

ALL ABOUT ME AND GOD

Aim

To explore who God is and who we are.

Resources

Leaders

- Break Open the Word
- Catholic Youth Bible
- Prayer cloth, cross, candle – set up a prayer space

Child

- Activity Book (page 3-4)

Preparation for Catechist

Spend some time in prayer for the session and for the child.

In what ways do you experience God's love in your life?

Think of your own stories and be ready to share these.

Background for Catechist

This session will explore how the child sees God in their life. The session will also explore God's love for us.



Exploring

What brings you here?

God loves us - each of us is uniquely gifted and talented.

Where do you see God's love in your life?

We can experience God's love in the love we receive from our parents, families, in nature and in the world around us.

What is God's plan for us?

Scripture

Explain that God loves each of us and knows each of us by name.

Below are several scripture references showing God's love for us:



[Psalm 86:15](#)

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.



[Isaiah 43:1](#)

I have called you by name, you are mine.



[Isaiah 43:15](#)

For I, the LORD your God, hold your right hand; it is I who say to you, "Do not fear, I will help you."



[Romans 8:38-39](#)

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.



[John 3:16](#)

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Activity Book

All about Me and God

Instructions for the task in the Activity Book

1. In your Activity Book (page 3-4), there is a space to describe yourself through words, drawings or a photo. I am....
2. Along the timeline, mark major events in your life.
3. Pick one of the events in your life and write a message to God about your memories of this time.

Think about times when God is waiting for you.

God is love. Put the people on the timeline who show God is love to us.



Living it out in the everyday

Activity Book

Ask someone in your family to add some words to describe you.

Write this in your Activity Book (page 3) under *Living it out in the everyday*.



Scripture and Prayer

Scripture

Light a candle before reading the scripture and let the child know that we light a candle to remind us that Jesus is the light of the world.

Christians use scripture to get to know God more deeply and use God's word to lead them on their journey through life.

Ask the child to be still, close their eyes and listen closely to the words from scripture.



Psalm 139

O LORD, you have searched me and known me.
You know when I sit down and when I rise up;
you discern my thoughts from far away.
You search out my path and my lying down,
and are acquainted with all my ways.
Even before a word is on my tongue,
O LORD, you know it completely.
You hem me in, behind and before,
and lay your hand upon me.
Such knowledge is too wonderful for me;
it is so high that I cannot attain it.

Prayer



***Loving God,
You know all my ways and are always with me.
Help me to know you more each day.
We ask this prayer through your Son Jesus.
Amen.***