# OCTOBER: I BELIEVE IN GOD, THE FATHER ALMIGHTY

**CLASSROOM SHEET**

**Opening Prayer:** Dear God, we thank you for the gift of faith you have given us. We believe that you are God our loving Father. Help our unbelief. Change our hearts to love you more. Amen.

**Note to teacher:** Young children typically do not struggle with belief in anything. They believe anything a trusted person tells them. As children age and reach middle school, they begin to test beliefs for themselves. They push limits and see how everything stands up. Our faith does stand, but many tweens/teens fall away because they are reprimanded for pushing limits or questioning, or they don’t find answers to their questions. Please make sure to encourage questions and find the answers – or ask me to find them! Be honest if you don’t know and let them know you are still learning too! Also, your experience of God is something no one can argue with. When in doubt, your experience of God proves his existence.

**Bible verses:** Heb. 11-1 Faith is the realization of what is hoped for, and evidence of things not seen.

John 6:47 Amen, amen, I say to you, whoever believes has eternal life.

2 Cor. 5:7 for we walk by faith, not by sight.

James 1:6 But he should ask in faith, not doubting, for the one who doubts is like a wave of the sea that is driven and tossed about by the wind.

John 20:29 Jesus said to him, “Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.”

**Information:**

* I believe
  + means to accept something as true, even if you haven’t seen it
  + does not mean that you will never question, but you should find answers to your questions
  + “Amen” means “I believe”
  + Faith is a gift from God that we respond to
  + We must have faith and believe in God to get to heaven
  + To believe in God means keeping his commandments
* Trinity
  + God is one in three persons: Father, Son, and Holy Spirit

**Discussion points (make it your own):**

* What other things do you believe in, even though you don’t see them?
  + Think of a fisherman. What does he do? He brings a bunch of equipment, travels to a lake, pond, river, or ocean, and throws a tiny hook into a huge amount of water. If you were in the bottom of a lake, would you even notice such a small thing in such a big place with all the fish swimming, weeds, algae, rocks, branches, mud, snakes, turtles, etc.? Have you ever tried to find a lost hook in a big lake? It’s almost impossible. He doesn’t even see anything, but he throws in his hook and believes that fish are there. Many times the fish bite, he pulls one in, and his belief has paid off with a nice big fish! But other times, the fish never bite, he never sees anything, and he thinks he may be foolish, but he still never gives up his faith. He continues to go and continues throw the hook in the water. And at the end of everything, no one laughs at him for his faith. But everyone realizes that sometimes you must have faith in things unseen to get the reward.
  + Think of gravity. Have you ever seen gravity? Do you jump off high places, or belly flop onto concrete? Do you see the effects of gravity though? Let’s try defying gravity. See how high you can jump! Why don’t you fly right now? Why don’t you climb a very high tree and jump down? Because you believe in gravity and don’t want to get hurt. If you jump down from a very high tree, you don’t break the law of gravity. You break yourself against the law of gravity and it’s very painful or deadly. God’s ways and laws are the same. You may think you are breaking God’s rules, but you are actually breaking yourself against them, and it is very harmful and deadly.
  + Think of sleep. Do you believe in sleep? You don’t even realize when you are asleep! Do you control yourself when you are asleep? You close your eyes every night and first of all, believe that you will fall asleep. Then you believe that in the morning, you will wake up again refreshed and joyful! Have you ever faltered in your belief in sleep? God is even more unchanging and reliable than sleep.
* How do we act on our faith in God?
  + obey the commandments
  + pray
  + go to Mass
  + etc. (make a list with the kids)
* Trinity
  + shamrock helps to show God is Father, Son, and Holy Spirit, but one God
  + 1+1+1 = 3 but 1x1x1=1 (it does make logical sense)
  + All three persons of God have always existed and always will

**Questions/Activities:**

**young:**

* Who can jump the highest? Do you understand that you believe in gravity?
* Let’s name all the things in the ocean that we can think of. Have you seen them? Do you still believe they are there?
* Help them begin memorizing the creed. Have them say “I believe” with gusto!
* What can we do to act on our faith? Make a list.
* Shamrock coloring sheet
* Hebrews 11:1 write out the verse sheet

**middle:**

* What example stands out to you most about faith?
* Have you ever not believed that God existed?
* Why do you believe God exists?
* What does God sound like to you? Look like?
* What can we do to act on our faith? Make a list.

**older:**

* What example stands out to you most about faith? Why?
* What questions do you have about your faith?
* Have you ever had your faith shaken or doubted? Why? Did you get your questions answered? (Write down any you can’t answer and give them to Kara to find the answers!)
* What does God sound like? Have you ever encountered him?
* What can we do to act on our faith? Make a list.

**Closing Prayer: Pray the Creed together.**