.
- define *create*.

### Word to Know

**create** · *To make (as in how God makes everything)*

## Bringing the Lesson Home

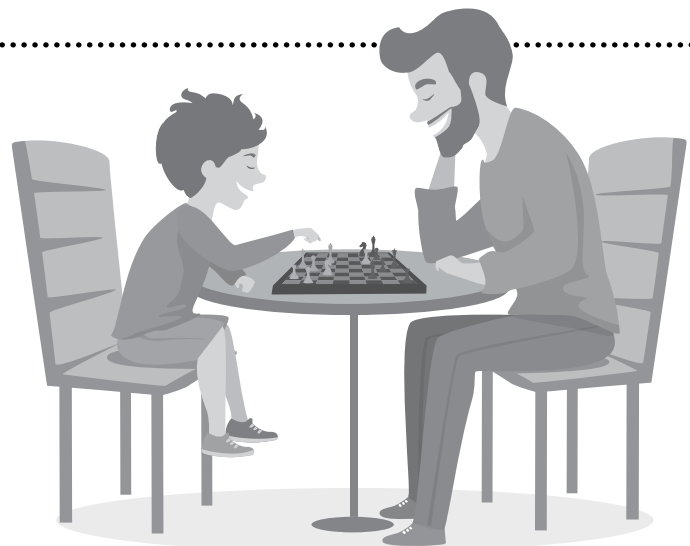
Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.



## STEP 1 ENGAGE & EXPLORE

**SAY:** When you were first born, you had a lot to learn. You had to learn to walk and talk and so many other things. Tell me about some things you learned about or learned to do since you were a baby. Allow time for your child to respond. Share with your child things you've learned recently or when you were a child.

**ASK:** What is something you would like to learn more about? Allow time for your child to respond.

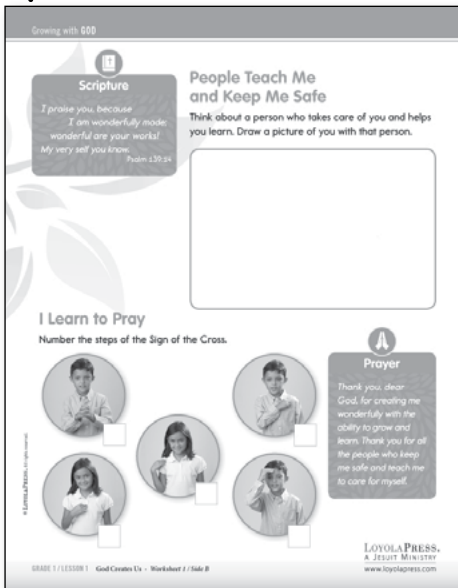


# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

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

**SAY:** Sometimes Jesus' friends called him teacher. This is understandable because Jesus taught us about the Father's unending love for us. He taught us how to treat others and how to live a joyful life. Jesus also taught us how to pray. Let's pray that prayer together now. Pray aloud the Lord's Prayer or a prayer of your own. Begin and end the prayer by praying the Sign of the Cross.



If available, look at photos of people in your life and in the life of your child who have taught you something. Tell your child what he or she has taught you and how it was taught (directly or by example). Consider calling, texting, or sending a note or email to your child's former teacher, caregiver, or family member to

thank that person for what he or she taught your child. Complete the blackline master I Know Important Names and Numbers together. Help your child memorize this important information.

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



## Pray Together

### *Lord's Prayer*

Our Father who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth, as it is in heaven.  
Give us this day our daily  
bread,  
and forgive us our trespasses,  
as we forgive those who  
trespass against us;  
and lead us not into  
temptation,  
but deliver us from evil.

