

# God Is Our Father

## Allelu!

*Growing and Celebrating with Jesus*

### Lesson 1, Kindergarten

#### Lesson 1 Goal

- Your child will identify God as Father and discuss how he has created the world and provides for us.

#### Key Points

- God is our heavenly Father.
- God never stops loving us.



#### Parent Reflection

God is all-powerful. He is all-seeing and all-knowing. Yet he chooses to reveal himself to the people he has created not in some fearsome way, but as a parent. When asked how to pray, Jesus says to call God “Father” (Luke 11:2). Saint Paul points out that all of us have been “adopted” by God the Father as his children by being joined with his Son through Baptism (Romans 8:15).

As Father, God is provider. He gives us the things we need. Jesus teaches us not to be afraid to ask God for the things we need, saying, “Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then who are evil, know how to give good gifts to your children, how much more will your father in heaven give good things to those who ask him!” (Matthew 7:9-11).

The *Catechism* points out the new revelation Jesus brings regarding God as Father: He is Father not only in the sense that he is Creator of everything, but he is eternally Father by virtue of his relationship with Jesus, the Son (CCC, 240). Through the mystery of the Holy Trinity, God, in his very being, is Father, Son and Spirit.

#### Reflection Question

What are my images of God the Father?

## Lesson Preparation

Before inviting your child to sit with you for lesson time, prepare all materials.

### Materials

- Family Activity Sheet
- crayons, colored pencils, or markers
- Activity Master #3
- safety scissors
- drawing paper

- Activity Master #2 – Saint Page (Keep the saint page from each lesson to gather together a Communion of Saints Book created by your child.)

### Preparation Steps

- Make sure your child has a copy of Activity Masters #2 and #3 (included with this lesson).

## Gathering

Create a prayerful space. You might place a candle on the table, or set a cross in front of you. Invite your child to join you in quietly preparing for prayer.

Say the following or similar words: “Now that we are in this prayerful space, let us find the quiet in our hearts so we can talk with God.”

Sit together for several seconds of shared silence.

### Begin in prayer:

Make the Sign of the Cross together or bless your child by tracing a cross on his or her forehead: “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

*“Jesus, we know you are God, the Son and that you love God, the Father. You told us that God the Father is our Father, too. You told us that God the Father loves us greatly and wants us to know him as our Father in heaven.”*

*“Thank you, God our Father, for loving us so much! Please be with us as we learn and live and love today. Amen.”*

## Discovering

**God Loves Us.** Turn to the first page of the Activity Sheet and read about how much God loves us.

Ask your child, “What are some ways God shows us how much he loves us?”

Turn to the second page of the Activity Sheet. Ask your child the “Ask Me!” questions and review the answers.

## Exploring

Use the following activities to enrich your child’s understanding of the lesson and of our Catholic faith.

**1. God the Father Provides for Us.** Turn to the main activity of the Activity Sheet (center pages) and invite your child to describe what he or she sees. Give your child crayons or colored pencils. Explain the activity to your child and have him or her complete it.

**2. We Thank Our Father.** Have your child think about God our Father, then ask him or her to name some of the things God the Father gives us. Encourage your child to freely name general items such as food, shelter, water, love, and specific items like friends, parents, pets, trees, flowers, fruit, firefighters, doctors, and more.

Show your child the praying hands template (Activity Master #3). Ask him or her to cut out the

praying hands. Invite your child to draw on the hands a picture of something for which he or she is thankful. Ask your child to tell you about the picture. Together offer a prayer of thanks for the gift named, and for all the gifts God gives your family.

**3. The Communion of Saints: Saint Elizabeth Ann Seton.** Show your child the picture of Saint Elizabeth Ann Seton on the Family Activity page. Then read more about Saint Elizabeth to your child (see below).

Ask your child:

- ▶ “What were some of the important things Saint Elizabeth Ann Seton did to teach people about God?” (*She wrote textbooks; she opened a school; she began an order of religious sister.*)
- ▶ “What can you do to help others know about God?”

Have your child write and draw about Saint Elizabeth Ann Seton using Activity Master #2.

## Sending

**Pray the Our Father with your child.** Begin by making the Sign of the Cross together, or bless your child by tracing a cross on his or her forehead. Pray aloud with your child.

*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. Amen.*

## Saint Elizabeth Ann Seton

### A Loving and Faithful Parent

Elizabeth was born in New York City. Her mother and little sister died when Elizabeth was a child. She missed them, but she knew they were with God. She prayed often and helped others. She loved to play the piano.

