

SCRIPTURE FOCUS

Psalm 148:3-5, Genesis 2:4-8, & Acts 17:24-28

CORE REFERENCES

Y4K 15, 20-21, 144 & **Y** 42-43, 45, 47-55, 505

FOR PARENTS & ADULTS

CCC Paragraphs 279-324, 325-354, 1023-1037, 2725-2758



STEP 1: PREPARATION - ATTENDING TO THE SOIL

1. Welcome!

2. Wonder

Curiosity Sparker: Different colored paper or cardstock in a variety of colors.

Display the question: *How were we created?*

3. Proclaim

Read: Psalm 148:3-5 – “Praise him, sun and moon; praise him, all you shining stars! Praise him, you highest heavens, and you waters above the heavens! Let them praise the name of the Lord, for he commanded and they were created.” (or use [Proclaim Slide](#))

Pray & Praise

Pray together: The Our Father and the Apostles’ Creed

Sing together: “Holy God, We Praise Thy Name” CBW III #555



STEP 2: PROCLAMATION - PLANTING THE SEED

1. Recap

Ask: “Since our last session, when did you experience the Father’s love, Jesus walking beside you, or the Holy Spirit’s guidance in prayer or in your daily life?”

2. Scripture Proclamation

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

Read: Genesis 2:4-8 & Acts 17:24-28
or use: [Creator of Heaven and Earth Scripture Proclamation Slides](#)

Invite time for brief sharing.

3. Joyful Proclamation & Witness

Proclaim: “In today’s Scriptures, we hear that God lovingly formed humanity and breathed life into us. He is the Creator of everything that exists, and we continue to live each day through his loving care. God did not simply create the world and leave it behind—he remains close to us, sustaining us in every moment.”

Witness: Give a short personal testimony.

(Prompt: Remember, a time when you were carrying a lot of worry and trying to solve everything on my own. Looking back, you can see how God quietly provided exactly what you needed—through the people he placed in your life, things that happened, or the inner strength to keep going. Since then, you’ve tried to notice God’s presence in the ordinary moments of life because you’ve learnt that the Creator who made you is also the Father who sustains you and everything around you, every moment of every day.)



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 *YOU CAT Pillars* p.4

Pray: Use God’s Heavenly Helpers prayer, see *Prayer Experience* p.5

2. Family Reflection

Ask: “How does knowing that God created you with love and purpose change the way you see yourself? When have you experienced God providing for you or your family recently?”
Invite families to share.

Show “[Is there really a God?](#)” video.

3. Saint Highlight: St. Kateri Tekakwitha

“St. Kateri Tekakwitha is a Canadian saint! St. Kateri grew up surrounded by forests, rivers, and wildlife. She saw the beauty of the world as a gift from God and often spent time walking in nature, praying and making small wooden crosses from tree branches to remind herself of God’s love. Even though she experienced great suffering and illness, Kateri trusted God as her

loving Father and found peace and strength through prayer. She cared deeply for God’s creation because she knew it reflected his love.”

“St. Kateri teaches us to see God’s love in the beauty of creation. The Father who created the world also continues to guide and care for us each day.”

“St. Kateri is the Patron Saint of ecology, the environment, and indigenous peoples. Her Feast Day is July 14.”

Praise

Sing together.



STEP 4: APPLICATION - GROWING ROOTS

1. Family Discussion

Ask: “What helps your family remember that God is always with you in the ordinary moments of life? How can your family show gratitude for God’s gifts through the choices you make each day?”
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: at supper each day, have each family member share one way they noticed God’s care or blessings that day; take five minutes of quiet together daily to notice God’s presence and reflect on the truth that the Father who created you also continues

to love, guide, and sustain you every day; practice seeing others as God’s creation—intentionally show kindness, patience, or encouragement.”

3. Creative Response

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

- 1 - Sharing God’s Love Card
- 2 - God’s Hidden Blessings Hunt
- 3 - God’s Providence Charades

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



STEP 5: CELEBRATION - BLOSSOMS AND FRUITFULNESS

1. Mission Sending

“Remember: The Father who created you with love continues to watch over you, provide for you, and sustain you each day. This week, look for signs of his loving care in your family, in the kindness of others, in creation, and in the ordinary moments of life.”

