



The Good Gift

Creation and Life

Pillar 1 – Session 1
SESSION LEAD SHEET

SCRIPTURE FOCUS

Psalm 104:24, Genesis 1:1-31 & 2:1-3

CORE REFERENCES

Y4K 1-3, 16, 139 & **Y** 1-2, 4, 44, 469

FOR PARENTS & ADULTS

CCC Paragraphs 1-3, 27-43, 290-292, 316, 358, 2558-2565



STEP 1: PREPARATION - ATTENDING TO THE SOIL

1. Welcome!

2. Wonder

Curiosity Sparker: A wrapped gift box containing: a mirror, a heart, a small plant or flower or seeds and a family photo or image of people together.

Display the question:

What is the greatest gift?

3. Proclaim

Read: Psalm 104:24 – “O Lord, how manifold are your works! In wisdom you have made them all.” (or use [Proclaim Slide](#))

Pray & Praise

“You are holy, Lord, the only God, and your deeds are wonderful. You are strong. You are great. You are the most high. You are the almighty King. You, holy Father, are King of heaven and earth.”

(YOUCAT Prayer Book, p.74)

Pray together: “Our Father...”

Sing together: “For the Beauty of the Earth” CBW III #531



STEP 2: PROCLAMATION - PLANTING THE SEED

1. Recap

Ask: “When was a moment during summer vacation that you noticed God’s goodness in nature, in another person, or in your own life?”

2. Scripture Proclamation

Invite families to listen for a word or phrase that stands out as the Scripture is read.

Read: Genesis 1:1-31 & 2:1-3

or use: [The Good Gift Scripture Proclamation Slides](#)

Invite time for brief sharing.

3. Joyful Proclamation & Witness

Proclaim: “In our Scriptures today, we hear that everything God created comes from his goodness and love, and that human life is a special gift because we are created by God and for relationship with him.”

Witness: Give a short personal testimony.

(*Prompt:* Remember, there have been times in my life when I was so busy or focused on problems that I forgot to notice God’s gifts. But when I stopped and paid attention—to my family, a friendship, a sunset, or even an ordinary day—I was reminded that everything I have is a gift from God. It helped me become more grateful and more aware of his presence in my life.)



STEP 3: EXPLANATION - HELPING THE PLANT GROW

1. Guided Explanation

Return to the Curiosity Sparker:
See *Curiosity Sparker Reveal* p.3

Diving Deeper

Discuss: **Y4K** & **Y** questions for Profession of Faith Pillar and Prayer Pillar, see *YOUCAT Pillars* p.4

Pray: Use C.H.A.T. Prayer, see *Prayer Experience* p.5

2. Family Reflection

Ask: “What gift from God are you most thankful for today? How do you think God is inviting your family to receive and care for his gifts?” Invite families to share.

Show “[What do Catholics believe about creation?](#)” video.

3. Saint Highlight: St. Francis of Assisi

“St. Francis of Assisi loved God so deeply that he saw all of creation as a gift from him. He praised God for the sun, the moon, animals, plants, and every person he met. St. Francis treated all of creation with gratitude and care, reminding others that everything we have comes from God’s loving hand.”

“St. Francis teaches us to recognize creation as a gift from God and to respond with gratitude, wonder, and care. His example reminds us that when we appreciate and care for God’s gifts, we grow closer to the Creator who made them.”

“St. Francis is the patron saint of animals, ecology, and all of creation. His Feast Day is October 4.”

Praise

Sing together.



STEP 4: APPLICATION - GROWING ROOTS

1. Family Discussion

Ask: “Our world often encourages us to want more and compare ourselves to others. How does remembering that everything is a gift from God change the way we live? What is one way your family can show gratitude for God’s gifts through the choices you make?” Invite families to share.

2. Practical Challenge & Mission Action

“Until next time, choose ONE way to thank God for his gifts as a family, for example: pray a daily ‘Thank you, God’ together, spend time outdoors noticing God’s creation, care for creation by

reducing waste or cleaning up an outdoor space, or perform an act of kindness to honor the dignity of someone created in God’s image.”

3. Creative Response

See directions for activity options on *Creative Response* p.6

- 1 - Creation Wheel
- 2 - Creation Snack
- 3 - Family Planting Activity

(Find more **Y4K & Y** and Family Activity resources on *Creative Response* p.6)



STEP 5: CELEBRATION - BLOSSOMS AND FRUITFULNESS

1. Mission Sending

“Remember: You are a gift from God, created out of love and for a relationship with him. Take time this week to notice his gifts and thank him for them and share his goodness with others.”

Provide families with a copy of the *Family Handout*.

2. Gratitude & Sharing

Invite families to share one thing, one blessing they are thankful for today, or one way they have experienced God drawing them closer to him.

Say simple kerygma together: “Jesus Christ loves you...”

