**S1 Lesson 1: May 2020 Wonder and Mystery: Our Belief in God**

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The focus of this unit is for us to have a deeper understanding of things which are sacred. We must understand clearly what being ‘divine’ or being ‘sacred’ means. **Copy these important definitions:**

* **Divine:** We understand the word ‘divine’ to mean being God or coming from God.
* **Sacred:** We understand sacred to mean connected to God or something which is set apart for God.

Both of these terms are linked. Divine refers to what God is, and sacred things are those which are closely linked to God.

**God**

At the very core of the Catholic faith is the belief in God. Without the belief in God there is no belief in the rest of the Catholic faith. During Mass on Sunday, we say a prayer called the Nicene Creed. This is a prayer that allows us to remember and profess what we believe as a community each week.

**Task:**

Read the Nicene Creed and copy and complete the mind map, giving examples of the beliefs we state when we say this prayer at Mass together.





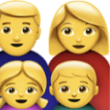
**Pray as you go task:**

It is important at the present time to ensure we reflect, pray and take care of ourselves and each other. One way is to connect to God and reflect is to practice the daily Examen prayer at the end of each day.

**Examen: How was my day?**

**1.**

At the end of your day, find yourself a comfortable place, and remind yourself that God is there with you.

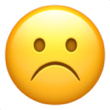
Now look back over your day. Where have you been today? At home? Outside?

What made you happy today? Did someone say or do something that made you feel good? Someone in your family, a friend, a teacher, or someone else?

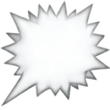
Did you say or do anything that made you feel good?

Was there something that you really enjoyed?

Whatever made you feel happy today, thank God for those things now.

** 2.**

Did anything today make you sad?

Maybe something that happened?

Or that someone said, or did?

Did you do something that made you unhappy? Maybe there is something that you want to say sorry for.

Whatever made you feel sad or unhappy today, remember that you are precious to God, and that nothing ever changes that.

 **3.**

Now think about your day tomorrow.



Is there anything you would like to ask God to help you with, or anything you are worried about, or anything that you need?



Talk to God about it now and ask God to be with you through your day.

** 4**

Say the *Glory be* prayer.

Glory be to the Father, and to the Son, and to the Holy Spirit,



as it was, is now and ever shall be, Amen.