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, a moment this week when they recognized God’s loving care or experienced his presence in their daily lives.

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

Coloured Paper Reveal

Catechist Note: Before the session, prepare two handmade cards:

Card 1: A thoughtful, well-made card with a creation or nature theme and a message of God's love inside.

Card 2: A plain piece of paper folded quickly and unevenly with a coffee cup stain and a short, messy handwritten message to illustrate something made without care or intention.

Draw attention to the coloured paper in the Curiosity Sparker display.

“At the beginning of our session, this paper looked simple and ordinary. By itself, it didn't seem very special, but it had the potential to become something beautiful.”

Now hold up Card 1, the thoughtful and well-made card.

“Now, look at this! Look at what this paper has become. What's the difference?—Well, someone thought about the paper, imagined what they could do with it, carefully designed a card, and created it with love for someone else.”

“Why would someone spend time making a card like this instead of simply giving someone a blank piece of paper?”

Invite a few responses.

“Usually, we make something like this because we care about someone. We want them to know they are loved and remembered, and we want to encourage them and bring them joy. Love inspires us to create something meaningful.”

“This helps us understand something about God. We can take something simple and make it into something beautiful, but God does something far greater. He created the whole universe—not from stuff he already had, but out of nothing! Everything that exists came into being because God freely chose to create it out of love.”

Now hold up Card 2.

“Now look at this card! Does it show the same care,

purpose, and intention? Which one would you rather receive and why?”

Invite a few responses.

“When someone creates with care, the result reflects thought, order, and purpose. In a similar way, creation is not random or meaningless. It is ordered, purposeful, and good, reflecting God's wisdom, love, and care. We are here because God is love and he wants to share that love, so he chose to create us—each and every one of us. Every person has dignity, purpose, and a place in His loving plan.”

Hold up Card 1 again.

“Could this card have made itself?”

Invite responses.

“Of course not. It needed someone to create it. In the same way, the world could not create itself. Science helps us understand how the universe and life have developed—even describing theories such as the Big Bang and evolution. These discoveries do not contradict our faith because science and faith answer different kinds of questions.”

“Science helps us understand *how* creation develops, but it cannot answer *why* anything exists at all, or why the universe is ordered, or what is the ultimate source of everything.”

“As Catholics, we believe that God is the Creator—the source behind all that exists. The world is not the product of chance but of God's wisdom, purpose, and love.”

Conclude: “God's work didn't end when he created the world. Just as someone who makes a special card continues to care about the person who receives it, God the Father continues to care for His creation.”

“The Father who created us and everything around us out of nothing with wisdom, purpose, and love is the same Father who continues to lovingly sustain all that he has made—including you and me! He provides for our needs and holds each of us in existence every moment of every day. And that's good news!”



DIVING DEEPER

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

Profession of Faith Pillar:

Faith Focus 1: Created by God with Love and Purpose

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

Y 42 Can someone accept the theory of evolution and still believe in the Creator?

Y 43 Is the world a product of chance?

Y4K 15 What can God do? How powerful is he?

Y 45 Do natural laws and natural systems come from God also?

Y 48 Why did God create the world?

After families had time to read and discuss the YOU CAT 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?”

“How does knowing that God created everything with love and purpose—that we are not here just by accident—change the way you see yourself and the world around you?”

Faith Focus 2: God Continues to Guide and Care for Us

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

Y 47 Why did God rest on the seventh day?

Y 49 Does God guide the world and my life?

Y4K 21 Does God direct my life?

Y 50 What role does man play in God’s providence?

Y4K 20 Does God still care about us and the world?

Y 51 If God is all-knowing and all-powerful, why does he not prevent evil?

Y 52 What is heaven?

Y 53 What is hell?

Y 54 What are angels?

Y 55 Can we interact with angels?

After families had time to read and discuss the YOU CAT 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 do these questions teach us about God’s love and care, even when life is difficult?”

Prayer Pillar:

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

Y 505 Why is prayer sometimes a struggle? **Y4K 144** Do I have to pray even when I don’t feel like it?

After families had time to read and discuss the YOU CAT questions, invite sharing with the large group reflection on the following question: “From what you learned today, what helps you keep talking to God, even when it feels difficult or when you don’t feel like praying?”