3. Closing: Pray & Praise

Pray: Together pray “Glory be to the Father...”

Say: “Let us go and see Jesus in everyone we meet this week.”

All respond: “Thanks be to God!”

Praise: Sing together.





RETURN TO THE CURIOSITY SPARKER: BRING ATTENTION BACK TO THE DISPLAY

Gift Box Reveal

“Let’s come back to what we saw at the beginning—the gift box.”

Ask: “What do you think, shall we open it and see what’s inside?” *Hold up or point to the gift box.*

Ask: “What usually makes a gift special?” *Invite responses (e.g.: someone chose it, gave it with love, it means something to us...).*

Heart Example: *Reach in and take out the heart and hold it up.*

Ask: “Why do you think there was a heart inside the gift box?” *Invite responses.*

Explain: “The heart reminds us that creation began with love. God did not create the world by accident or because He had to. He created because he is love. Everything we have—life, creation, people, our families, and even we ourselves—comes from God’s love and goodness.”

Plant/Seed Example: *Reach in and take out the plant, flower, or seeds.*

Ask: “What does a seed need in order to grow?” *Invite responses (e.g.: water, sunlight, care, soil...).*

Ask: “Can a seed grow if no one cares for it?” *Invite responses.*

Explain: “God created the earth full of life, beauty, and growth. Plants, animals, oceans, stars, and all creation are gifts from him. Just like a seed needs care to grow, God also asks us to care for creation and for one another. Creation is not something we simply use—it is a gift entrusted to us.”

Family Photo Example: *Reach in and take out the family photo or image of people together.*

Ask: “What makes people more important than objects or things?” *Invite responses.*

Explain: “In the story of creation, God calls all creation ‘good.’ But after creating human beings, he says something different—he calls them ‘very good.’ Why? Because human beings are created in God’s image and likeness. God created us to know him, love him, serve him and live in relationship with him forever. Every person has dignity and value because every person is created by God and loved by him.”

Mirror Example: *Reach in and take out the mirror, hold it up.*

Ask: “What do you see when you look in a mirror?” *Invite responses.*

Ask: “What if God sees something more when he looks at us?” *Invite responses.*

Explain: “When we look in a mirror, we usually notice our outside appearance. But God sees much more. He sees someone created in his image, loved deeply, and made with purpose. Sometimes we forget that life itself is a gift. We may focus on what we do not have or compare ourselves to others. But from the very beginning, God created each person with goodness, dignity, and love.”

Wrap-Up: “When we look at these things together—the heart, the seed, the family photo, and the mirror—we discover that creation is not random or meaningless. Everything God creates is good, and each of us is a special part of his gift.”



DIVING DEEPER

Present **Y4K** & **Y** questions for Profession of Faith Pillar & Prayer Pillar for family discussion.

Profession of Faith Pillar:

Faith Focus 1: Created on Purpose

Give **Y** and **Y4K** questions for families to read and discuss.

Y 1 For what purpose are we here on earth?

Y 2 Why did God create us?

Y4K 2 Why do I exist?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“What difference does it make to know that God created you out of love and for a relationship with him and one another?”

Faith Focus 2: Seeing the Creator Through Creation

Give **Y** and **Y4K** questions for families to read and discuss.

Y 4 Can we know the existence of God by our reason?

Y4K 3 How do we know that God exists?

Y 44 Who created the world?

Y4K 1 Where does the world and everything that is come from?

Y4K 16 How did the world come into being?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“Where do you notice signs of God’s presence in the world around you and how might you respond?”

Prayer Pillar:

Give **Y** and **Y4K** questions for families to read and discuss.

Y 469 What is prayer?

Y4K 139 What is prayer?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following question: “From what you learned today, what is prayer to you and how might you pray?”

Move into C.H.A.T. Prayer, see **Prayer Experience** p.5



C.H.A.T. PRAYER

C.H.A.T. is a simple and easy way for families to pray together. Through **Confession, Honor, Ask, and Thanks**, we learn to speak honestly with God and grow in our relationship with him.

Invite families to gather together at their tables.

Chatting with God

Introduce: “Prayer is not about using perfect words or saying the right thing. Prayer is simply spending time with God and building a relationship with him. Just like we talk and listen to the people we love, we can talk and listen to God. One easy way to remember how to pray is using the word C.H.A.T. because prayer is like having a chat with God.”

C – Confession

Confession is when we tell God we are sorry for the ways we have hurt others, hurt ourselves, or hurt him.

Explain: “Sometimes we make mistakes or choose things that are not loving. Just as we say sorry when we hurt someone we care about, we can also tell God we are sorry and ask for his help to do better.”

Invite families to quietly pray in their hearts:

“God, I am sorry for...”

H – Honor

Honor means praising God for who he is and remembering his love and goodness.

