

1 Our Heavenly Father

“How precious is your mercy, O God!
The children of men take refuge in the
shadow of your wings.”

Psalm 36:7

Do you know Who God is? He is our Father in **Heaven**. He is great and holy. He loves you more than anyone else loves you.

God always wanted someone just like you to exist. So He made you. He gave you your hands and feet, your eyes and ears. God made you different from everyone else, because you are very special to Him.

God has also given you a **soul**. You cannot see your soul, but your soul is what gives you life. If you did not have a soul, you could not think. You could not laugh. You could not talk. Your soul is what allows you to do these things. Your soul gives you the power to do what is right and good. The soul is the part of you that never dies. It lives forever.

God our Father does not live only in Heaven. He is everywhere. He always sees you and watches over you.

He always knows what you are doing and what you are thinking about. If you are ever alone or afraid, you should remember that God is with you and that He is your friend.

God wants you to be His child and to live someday with Him in Heaven.

Q. 1 *Who made you?*

God made me (CCC 355, 371–73).

Q. 2 *Who is God?*

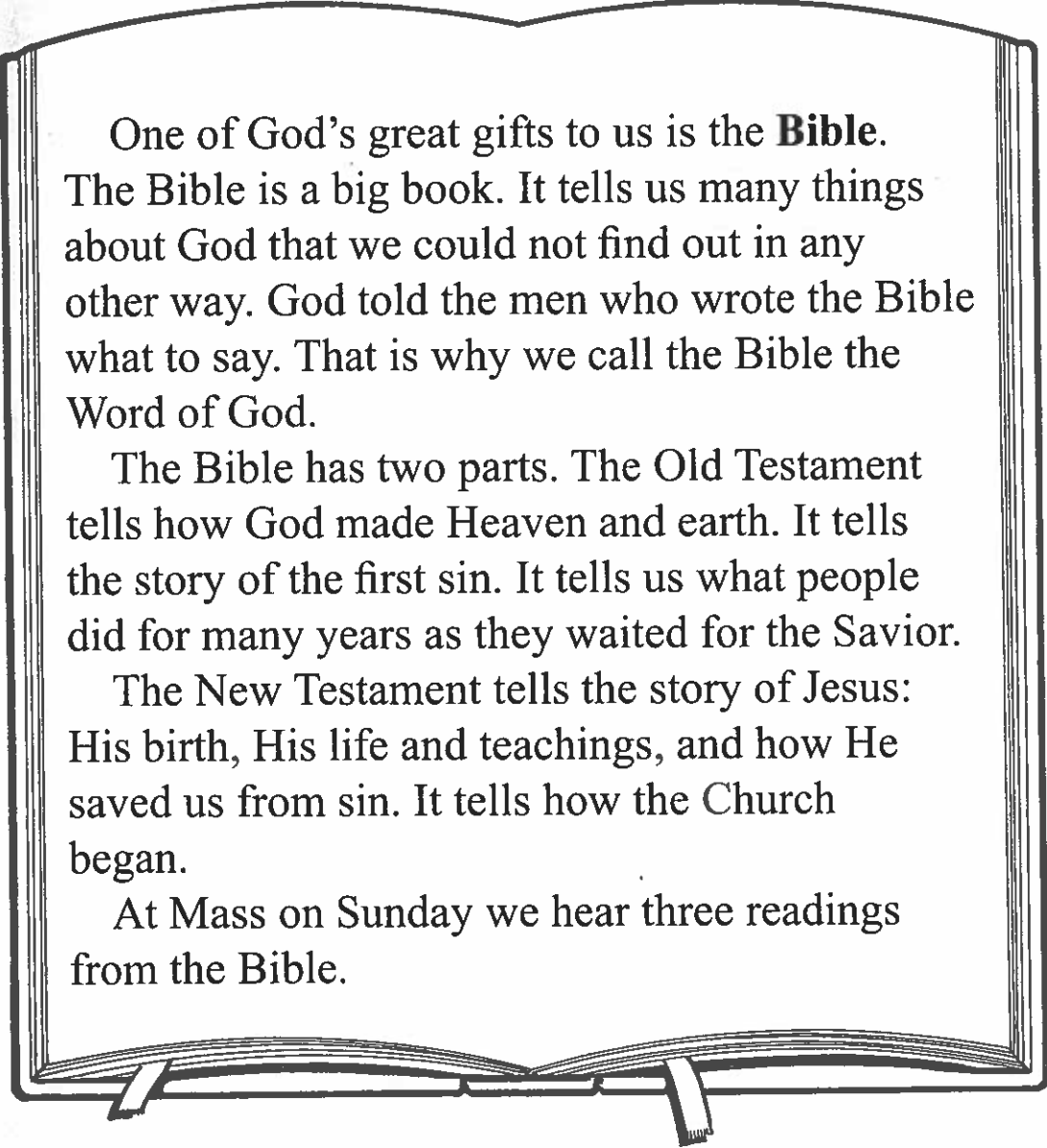
God is the all-perfect Being, Creator of Heaven and earth (CCC 41, 290–91).