*Move into God’s Heavenly Helpers prayer, see **Prayer Experience** p.5.*



GOD'S HEAVENLY HELPERS

This prayer experience helps families reflect on God's loving providence through the gift of guardian angels.

Invite families to gather together at their tables.

God's Heavenly Helpers: The Guardian Angels

Preparation: At each family table, place: A small basket or bowl, small slips of paper, pens or pencils and one Parent's Blessing Prayer (See **Family Handout** p.8 below) and one [Guardian Angel Prayer Card](#) for each family member.

(Optional) Place a battery-operated candle at the center of each table and dim the lights in the room to create a prayerful atmosphere.

"Today we are discovering that the same loving Father who created each one of us continues to care for us every moment of every day."

"One beautiful way God shows his loving care is by giving each of us a guardian angel. From the very beginning of our lives, God entrusts each person a guardian angel whose only mission is to protect us, guide us toward what is good, pray for us, and help us grow closer to Jesus."

"Pope Benedict XVI once beautifully described a guardian angel as 'the personal thought with which God is turned toward me.'"

"Imagine that for a moment. God knows you personally. he loves you completely. He never stops thinking about you or caring for you, and through your guardian angel he reminds you that you are never alone."

"Today, we are going to ask our guardian angels to pray not only for ourselves but also for someone else in our family."

Family Prayer Mission

Invite each family member to write their first name on one slip of paper. Fold the paper and place all the names into the family bowl and mix it up. Invite each person to draw one name. If someone draws their own name, simply place it back and draw again.

"Keep your person's name a secret. Throughout this week, ask your guardian angel to pray together with the guardian angel of the person whose name you drew."

"Pray that God will bless them, protect them, guide them, and help them grow closer to Jesus. Then, look for quiet ways to be God's instrument of love through kindness, encouragement or service. Just as God cares for us through his angels, he also invites us to care for one another."

A Parent's Blessing Prayer

"Parents, please turn toward your children and gently place a hand on each child's shoulder or hold their hands. Please use the 'Parent's Blessing Prayer' provided to pray with each of your children up to the blessing of the child. We'll all pray the Guardian Angel Prayer all together at the end. Before we pray, let us take a few quiet moments to remember that God is with us and His holy angels surround us." *Pause for several seconds.*

"Parents, you may begin."

Parents pray with each of their children: "Heavenly Father, thank you for creating [child's name] with love and purpose. Thank you for giving [him/her] a guardian angel to watch over and guide [him/her] each day."

"May [his/her] guardian angel protect [him/her], lead [him/her] closer to Jesus, and help [him/her] always follow Your will."

Parents may trace the Sign of the Cross on their child's forehead.

"May Almighty God bless you, [child's name] in the name of the Father, and the Son, and the Holy Spirit. Amen."

Guardian Angel Prayer

When the families have finished the blessing, conclude:

"Together, let us thank God for the gift of our guardian angels and ask for their continued guidance. Let's pray together using your prayer cards: 'Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.'"



FAMILY ACTIVITY SUGGESTIONS

Sharing God's Love Card

What You'll Need: Colored paper, cardstock or construction paper; markers, crayons, pencil crayons, or paint; stickers or decorative supplies; glue; and scissors.

Instructions: Invite each family to create a greeting card featuring a creation theme (sunset, stars, flowers, mountains, trees, etc.). Inside the card, write or draw a message of encouragement or love for someone special. Encourage families to give the card to a family member, friend, neighbor, or someone who may need to be reminded of God's love this week.

God's Hidden Blessings Hunt

What You'll Need: One set of 12 printable God's Blessings Hunt picture cards (see *Family Activities* link below). Cut the cards apart and hide them around the room before the session.

Instructions: Before families arrive, hide the 12 blessing cards throughout the room. Invite each family to work together to find all twelve blessings. As each blessing is found, encourage families to read the message and discover how that gift reminds them of God's loving care. Once everyone has finished, gather the families together and ask which blessing surprised them the most and which blessing they are most thankful for today.

God's Providence Charades

What You'll Need: One set of printable God's Providence Charades cards (see *Family Activities* link below). Cut the cards apart and place them in a small basket or container.

