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God Loves Us

“O give thanks to the LORD, for he is good,
for his mercy endures for ever.
O give thanks to the God of gods,
for his mercy endures for ever.
O give thanks to the Lord of lords,
for his mercy endures for ever.”

Psalms 136:1–3

Did you know that God has lived for ever? Close your eyes and imagine billions and billions of years ago. God was alive. He existed before time began. Now imagine billions of years stretching into the future. God will still be alive. God is eternal, which means He had *no* beginning and He will *never* die. He is all powerful, all holy, all wise, and **all perfect**. His love and mercy are **infinite**. That means they are far too great to be measured.

God was thinking of you, loving you, and wanting you from all eternity. Long before He put one star in the sky, He knew you. He knew your name. He knew your face. He knew the color of your eyes and the sound of your voice. You are very precious to Him. He could have made some other person, but He wanted you. So He made you just the way you are.

God loves you so much that He made you in His image. He made a part of you that, like Him, will never die. This part of you is called your soul. It is a spirit. You cannot see it. Because you have a soul, you have the power to think and the power to love. You can also learn things, enjoy music and stories, talk, and laugh. Without your soul, you would be no more intelligent than a rock. Without your soul, you could never love anyone. When God made us in His image, He opened up many treasures for us.

Our greatest treasure is God Himself. He is always with us. He knows everything about us: who we are, what we do, and even our thoughts. He loves us far more than anyone else loves us. He gave each of us a soul so we could love Him in return. Sometimes this seems hard to do because we cannot see God, since God is pure spirit.

There is only one God, but in God there are three Divine Persons: God the Father, God the Son, and God the Holy Spirit. Jesus is God the Son. He is the Second Person of the Blessed Trinity. He came to earth as a sign of God's love for us. Because Jesus, Who is God, became a man like us, it is easier for us to know and love Him. We know that He is gentle, kind, and good. He taught us to put God first. He taught us to obey God, even when we do not feel like it. He taught us that by loving each other, we give glory to God and show our love to Him.

Jesus taught His Apostles—and us—how to pray to our Heavenly Father. Sometimes Jesus went out into the desert to pray. This showed us that it is good to take special times to be alone with God. Other times, Jesus prayed with a gathering of friends or a great multitude. We follow His example when we pray with our family or classmates or others in our parish.

Once the Apostles asked Jesus how to pray. He taught them a prayer that is still used in our Church. We hear it every time we go to Mass. It is called the Our Father or the 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. *Amen.*

In this prayer we praise God, we say we are sorry for our sins, we ask for His love and forgiveness, and we ask Him to watch over us.

Prayer is talking with God. It is important to pray every day because it keeps us close to Him.

Words to Know:

all perfect infinite prayer

Q. 1 *Who created us?*

God created us, body and soul, in His image (CCC 704–5).

Q. 2 *What purpose did God have in mind when He created us?*

God created us to know Him, to love Him and to serve Him in this life, and then to be happy with Him forever in the next life, in Heaven (CCC 358).

Q. 3 *Who is God?*

God is the all-perfect pure spirit. God is three Divine Persons: God the Father, God the Son, and God the Holy Spirit (CCC 202, 307).

Q. 4 *What does “all perfect” mean?*

“All perfect” means that every good is found in God, without defect and without limit. In other words, it means that He has endless power, wisdom, goodness, and love (CCC 41, 213).

Q. 5 *Does God have a body as we have?*

No, God does not have a body, for He is a perfectly pure spirit (CCC 370).

Q. 6 *Where is God?*

God is in Heaven, on earth, and in every place: He is the unlimited Being (CCC 300, 326).

Q. 7 *Has God always existed?*

Yes, God always has been and always will be: He is eternal (CCC 212).

Q. 8 *Does God know all things?*

Yes, God knows all things, even our thoughts: He is all knowing (CCC 216, 2500).

Q. 9 *What is prayer?*

Prayer is talking with and listening to God (CCC 2559–61).

Q. 10 *What is the Our Father?*

The Our Father is the prayer Jesus taught His Apostles to pray. We still say this prayer today (CCC 2759).