

Sensing God's Presence

Vacations are an important time in a family's life. You may go to the beach, to the mountains, to the lake, or even to the backyard for a "staycation." Being with nature soothes our spirits. Our senses are enveloped with the sights, smells, and sounds of creation.

Giving your children the opportunity for these moments, even mini-vacations like afternoons at the park, reconnects them with the presence of God that flows through creation. In a very real way you are forming them to move ever more deeply into the celebration of the Sacraments.

God chose to use our senses to communicate with us, not just in creation, but most especially through his Son, Jesus, and the Seven Sacraments that Jesus gives us. In the Sacraments, gifts of creation—water, oil, bread, and wine—are symbols through which we experience God's presence and saving grace. Helping children be aware of their senses prepares them for the Sacraments in which they see, hear, feel, and taste the grace of God.