

K I D S
InFormation

Week 1
Paying Attention

Where do we find God? Where does God find us?

Where do you think God is? In your house? At school? At church?

Some people think that looking for God is like playing a game of hide-and-seek—God is hiding and we're It. Instead of hide-and-seek, think of the game Sardines. One person hides and then as each person finds them, they hide together. Maybe finding God is more like Sardines; we think we're hiding and suddenly . . . SURPRISE! God has been with us all along.

I think God is like air: air is all around us, and we need it to keep us alive. But we can't see it. How can we pay attention to something we can't see?

One way to pay attention to God is to pay attention to what God is doing. We can't see air, but we know what it does—we can feel it on our skin, and we can see what happens when the wind blows. Here's one way to pay attention to what God is doing. You may already do something like this:

Toward the end of the day, when you come home from school or at supper time or bedtime, ask yourself these two questions:

When was I happiest today?

When was I saddest today?

Share your answers with your mom or dad, another adult or friend. Pay attention to what God is doing in your day. Remember to thank God for the day, whatever happened. If you are sad or worried about anything that happened, ask God to be you so you can go to sleep without worrying about it anymore.

God is with us whether we are happy or sad, but God wants good things to happen to us. Paying attention to God helps us to know what is good for us.