

KINDERGARTEN

God Loves Us



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Quiet Is Good

Quiet is clouds moving across the sky,
a loving hug and a friendly smile,
yellow butterflies dancing in the sun,
green grass growing in the yard,
a warm and happy feeling deep inside,
SHH-SHH-SHH.



Scripture

Be still and know that I am God.

Based on Psalm 46:11

Quiet helps us enter into our hearts.
We meet God there.



God is also with us
in a special way in church.

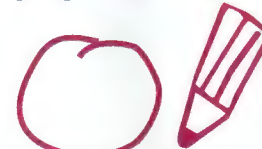
God loves us.

Quiet helps us think of God.
It helps us love God.



Try This

Look at the pictures showing quiet times that help you think of God.

Circle them. 

Think of God. Remember how much God loves you.

Quiet in Families



The Lesson Your Child Learned

Silence helps us enter into our innermost selves and encounter God present within us. In this chapter the children learned that good and beautiful things happen in quiet. Through a guided reflection, they learned how to meet God present within them.

Living the Lesson

One year I gave up listening to the radio in the car for Lent, and it was one of the hardest things I've ever done. The first lesson it taught me was how noisy my mind was. The second lesson was how I used



outside entertainment to drown out those noises in my head. But eventually, after a time of withdrawal, I began to appreciate the silence and found it possible to enter into silent prayer. I benefited from those quiet times so much that even now I will occasionally turn off the radio or CD player in my car and treat myself to the gift of silence.

I suspect that many people who commit to adding more prayer to their lives also find it difficult at first to quiet both mind and heart. They may erroneously conclude that they are no good at praying and let the opportunity slip away. But even the saints had the same struggles with prayer. It's just that they didn't stop praying when the going got tough. When your intention is right, even calming yourself for prayer is a kind of prayer in itself.

Silence may be an acquired taste, but the rewards are beyond measure. As Father Thomas Keating, O.C.S.O., says, "Silence is God's first language." Why not give yourself the chance to listen in?

—Tom McGrath, author of *Raising Faith-Filled Kids* (Loyola Press)

Bringing the Lesson Home

- Encourage your child to tell about his or her prayer experiences this week. Read with your child the pages that were sent home.
- When your family prays together before meals, introduce a short time for quiet personal prayer and reflection. This form of prayer is more easily modeled than taught. And though it may seem awkward at first, this form of prayer will become more comfortable with practice.
- Encourage your child to enjoy quiet time, either time spent alone or with others. If your child seems anxious or crabby, a short time of quiet and less stimulation may be just what he or she needs. This is not to be confused with punishment; it's merely providing what the child needs at the time.
- If you have not already done so, create a prayer center in your home for quiet and for prayer. A favorite chair or a corner of a room can be designated as a place for prayer and peace.

