

## Parent Notes

### In this week's lesson your child learned

- God is our Father in Heaven.
- As a loving parent God gives us what we need.
- He never stops loving us.



## It Helps to Know

Scripture tells us that

- Jesus tells us to call God our Father (Matthew 6:9). It is very significant that God wishes to reveal himself to us as a parent. When we think of the unconditional love parents have for their children, the dreams they have for their children's lives, their desire to protect their children, and their happiness in providing for them, we can begin to understand how God feels about us.

The *Catechism* teaches us that

- God the Father is the First Person of the Holy Trinity (CCC, 198).

## How Five- and Six-Year-Olds Understand the Lesson, by Joseph White, Ph.D.

The idea of a "Father in Heaven" is an abstract one, yet most children can easily understand the idea of an invisible God who sees and hears them. This happens for two reasons; first, we are created by God with the capacity to know and understand him from an early age. Second, children understand an invisible God through seeing and hearing how the adults they know and trust acknowledge him.

### Keep It Simple

- Be sure your children see you praying—both leading them in prayer and praying alone. Walking in on you while you are spending time talking with your Heavenly Father will be a powerful sign for your child that God exists and listens to each of us.

# God Is Our Father

## This Week's Scripture Story

**helps** us understand how much God the Father loves us.

### God Loves Us

In the Bible, we learn that God the Father loves us very much. These are some ways the Bible, or Holy Scripture helps us understand this:

Jesus said, Look at the birds of the air; they do not plant or gather food into barns, but your heavenly Father feeds them.

*Based on Matthew 6:26*

As an eagle builds its nest, and protects its children; as it spreads its wings, takes them up and carries them, the Lord alone guides them;

*Based on Deuteronomy 32:11*

God will feed his flock like a shepherd; he will gather the lambs in his arms.

*Based on Isaiah 40:11*

I will not forget you. See, I wrote your names on the palms of my hands; you are always on my mind.

*Based on Isaiah 49:15-16*



**Sharing Faith at Home** Share the story with your child of how God the Father loves us by talking about the story or reading it aloud at bedtime.  
Discussion Starter: Name some ways God shows us how much he loves us.



### Through the Week

Pray an extra prayer this week.  
Ask God to help you trust in him always.

# Setting the Family Table

## God the Father Provides for Us

On the left, **circle** the things that God has provided for us. On the right, **draw** a picture of someone special that God has provided for you.



### Ask Me!

Ask your child these questions, and see if he or she can give you the answers. *(If not, give a hint, and review the questions again later.)*

1. Who is our heavenly Father? *(God is our heavenly Father.)*
2. What does God do for his children? *(He gives them the things they need.)*



### Mealtime Prayer

God, our Daddy, our Abba, Thank you for loving us!

God, our Daddy, our Oppa, Thank you for creating the whole world for us!

God, our Daddy, our Papang, Thank you for the gift of Jesus, your Son!

(All) Thank you!

*Pray this prayer as a family.*



### Saint of the Week

**Elizabeth Ann Seton**  
(1774-1821)

Feast Day: January 4

### Did you know?

Saint Elizabeth Ann Seton was the first person born in the United States to be named a saint.

**Saint Elizabeth, pray for us!**