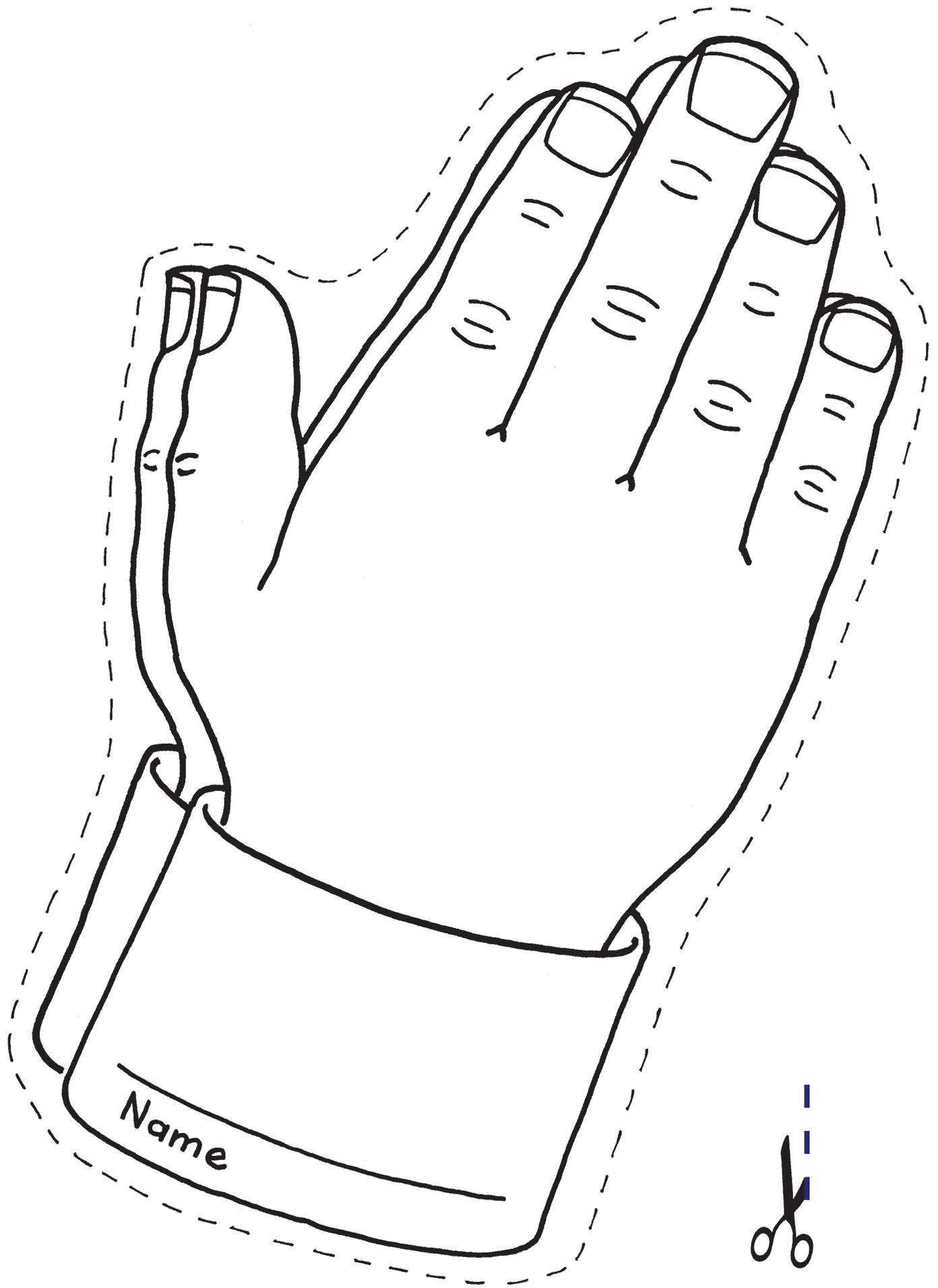
She married a wonderful man named William Seton. They had five children: Anna Maria, William, Richard, Catherine, and Rebecca. When William’s father died, Elizabeth and William took care of William’s eight younger brothers and sisters for a few years!

While Elizabeth and William’s children were still very young, William died. Many things changed for Elizabeth. Once very rich, now she was poor. She had to find a way to take care of her five children with very little money and no home.

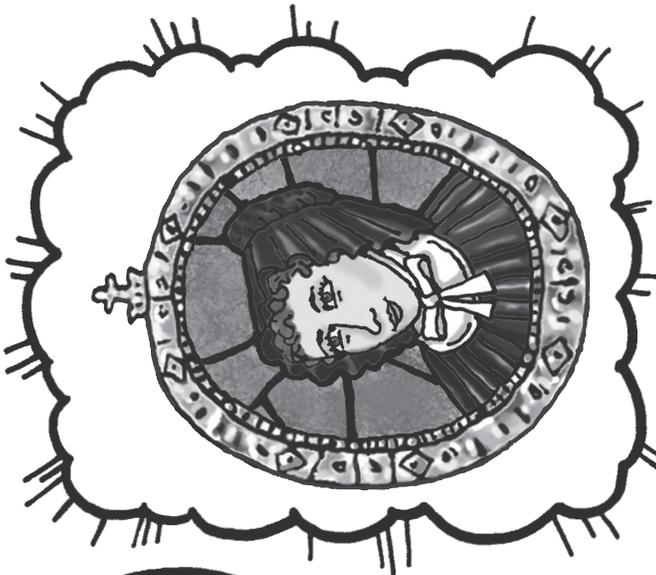
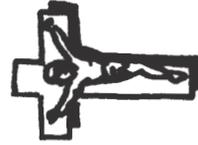
During this time, Elizabeth felt God calling her to join the Catholic Church, and she and her children became Catholic.

A priest asked her to open a school for Catholic children, the first Catholic school in the United States. Elizabeth went on to start many schools. She wrote textbooks. Other women joined her work, so she set up an order of sisters called the Daughters of Charity. Of course, she took care of her own children, too!

People remember Elizabeth for her holiness and the many things she did for education. But she was also a good mother, who always loved and helped her children. She did all this because she herself was a child of God.



**DRAW**



**Saint  
Elizabeth Ann  
Seton,  
pray for us!**