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## You Are Blessed!

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God, our loving Father,  
thank you for all the ways you bless me.  
Help me to be aware that every person,  
place, and adventure I experience is an  
opportunity to love you more.  
Fill me with a desire to change and to grow,  
and give me the grace to become  
the-best-version-of-myself in  
every moment of every day.

Amen.



# Welcome

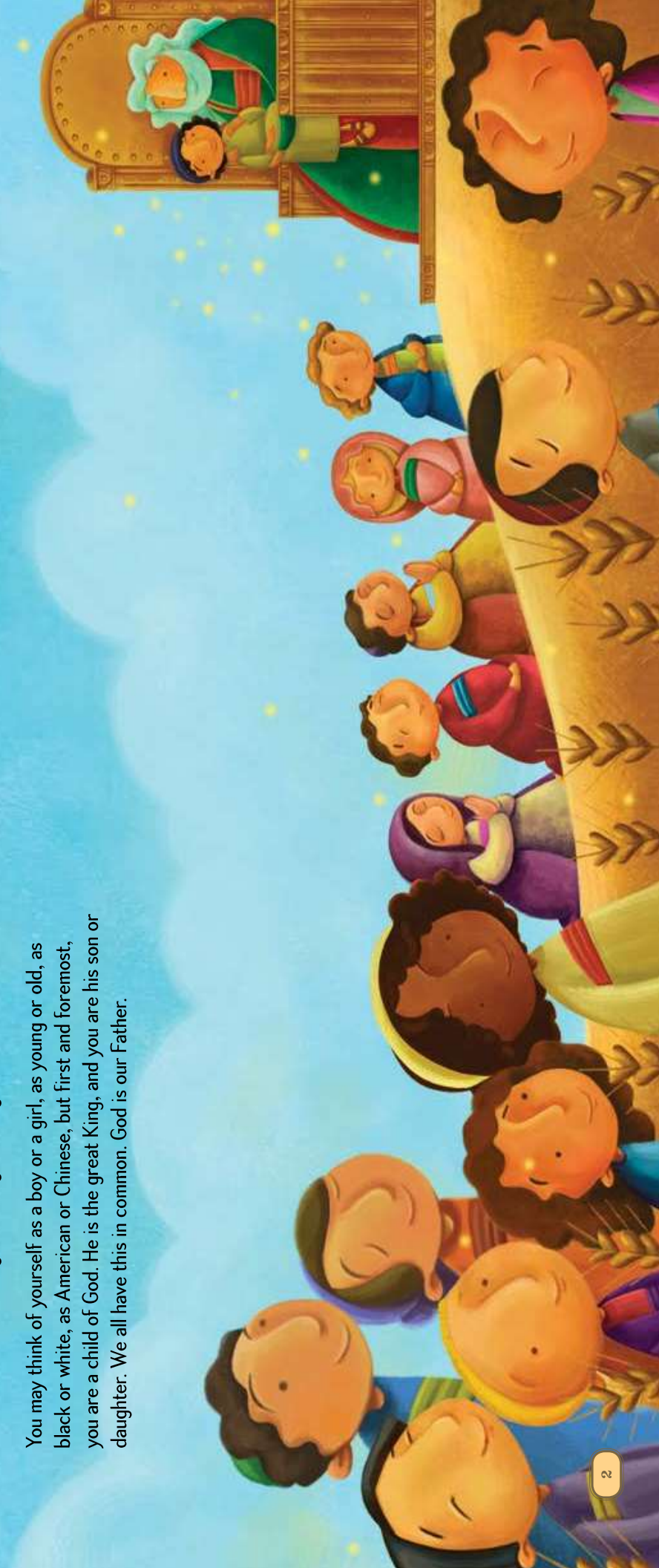
Welcome. We are beginning a great journey!

You are a child of God. You are part of the largest and most famous family in the world: the Catholic Church. You are blessed.

God wants you to always feel welcome in his presence, in his Church, and as a member of his family.

You are the son or daughter of a great King.

You may think of yourself as a boy or a girl, as young or old, as black or white, as American or Chinese, but first and foremost, you are a child of God. He is the great King, and you are his son or daughter. We all have this in common. God is our Father.



## You Are Blessed

You are blessed. What does it mean to be blessed? It means that God loves you and showers you with gifts.

You are blessed in so many ways, but every blessing you experience flows from the first blessing. You are a child of God. This is the original blessing.

What's the best gift you have ever received?

You may think it is a bike, a baseball bat, a dress, a bracelet, or a video game. But this is not true.

The best gift you have ever received is LIFE. Life makes every other gift possible. Without life, you wouldn't be able to enjoy any other gift!

This is just one of a thousand reasons why life is sacred. God loves life.

The very first thing we read about in the Bible is how God created everything. Then God looked at all he had created and said, "it is good" (Genesis 1:31).

You are blessed in so many ways, but every blessing flows from the blessing of life.

You may be blessed to run like the wind, but if God had not given you life, you wouldn't be able to do that. You may be blessed to eat ice cream, but only because God gave you the original blessing.

You may be blessed to sing like an angel, but only because God gave you life first.

God has given you life and made you his child. You are blessed.