

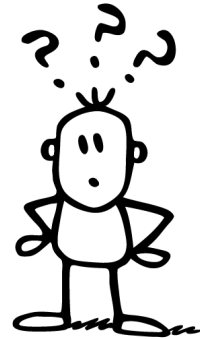
# Session One

## *Who is God and How Did He Design His Creation?*

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### Thought Starter

*Can you think of some rules or laws that you know to be true about how the world works? Describe one or two below—and think about how you know these things and what happens when you forget about them or don't follow these truths?*



**“When at first God created his works and, as he made them, assigned their tasks, He arranged for all time what they were to do, their domains from generation to generation.” (Ben Sira 16:26-27)**

## Catechesis (Teaching Our Faith)

### *I Believe in One God, Father, Son and Holy Spirit*

God is the Lord—the creator, ruler and destiny of all creation. We confess our faith in ONE God who is a communion of Persons, the Father, the Son and the Holy Spirit. We call God the Most Holy Trinity because our One God is three Divine Persons—“trinity” means “three.”

How do we know about God? God has revealed Himself to us. Through the Bible and through the teachings of the Church, we come to know God and grow to love Him. That's what He is seeking for us: a relationship with Him! God wants us to know Him and love Him and serve Him in this life so that we can live forever with Him in heaven. God's love fills us with joy and peace. God's love means we can become like Him. God loves us so much that He makes us His adopted children—we are sons and daughters of God!



How do we know God loves us? Because God the Father sent His Beloved Son, Jesus Christ, to come among us and redeem us by dying on the Cross. Jesus rose from the dead and now lives in heaven. Jesus sent the Holy Spirit to live within us so that we could be His disciples. Through the power of the Holy Spirit, we can think and act and love as Jesus thinks and acts and loves.

**“See what love the Father has given us,  
that we should be called children of God; and so we are.” (1 John 3:1)**

## *God Alone is Creator of All Things Visible and Invisible*

We know that God created everything that exists—both the things that are visible (that we can sense with our bodies) and things that are invisible (things we cannot sense with our bodies). God created this world to be...

- **Complex**—the world is filled with so many different kinds of creatures, so many different kinds of environments and everything else!
- **In Harmony**—things in this world affect one another and are dependent upon one another; things exist in systems and relationships
- **Fertile**—creatures reproduce and create new life; things exist in food webs where one being gives life to another; the world itself brings forth abundant food
- **Changing**—the world is not like a beautiful house that God created and decorated to stay like that forever; the physical world changes, and living beings change and mature as well.
- **Orderly**—the world operates according to physical laws that we can discover, once we understand the way things work, we can make predictions and use things to make other things



God created this beautiful world and universe out of love. God created human beings to live within His creation. God wants us to come to know Him as the Creator and the One who loves us and draws us to Himself. Since God is the Creator, we

discover His rules and order. We cannot change the rules or the way creation works, because we are not the Creator!

We discover the rules of the physical world through science—we make observations and test our ideas about how things work and then describe the rules by which things operate. We discovered laws of Gravity, of Motion, of Energy and more. We don't create the rules and we can't change them—we can only work within the way God created the world to be.



*The same is true of the spiritual world.* God created the spiritual world with order and harmony—and we can learn the rules of the spiritual world as well. God



teaches us how the spiritual world works through His commandments and other rules. We can't change them or ignore them, because we didn't create them—they exist because God created the world in a certain way.

When we obey the rules of the spiritual world, we find happiness and peace in our lives. When we decide to make our own rules, we find unhappiness and sorrow. God's rules point us to the way of life—God's rules are real.

**"Give me understanding to keep your law, to observe it with all my heart. Lead me in the path of your commandments, for that is my delight." (Psalm 119:34-35)**

## Thinking and Reflecting on What I've Learned

1. What parts of God's physical creation do you most enjoy—what kinds of environments or plants or creatures or other things?
2. When you think about God creating human beings in His image and likeness, what does that teach you about every human person?
3. If someone were to say to you, 'Oh, I know you Christians want to follow God's rules, but I like to make up my own rules' how could you explain why we need to follow God's rules?

## Digging Deeper in Scripture

### *Genesis 1:26-31*

Then God said: "Let us make human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth."

God created mankind in his image;  
in the image of God he created them;  
male and female he created them.

God blessed them and God said to them: "Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish of the sea, the birds of the air, and all the living things that crawl on the earth." God also said: "See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit on it to be your food; and to all the wild animals, all the birds of the air, and all the living creatures that crawl on the earth, I give all the green plants for food. And so it happened. God looked at everything he had made, and found it very good.

***Genesis 2:8-9, 15-17***

The Lord God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the Lord made grow every tree that was delightful to look at and good for food, with the tree of life in the middle of garden and the tree of the knowledge of good and evil. ... The Lord God then took the man and settled him in the garden of Eden, to cultivate and care for it. The Lord God gave the man this order: "You are free to eat from any of the trees of the garden except the tree of knowledge of good and evil. From that tree you shall not eat; when you eat from it you shall die."