Instructions: Place the charade cards in a basket. Invite one family at a time to draw a card and silently act out the situation while everyone else guesses. Before each round, to help guide the guessing, announce the theme of the charade, for example: "Through Family", "Through Others", "Through Prayer", or "Through God's Creation." After each charade, ask: "How is God caring for people in this situation?"

Conclude by reminding families that God often provides for us through ordinary people, everyday moments, prayer, and the gifts of creation.

Supplemental Resources:

YOUCAT: [Y4K God Made Me](#) & [Y Study Guide](#) "How is God calling?"

Family Activities: [Creator of Heaven and Earth Creative Response Family Activities](#)
[Guardian Angel Prayer Card](#)

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CORE REFERENCES Y4K 15, 20–21, 144 & Y 42–43, 45, 47–55, 505
FOR PARENTS CCC Paragraphs 279–324, 325–354, 1023–1037, 2725–2758

GOD THE FATHER

In this session, families discovered that God the Father freely created the heavens, the earth, and every person out of love. Creation is not the result of chance but reveals God's wisdom, goodness, and purpose. We also learned that faith and science work together—science helps us understand how creation develops, while faith helps us understand why it exists and who created it.

God continues to guide, sustain, and care for all creation through his loving providence, inviting us to trust him each day. Like St. Kateri Tekakwitha, who recognized God's presence in the beauty of creation and remained faithful to him through every challenge, we are called to care for God's gifts and share his love with others. As children of God, we are more than spectators of his creation—we are invited to cooperate with him. Through our prayers, our choices, and our acts of love, we become instruments of God's care, helping to bring His goodness, peace, and hope into the lives of others.

Family Prayer: Heavenly Father, thank you for creating our family with love and purpose. Help us to recognize your loving care in the beauty of creation, in the kindness of others, and in the ordinary moments of each day. Give us hearts that trust in your providence, care for the gifts you have given us, and joyfully share your love with everyone we meet. Amen.

MISSION ACTION

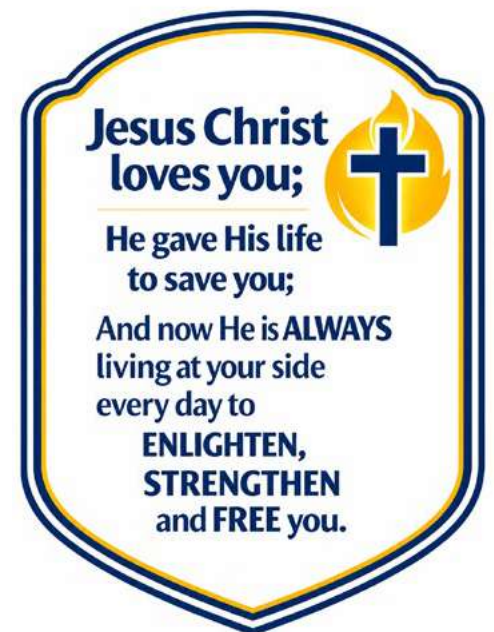
Until next time, choose ONE way as a family to recognize God's loving care for his children:

- At supper each day, have each family member share one way they noticed God's care or blessings that day.
- Take five minutes of quiet together daily to notice God's presence and reflect on the truth that the Father who created you also continues to love, guide, and sustain you every day.
- Practice seeing others as God's creation—intentionally show kindness, patience, or encouragement.
- Parents may bless their children each day, and pray the Guardian Angel Prayer together as a family.



Guardian Angels are real! Each person has their own unique angel assigned specifically to them to help them get to heaven. "Beside each believer stands an angel as protector and shepherd leading him to life." (Catechism of the Catholic Church, paragraph 336)

Your guardian angel never sleeps and is constantly praying for you, even when you forget to pray.



A Parent's Blessing

God's Heavenly Helpers: The Guardian Angels

Heavenly Father, thank you for creating
[*your child's name*] with love and purpose.

Thank you for giving him/her a guardian angel
to watch over and guide him/her each day.

May his/her guardian angel protect him/her,
lead him/her closer to Jesus,
and help him/her always follow Your will.

May Almighty God bless you, [*name*],
in the name of the Father, and the Son,
and the Holy Spirit. Amen.

(Parents may trace the Sign of the Cross on their child's forehead.)

Let us thank God for the gift of our guardian angels
and ask for their continued guidance, as we pray:

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.

Amen.