Prayer Before Meals
Bless us, O Lord, and these Your gifts which we are about to receive from Your bounty, through Christ our Lord. Amen.

Saint Francis of Assisi
Feast Day: October 4
St. Francis of Assisi knew that God created everything. St. Francis loved to be around animals and to be outdoors because God’s creation was so beautiful.
St. Francis showed his love for God by taking care of God’s creation. He also prayed often and helped poor people. St. Francis shows us how to love God above all else.
St. Francis of Assisi, pray for us!

Creation
“And God saw everything that he had made, and behold, it was very good.~ Genesis 1:31

Dear Parents,
God created the whole world and everything in it out of love. God did not have to create, but chose to in order to share His love with us. Everything that God created reflects His truth, beauty, and goodness. We can come to know something about God by what He has created. It is important for your child to begin to understand that every good thing we have comes from God. While some things in our world are “man-made,” God is the one who provided the raw materials and the persons who put them together. Only God can create something out of nothing. As your child begins to understand that everything good comes from God, he or she will come to understand that everything has a purpose. Knowing that God created us helps us to answer the important questions: “Where did I come from?” “Where am I going?” “How do I get there?” While we recognize that sin has entered the world, and that creation has been tainted by the effects of sin, we also know that Christ has overcome sin. We can be with God one day in Heaven, where there will be no more sin, suffering, illness, or death.

Please complete the activity below with your child and sign the bottom to acknowledge its completion.

Observing God’s Creation
Take a walk with your child and observe the many things that God created.
Discuss the purpose of the things you observe (for example):
- Apple Tree ~ Gives us food. Gives the birds a home.
- People ~ Love us. Help us. Protect us.
Say a prayer of thanksgiving to God for the many things He has given you.

Family Prayer
As a way of acknowledging that God has given us everything that is good, consider praying together as a family before each meal.

Parent Signature ________________________________
Taking Care of Creation

God created the world and everything in it.

God wants us to take good care of everything He created.

Circle the picture that shows taking care of God’s creation:

- Feeding a dog
- Teasing a dog
- Throwing trash on the ground
- Throwing trash in the garbage can
- Watering the flowers
- Running through the flowers

Being Thankful

We show love to God when we are thankful.

Circle the picture showing thanks to God:

- Praying before meals
- Pouting
- Thank you!
- Getting mad because you did not get the toy you wanted
- Saying “Thank You”
- Going to Mass
- Missing Mass to watch cartoons