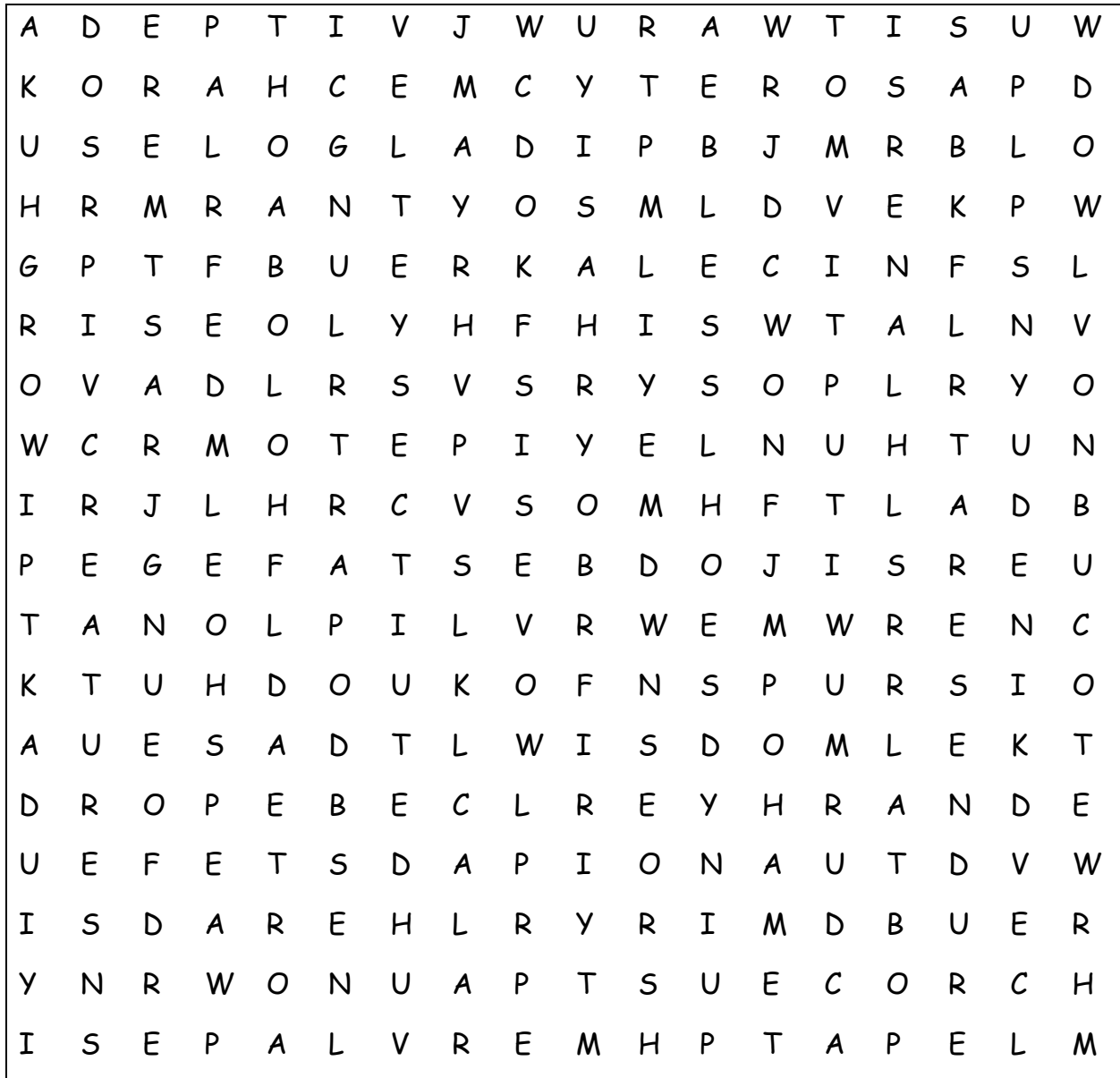
***Psalms 119:1-16***

Blessed those whose way is blameless, who walk by the law of the Lord.  
Blessed those who keep his testimonies, who seek him with all their heart.  
They do no wrong; they walk in his ways.  
You have given them the command to observe your precepts with care.  
May my ways be firm in the observance of your statutes!  
Then I will not be ashamed to ponder all your commandments.  
I will praise you with sincere heart as I study your righteous judgments.  
I will observe your statutes; do not leave me all alone.  
How can the young keep his way without fault?  
Only by observing your words.  
With all my heart I seek you; do not let me stray from your commandments.  
In my heart I treasure your promise, that I may not sin against you  
Blessed are you, O Lord; teach me your statutes.  
With my lips I recite all the judgments you have spoken.  
I find joy in the way of your testimonies more than in all riches.  
I will ponder your precepts and consider your paths.  
I your statutes I take delight; I will never forget your word.

## Activity

### *God's Creation Word Search*

*Find all the words that are capitalized in the verses from Psalm 104:*



BLESS the LORD, my SOUL! Lord, my GOD, you are GREAT INDEED!

How VARIED are YOUR WORKS, Lord! In WISDOM you have MADE them all;

The EARTH is FULL of your CREATURES.

MAY the GLORY of the Lord ENDURE FOREVER; May the Lord be GLAD in HIS works!

## Prayer

1. **Settle yourself and make the Sign of the Cross**—prepare to pray by quieting your mind and asking the Holy Spirit to be with you as you pray and hand over this time to God

2. **Begin by honoring and thanking**

**God**—for the things that come to your mind as you think about God's creation; spend some time naming the things you think of and speaking about them to the Lord (for example, "I thank you God for the sunrises and sunsets that have such beautiful colors and fill me with joy")



3. **Move to thanking God** for the rules, the order, the harmony of His creation—for the rules that govern His physical world and for the rules that govern His spiritual world.

4. **Ask God to open your heart** to learn His rules and follow them fully.

5. **Bring to God the intentions in your heart**—people and situations you want to bring before Him

5. **Move to worshiping and adoring God**—in this time, don't think about God, just be with Him, loving Him and letting Him love you

6. **Close by speaking to God about something you feel in your heart that God wants you to do**—maybe a word of encouragement to someone, maybe telling someone you're sorry about something you did, maybe choosing an action to bless someone in your life

7. **End your prayer with the Sign of the Cross**—make it prayerfully and with great awareness