Q. 3 *Where is God?*

God is in Heaven, in the Church, on earth, and everywhere (CCC 294, 303, 326, 773).

Q. 4 *Does God know everything?*

Yes, God knows everything, even our thoughts (CCC 299, 303–5).

An illustration of an open book with a decorative, arched top and a simple line drawing of the pages and spine. The text is centered within the book's frame.

One of God's great gifts to us is the **Bible**. The Bible is a big book. It tells us many things about God that we could not find out in any other way. God told the men who wrote the Bible what to say. That is why we call the Bible the Word of God.

The Bible has two parts. The Old Testament tells how God made Heaven and earth. It tells the story of the first sin. It tells us what people did for many years as they waited for the Savior.

The New Testament tells the story of Jesus: His birth, His life and teachings, and how He saved us from sin. It tells how the Church began.

At Mass on Sunday we hear three readings from the Bible.

Words to Know:

Heaven soul Bible

2 The Blessed Trinity

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”

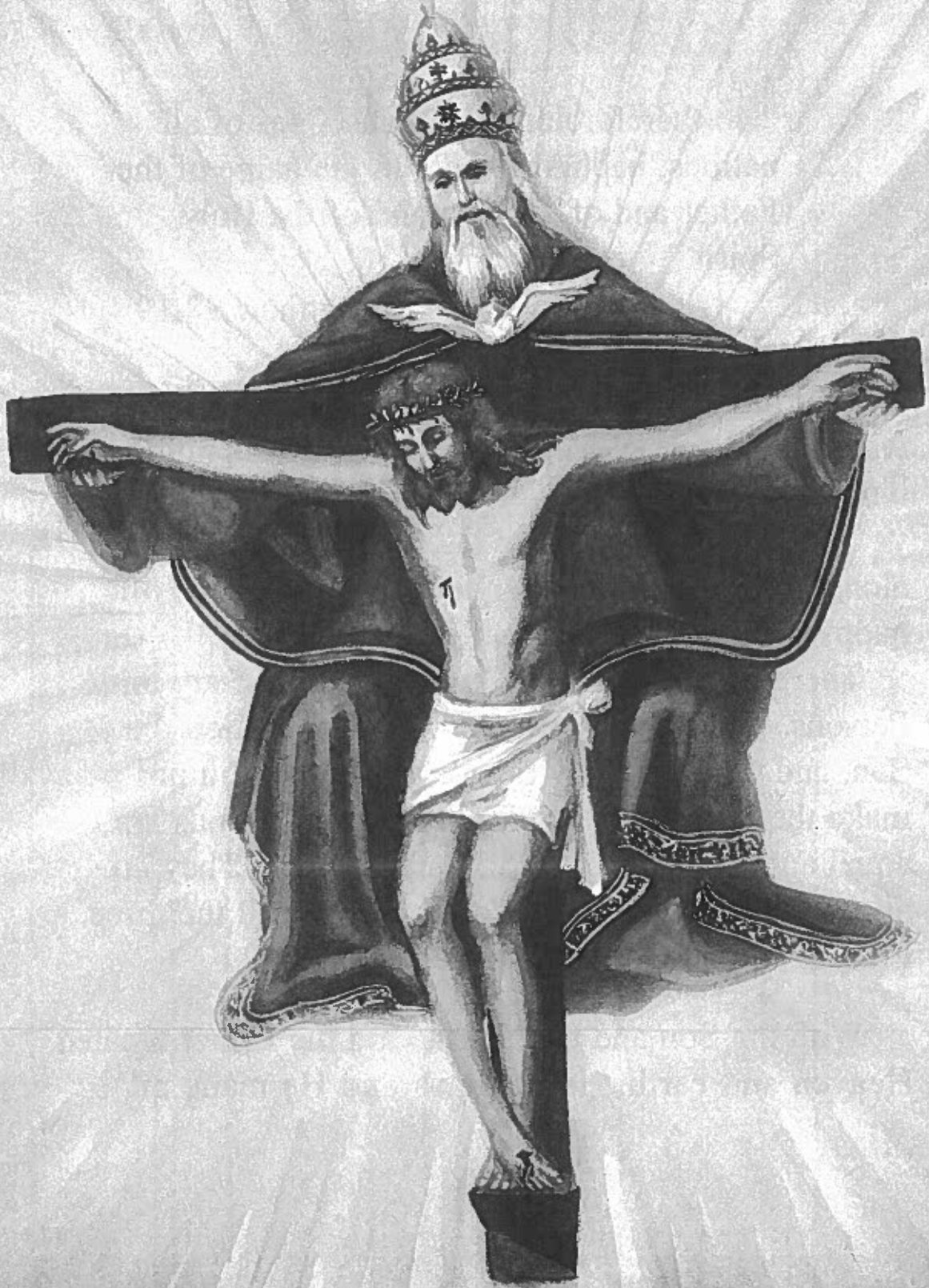
Matthew 28:19

God has always existed, even before there was a world, a sky, people, or animals. There was nothing but God.

You may wonder, was God unhappy to be all alone? God did not need other things to make Him happy. And He was not really alone.

There is only one God, but in God there are three Persons. Their names are God the Father, God the Son, and God the Holy Spirit. The Father did not make the Son and the Spirit. The three Persons are equal and always were. All three are God. They are all wise, all powerful, and all holy. We call the three Persons in one God the **Blessed Trinity**.