Explain: “When we pray, we are speaking to the God who created us and loves us. Just like we say kind and loving things to people we care about, we can also tell God what we know is true about him.”

Invite families to offer short honor prayers in their hearts:

“God, you are loving.”

“God, you are good.”

“God, you are patient.”

“God, you are always with us.”

A – Ask

Ask is when we bring our needs, worries, hopes, and prayers to God.

Explain: “God wants us to come to him with everything—not only the big things, but also the small things in daily life. Just like children trust a loving parent enough to ask for help, we can trust God with what is on our hearts.”

Invite families to pray quietly in their hearts:

“God, please help me with...”

“God, please guide me with...”

“God, please take care of...”

T – Thanks

Thanks is when we thank God for the gifts and blessings he has given us, our families, and all people.

Explain: “There is always something to thank God for—our family, creation, friendship, food, laughter, love, and even small moments of joy. Gratitude helps us notice how present God is in our lives.”

Invite families to share with one another:

“Thank you, God, for...”

Conclude: “God created us because he loves us and wants a relationship with us. Through prayer, we learn to know him better and grow closer to him each day. As we finish our prayer, we can simply tell God: ‘Thank you for creating me. I love you. Amen.’”

“By slowing down and praying through **C.H.A.T.**, we remember that prayer is not about perfect words—it is about building a relationship with God, who loves us and always listens to us.”

(Adapted from : <https://ministriespark.com/creative-ideas-teaching-kids-prayer/>)



FAMILY ACTIVITY SUGGESTIONS

Creation Wheel

What You'll Need: Paper plate, crayons or markers, or paints, scissors.

Instructions: Choose a day of creation and create a picture of that day.

On day one, God created the light and separated it from the darkness, calling them Day and Night;

On day two, God created the expanse of the sky, separating the waters on earth from the waters above;

On day three, God separated the sea and the land, and caused vegetation to grow on the land;

On day four, God created the sun, moon, and the stars;

On day five, God created living creatures to inhabit the air and in the sea; and

On day six, God created living creatures on the land, and man.

On day seven, God rested and blessed all he had created.

Creation Snack

What You'll Need: Pretzel sticks, colored M&M candies.

Instructions: Pretzel sticks as stems of flowers for trunks of trees.

Green M&Ms as leaves. Red and other colored M&Ms to symbolize fruit.

You could even build a landscape, using the pretzel sticks as the fertile land from which the plants emerge.

Green M&Ms can be grass.

Add a pond or stream with blue M&Ms.

Be creative!

Family Planting Activity

What You'll Need: Small pot or cup, soil, seeds (bean or sunflower work well), craft sticks, markers, water.

Instructions: Fill your pot with soil, leaving about 2 cm from the top.

Plant 2–3 seeds just below the surface and cover gently.

Water lightly — just enough to moisten the soil.

Decorate a craft stick with your family name or a short prayer and place it in the pot.

Take your plant home and watch it grow!

Care for it as a reminder of God's gift of creation.

Supplemental Resources:

YOUCAT: [Y4K The Creation of the World](#) & [Y Study Guide: What do we know about God?](#)

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CORE REFERENCES	Y4K 1-3, 16, 139 & Y 1-2, 4, 44, 469
FOR PARENTS	CCC Paragraphs 1-3, 27-43, 290-292, 316, 358, 2558-2565

CREATION AND LIFE

Everything begins with God. Out of his love and goodness, he created the world and everything in it with purpose. From the beauty of creation to the gift of our families and our own lives, everything we have comes from his loving hand. Most importantly, God created each of us out of love and for a relationship with him. We are his beloved children, invited to know him, love him, and walk with him each day. Like St. Francis of Assisi, we are invited to see creation with wonder and gratitude, recognizing every good gift as a sign of God's love.

When we take time to notice God's gifts, our hearts naturally respond with gratitude and praise. Through prayer, we grow closer to the God who created us and continues to care for us each day. As we learn to see ourselves, others, and all of creation as his gifts, we are called to care for them and share his love with those around us.

Family Prayer: Loving Father, thank you for the gift of creation and for the gift of our lives. Help us to recognize your love in the world around us, care for all that you have made, and grow closer to you each day. Amen.

MISSION ACTION

Until next time, choose ONE way to thank God as a family for his goodness and his gifts:

- Pray a daily "Thank you, God" together.
- Spend time outdoors noticing God's creation.
- Care for creation by reducing waste or cleaning up an outdoor space.
- Perform an act of kindness to honor the dignity of someone created in God's image.



Have you ever noticed the small red candle glowing near the tabernacle at church?

That little light is doing something amazing — it's keeping watch!

The candle burns to remind us that Jesus is truly present in the Eucharist, resting in the tabernacle.

It's like the church's way of whispering, "Jesus is here... come close."

