


UNIT ONE: I BELIEVE IN GOD THE FATHER

LESSON 1: We Were Made for God

CONTENTS OF LESSON:

1. In the beginning there was God, the Holy Trinity: the Father the Son and the Holy Spirit. There is only one God, but three persons. [CCC 253]
2. Each person is God, whole and complete. They are equal in glory and majesty. They work together in creation, in saving and making us holy. We cannot fully grasp who God is and so we speak of the 'Mystery of the Holy Trinity'. [CCC 237, 261-67, 292]
3. God created us out of love, to share his life with us. [CCC 293]
4. Human beings are the height of God's creation. All created things were made for them. [CCC 343, 358]
5. Human beings are different and unique in creation because
 - We were made in the image of God.
 - We are able to know and love God, since we have the freedom of choice.
 - We possess a body and a soul. The soul is the inner person, and is immortal. [CCC 356-57, 362-66]
6. We were made to know and love God, to do good according to his will and to live with him forever. [Youcat 1]
-  7. *We realize our own inner goodness and uniqueness and also help to affirm others. As we realize the great dignity given to us by God, we respond with thanks and praise.*

REFERENCES: Genesis Chapter 1; Psalm 139: 1-18.

MATERIALS NEEDED: Handouts, Bibles, cards for the affirmation exercise (Could be cut in the shape of a heart/ face.)

I. STARTER:

- You have come here as Confirmation candidates. That means you hope to be confirmed by God as members of his family the Church. But first we have to get to know the beliefs of this family and then accept them for ourselves.
- Where should we start to get to know all that the Church believes? In the movie 'The Sound of Music' the children of the family ask their governess to teach them how to sing. She wonders: How do I start? Then she says, "Let's start at the very beginning! With do-re-me" (musical notes.)
- What was there at the very beginning, before you or I or this world existed? Suppose this black board represents the time before creation. Would anyone like to draw something to show what there was at the very beginning? (Alternatively, students could draw on a sheet of blank paper and then show what they have drawn. Allow the students to share what they have drawn and explain.)

II. DEVELOPMENT:

1. (Draw a triangle on the blackboard, and bring out the following:)
 - In the beginning there was only God.
 - God is one, but three persons: We have come to know the three persons as the Father, the Son and the Holy Spirit.
 - Each person is God, whole and complete. So we can say that the Holy Spirit or Jesus is God, not part of God. They are equal in glory and majesty.
 - The three persons work together in creating us and in saving and making us holy. However, the Father gave Jesus the special mission to die for us and sent the Holy Spirit as a special gift to the Church to make us holy. At our Baptism, we became part of this 'family'.
 - It is impossible for us to understand everything about God, for we are only his creatures and he is far above us, so we talk about the 'Mystery of the Holy Trinity'.

2. What next? Where did we come from? Let's read about it in the Bible.

[Read Genesis Chapter 1. Different students read each 'day' of creation: v1-5; 6-8; 9-13; 14-19, 20-23; 24-31]

- Let's dig out what we can from the quotes from the Catechism. (CCC stands for the Catechism of the Catholic Church. It contains the faith of the Church that has come down to us through the centuries.) We will discover more about HOW, WHY, and FOR WHAT we were created.

[Give out the handouts. The students work in pairs and work out the answers to the questions with the help of the quotes. Go over the answers together. The students fill in any points they may have missed. NOTE: Inform them that there will be a written test based on the handouts, so to write accurately and keep the handouts safely.]

- WHO created the world? *[All the three Persons of the Holy Trinity together.]*
- WHY did God create? *[Out of love. To share himself with us.]*
- WHAT was the height of God's creation? *[Human beings.]* God's creation progressed to better and higher forms. At the end of each 'day', 'God saw that it was good'. After creating human beings, 'God saw that it was very good!'
- IN WHAT WAY are human beings different from other creatures?
 1. *We are made in the 'image of God'.*
 2. *We are able to know and love God.* This is because we have been given the freedom to choose. We don't act by instinct, but can decide how we will act.
 3. *We have a body and a soul.* Our soul is the innermost person. It is immortal. It does not die when the body dies.
- WHAT are we made FOR? *To know and love God, do good, and to live with him forever.*

III. INTERIORISATION/PRAAYER:

- Read Psalm 139:13-15. Reflect on all that we have just discovered about ourselves: Where we come from, how we were made, for what we were made... The great dignity God has given us in making us in his image. Write a prayer of thanks and praise to God for all he has done.

IV. ACTIVITY:

- God has made each of us in his own image. That means that deep down, we are good, beautiful. God also made each one different, unique. He made us different on purpose. He did not want any duplicates. Sometimes we compare ourselves to each other, or put ourselves down. We say, "I wish I was like so-and-so..." "I wish I was taller... or fairer... or had curly hair." Such thinking is an insult to our Creator and makes us unhappy too.
- Let's do the opposite today. Let's look at the good in ourselves and in each other and help one another to realize our goodness. We will tell each other what good we see in them, not only physical qualities, but also the beauty of the soul. E.g. 'You are always fun to be with.' 'You notice when others are upset.' 'You are full of energy' etc.

[Each student is given a 'ME-card' on which they write their names. The card is passed around in the group. As the students receive someone else's card they think about the person and write something they appreciate about them. When the person receives his/her card back, they add their own statements, acknowledging the good in themselves.]



HOME ASSIGNMENT: ⇨ Read the handout. ⇨ Ask your family to add some positive comments to your 'ME-card'. ⇨ Bring a picture of a father or mother with their child. (It could be a photograph of you with your parents.)