With the Son and the Spirit, God the Father created Heaven and earth. He made us and He made all



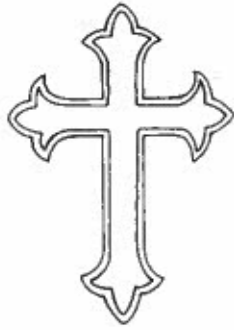
things for us. He is the First Person of the Blessed Trinity.

God the Son is the Second Person of the Blessed Trinity. He came down from Heaven to be our Savior, Jesus Christ. He taught us all about God and showed us how to love Him. Jesus died for us and rose from the dead.

The Third Person of the Blessed Trinity is God the Holy Spirit. He helps us to pray, to be good, and to love God. The Holy Spirit comes to live in our souls when we are baptized.

It is hard to understand how God can be both three and one at the same time. Even very smart people don't understand it. So we say that the Blessed Trinity is a mystery. A **mystery** is something God wants us to know about, even if it is hard to understand. And if we love God, we want to know about Him, too!

Whenever we begin our prayers we make the Sign of the Cross. Every time we make the Sign of the Cross we are showing that we believe in the Blessed Trinity and the saving love of Jesus.



“In the Name of the Father and of the Son and of the Holy Spirit. *Amen.*”

Q. 5 *Is there only one God?*

Yes, there is only one God (CCC 233).

Q. 6 *How many Persons are there in God?*

In God there are three Persons: the Father, the Son and the Holy Spirit (CCC 253).

Q. 7 *What do we call the three Persons in one God?*

We call the three Persons in one God the mystery of the Blessed Trinity (CCC 234).