Bible Passages for reflection:

God created mankind in his image; in the image of God he created them; male and female he created them. (Genesis 1:27)

Before I formed you in the womb, I knew you. (Jeremiah 1:5)

For you formed my inward parts, you knitted me together in my mother’s womb. (Psalm 139:13-16)
Self-Reflection

Have you ever thought about your life being a gift? Your very presence in this world is a present to others! God has been thinking about you since before you were a baby in your mother’s womb. He tells us in the Book of Jeremiah when He says, “Before I formed you in the womb, I knew you.” (Jeremiah 1:5)

He thought of each detail before you were born... everything from your eye color, the number of hairs on your head, to your personality, and the talents you have. God has put all these details together intentionally to create you. You are a gift to your mother, father, siblings, friends, and community from God, because there is only one YOU in the world! You are called to share this with others.

Take a moment to reflect on the qualities and talents you have that set you apart from others.

<table>
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<tr>
<th>Something unique about me is...</th>
<th>My talent is...</th>
<th>My favorite hobby is...</th>
<th>My favorite thing about myself is...</th>
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King David praises and thanks God in the Book of Psalms many times for the blessings God has given him. He says, “I praise you, because I am wonderfully made; wonderful are your works! My very self you know.” (Psalm 139: 14) King David recognizes that his life is a gift from God and that there is no one else like him.

Thank you God!

Using your answers from your unique qualities and talents, draw a picture, write a thank you note, or write a journal entry to God for the blessings He has given you.

(Bonus: Bring your thank you note or journal entry to Church and read it to God in silent prayer before Mass to thank Him for the blessings in your life! God loves hearing our prayers.)
Knowing your gifts and sharing them with others

Now that you are thinking about the gifts in your life, reflect on ways you can share these gifts with others and see how God’s love can spread!

“When you know how much God is in love with you, then you can only live your life radiating that love.”
- St. Mother Teresa of Calcutta

Chose 1 or more things you can do for someone else this week to share your gifts and kindness with others:

○ Say “hi” to someone new
○ Push in someone’s chair
○ Pick up trash without being asked
○ Make someone laugh
○ Give someone a compliment
○ Volunteer to help in class
○ Hold the door open for someone
○ Help with the dishes after dinner
○ Lead a prayer with your family before bed
○ Play with someone new at recess
○ Write a thank you note to your teacher

○ __________________________________
○ __________________________________
○ __________________________________
○ __________________________________
○ __________________________________

Closing question

How can you share with others that their life is a gift? Draw a picture or write down an idea.