

FAMILY FAITH

Chapter 5: Made in God's Image

God created man and woman in His image and likeness.

Chapter Summary

Adam and Eve were the first man and first woman. God created man and woman unlike any other creature on earth. God created them in His image and likeness with a body and a human soul. Our bodies and souls together form our human nature. God created us to share in His love so that we are able to have a loving relationship with Him and one another. God created each of us as a gift, loved by God with a unique plan for our lives. As human persons, we have great dignity because we have been created in God's image to love and be loved by God and one another.

More for Parents

The holier and more charitable you are, the more you reflect God's presence and love in your home and family. As parents, it is imperative that you personally strive for holiness. This striving does not mean that you are always perfect, but it means that you ardently try to love like God loves and, when you fall short, you quickly turn back to God and ask for forgiveness. Not only will your example bring God's presence and love into your home, but it will also encourage your children's growth in holiness and virtue. Children naturally imitate their parents' mannerisms and phrases, but it is essential that they also imitate their virtue. By following your holy example, your children can become more perfect reflections of God.

Virtue in the Family

In Baptism, God gives us grace and virtue to become more perfect reflections of Him. Grace is God's gift of His life that He gives us because He wants us to be like Him (see 2 Peter 1:3–4).

Growing to Become More Perfect Reflections of God

- Spend time teaching your family that prayer is a process of being made holy by God:
 - Give each person something to write on and then gather together.
 - Read Matthew 5:48.
 - Ask God to show you examples in your life where you are not yet perfectly living with faith, hope, or charity. (Each person listens to God and writes down any examples.)
 - Conclude by having each person ask God for help with one specific thing He brought to mind. End with the Sign of the Cross.
- Explain that God made us with bodies and souls. We should be grateful for what God has given us and take care of them. Encourage your children to find ways to take care of their bodies, like brushing their teeth and exercising. Also, encourage them to find ways to take care of their souls, like practicing a virtue or giving God a little more time in prayer.

Vocabulary Words for Your Children to Review

- **body**
- **grace**
- **soul**

Find digital flash cards to help your children review on the parent portal.



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