

FAMILY FAITH

Chapter 2: Our Father in Heaven

God is our loving Father.

Chapter Summary

God is a Father to all of us. He created us out of love and cares for us as our Father. God is all-powerful and omniscient, which means that He knows everything. He knows our needs and our wants, and we can trust in His love and care for us. In Baptism, He gives us charity so that we can love like He loves. We have a loving relationship with our Father through prayer and praise of Him. Because He created us out of love and never ceases to love and care for us, we know Him as our Father who loves everyone.

More for Parents

Much of what we understand about God as our Father is through our relationship with our own fathers. A strong father figure will give a sense of security to children and will provide for them that foundational understanding that God is good, loving, and all-caring, as well as someone we can always trust. However, our fathers are not always perfect. Pray to Saint Joseph, who is a perfect model for fathers. He will help the spiritual leader of your home be a loving example of the love that God the Father has for His children.

Virtue in the Family

God wants us to grow in virtue because He wants us to become more like He created us to be. Prayer and the sacraments are the two ways in which we grow in virtue.

Nurturing Charity in Prayer

- Prayer activity
 - Use these questions to spend time reflecting on how your family can grow in the virtue of charity:
 - How does Christ teach us or show us charity?
 - How can I better live from charity today?
 - Conclude by asking God to increase charity in you (see Matthew 7:7–8).
- Fathers need spiritual guidance. Say a prayer before a statue of Saint Joseph. Light a vigil candle and ask Saint Joseph to lead your family to be a strong and virtuous Christian family.
- Fathers are the spiritual leaders in the home. Do some extra reading on fatherhood by Meg Meeker in her *Boys Should Be Boys: 7 Secrets to Raising Healthy Sons* (Ballantine Books, 2009) or *Strong Fathers, Strong Daughters: 10 Secrets Every Father Should Know* (Ignatius Press, 2018).

Vocabulary Words for Your Children to Review

- **God the Father**
- **prayer**
- **trust**

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For more family faith formation resources, go to the parent portal.