

# God Creates the World

Keep these ideas in mind as you study **Unit 1, Session 1**.

Saint Teresa of Ávila dedicated her life to prayer and taught others to pray. Her writings about prayer were so important that she was named a Doctor of the Church.

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God wants us to experience a feeling of joy and wonder whenever we look at the amazing things he has created for us.

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God's most amazing creation is the human family. He created each human with a spiritual nature called a soul.

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God gave us an intellect so that we can understand and free will so that we can make choices.

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The goal of human life is to follow Jesus Christ to God the Father. The Holy Spirit helps us live in a way that will lead us to this goal.

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God chose to create the earth for us. We all have a responsibility to thank him for this gift by taking care of the resources he has given us.

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There are different ways to pray. We can pray aloud or silently. We can pray the words of a specific prayer or pray one of our own. We can pray alone or with others.

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A psalm is a sacred song or hymn. The Old Testament contains 150 psalms.

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