

Family Page

Background Reflection

The Book of Psalms is an essential part of the prayer of our Church. It includes prayers for all situations in life: prayers of praise, thanksgiving, frustration, and sorrow. We turn to the Psalms at each Mass to respond to and praise God after the first reading and before the Gospel. The Psalms speak of the intimacy of God, but they are also prayers of community. We are praising God and praying to him—not just for ourselves, but also for the whole world.

In this chapter, we concentrate on a psalm that praises God for all his creation. Catholic social teaching tells us that as stewards of the gift of creation, we must care for all that God has made. Sometimes we need to step back and look at what sort of footprints we are leaving on this Earth. Before you begin these activities, think about your own habits and how you and your family care for the gift of God's creation.

Family Activities

- Find out about your community's recycling programs. Discuss how your family could throw away less trash by reusing, donating, and recycling.
- Read together Psalm 104:5–15 from this lesson. Invite your child to reflect on the fact that this psalm praises God's creation of the world for us to use and care for. Make a plan to explore God's creation together, whether that be a nearby park, a nature trail, or a state or national park.
- Watch the video "What a Wonderful World | Playing for Change | Song Around the World" (YouTube, 3:41) together. Discuss how your child sees and cares for the world. What is the most wonderful part of creation for your child? How does your child praise God for his creation?

People of Faith

Saint Francis of Assisi (c. 1181–1226)

Saint Francis praised God in his preaching and writing. He respected God's creation and treated animals with kindness. Francis lived simply and is known for his love for those who are poor and in need. The Church celebrates his feast on October 4.

Prayer

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Father, Son, and Holy Spirit, all of your creation is beautiful. We praise your wonderful world. Help us be good caretakers of your creation. Amen.

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