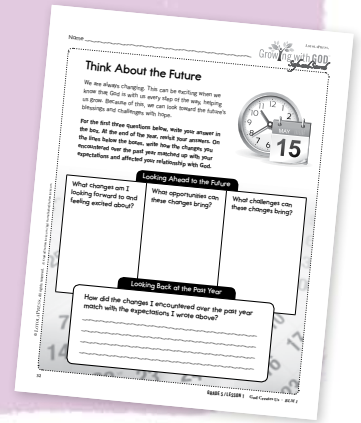


God Creates Us



Changes in Mind, Body, and Spirit

Invite your child to join you in looking at old photographs of him or her. Discuss some milestones in your child's life and reflect on his or her growth, then review the Think About the Future handout. Explain that God has a purpose for your child and will reveal it in his own time. Emphasize that God loves your child and that you do too.



Embracing Changes

Your child can embrace changes as opportunities to grow closer to God. During a quiet moment, tell your child that you are proud of how he or she is growing and becoming more of the person God intends him or her to be. Let your child know that you are always available to answer questions about the changes he or she is noticing.



Using Our Gifts to Show God's Love

Your child can use his or her gifts and characteristics to share God's love. At bedtime, affirm your child's unique, God-given gifts and strengths. Pray with your child, expressing gratitude for his or her gifts. Together, ask God to give your child the grace to use these gifts to reflect God's love toward others.



Name _____

Think About the Future

We are always changing. This can be exciting when we know that God is with us every step of the way, helping us grow. Because of this, we can look toward the future's blessings and challenges with hope.



For the first three questions below, write your answer in the box. At the end of the year, revisit your answers. On the lines below the boxes, write how the changes you encountered over the past year matched up with your expectations and affected your relationship with God.

Looking Ahead to the Future

<p>What changes am I looking forward to and feeling excited about?</p>	<p>What opportunities can these changes bring?</p>	<p>What challenges can these changes bring?</p>
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Looking Back at the Past Year

How did the changes I encountered over the past year match with the expectations I wrote above?
