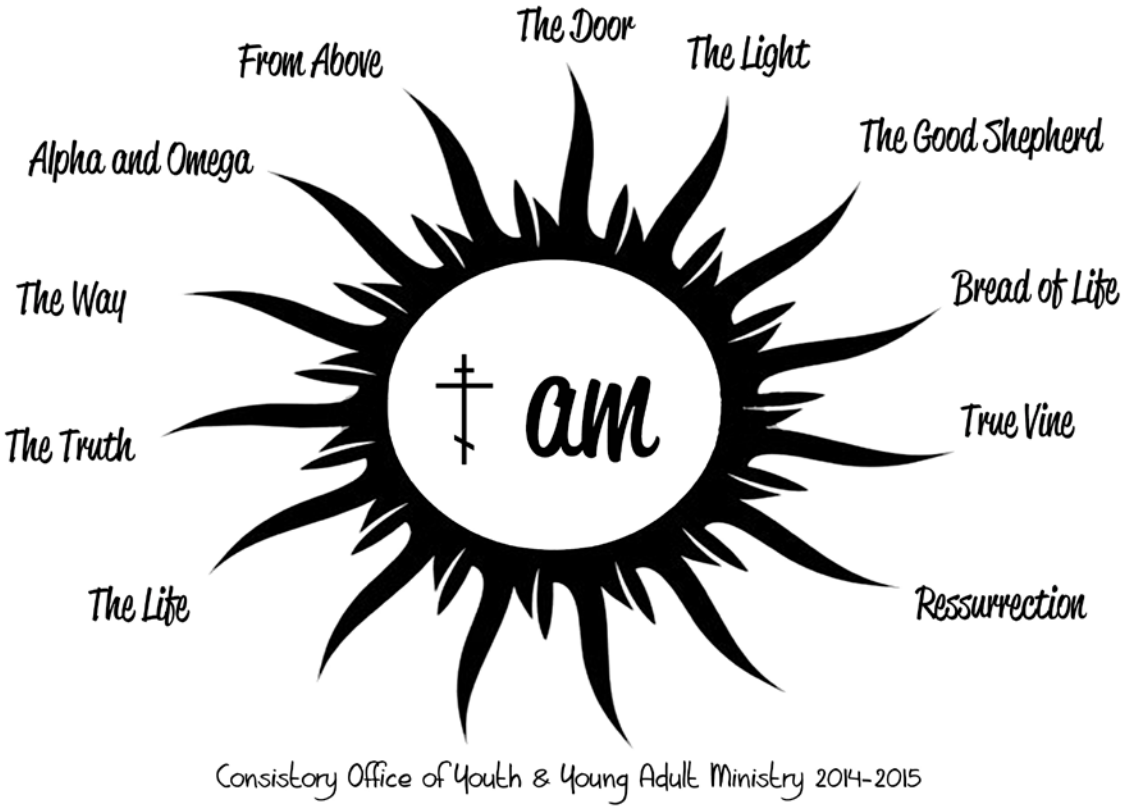
Ukrainian Orthodox Church of the USA



I Am Workbook
Primary School Age

2014

Table of Contents

Page

3 Session One: Who do you say I am? I Am a King
6 Session Two: I am the Good Shepherd
9 Session Three: The Way, the Truth, the Life
12 Session Four: The One from Above and The Word of God
15 Session Five- I Am the Door
17 Session Six- The True Vine
21 Session Seven- Resurrection and Life
24 Session Eight- Light of the World
26 Session Nine- Bread of Life
29 Session Ten - Alpha and Omega

Session One
Who Do You Say I Am?
I am a King

Who is Jesus?
How do we make sure that He is the king of our lives?

Introduction:

As you may know, this year's theme is "I AM!" The lessons in this workbook will help us to learn more about this theme. Throughout His time here on Earth, Jesus told His followers about the many ways He can be involved in our lives. He is the Door, the Bread of Life, the One from Above, the Light of the World, the Good Shepherd, the Way, the Truth, and the Life, the Resurrection, the True Vine, the King, and the Alpha and the Omega. He gave us these examples to help us to know that God is always with us and to help us to see His guiding hand in everything we do. The lessons in this book often ask you to look for further information in No Man Ever Spoke As This Man: The Great I Am's of Jesus. These passages are written in *italic print*.

I Am!

The first two passages in the book *"I Am"* and *"The Timeless God"* help us to learn more about Jesus's words in John 8:58 "Jesus said to them, 'Truly, truly I say to you, before Abraham was, I am.'" Why did He say I am and what does this phrase tell us about Jesus?

Who Do You Say I Am?

We know that Jesus is God, but at the time when Jesus was here on Earth, not everyone was sure of who Jesus was. His followers, the disciples, tried to teach others about Jesus, but not everyone believed them. Some people were confused and wondered how Jesus could be God and man. Some people, like kings and emperors, were angry because their subjects listened to Jesus and the disciples instead of them. Other people believed that Jesus was actually other more well-known religious men. Take a look at the verses below to see who people thought Jesus was.

Matthew 16: 13 – 17

When Jesus came into the region of Caesarea Philippi, He asked His disciples, saying, "Who do men say that I, the Son of man, am?" So they said, "Some say John the Baptist, some Elijah, and others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter answered and said, "You are the Christ, the Son of the Living God." Jesus answered and said to him, "Blessed are you, Simon Bar-Jonah, for flesh and blood has not revealed this to you but My Father who is in heaven."

What do you know about the men the disciples named in this passage?

John the Baptist –

Elijah –

Jeremiah –

Why do you think people might have confused Jesus with these men?

Why did Jesus ask the Disciples who they thought He was?

I am a King

Many people also thought the Messiah, Jesus, would be a king coming to save them from the rule of evil leaders. They knew that the prophets had foretold the coming of a man who would be the "king of kings." Jesus is our king, but He did not come to sit on a throne and rule a kingdom here. Read the last paragraph of *"…I am a King"* on page 119.

What kind of king is Jesus?

Philippians 2: 10-11

That at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Obeying the King

Even though Jesus is not a worldly king, we are told that we are expected to obey Him like one. Every King has an army. His army swears to follow whatever He tells them to do. In what ways can we treat Jesus like He is our king?

Session Two
The Good Shepherd

What is a shepherd and what does it take to be a good one?
How is Christ the Good Shepherd and who is His flock?

Luke 15: 3-7

So He spoke this parable to them saying: "What man of you, having a hundred sheep, if he loses one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost, until he finds it? And when he has found it, he lays it on his shoulders, rejoicing. And when he comes home, he calls together his friends and neighbors, saying to them, 'Rejoice with me, for I have found my sheep which was lost!' I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance.

A good shepherd:

John 10: 3- 5

"To him the doorkeeper opens, and the sheep hear his voice; and he calls his own sheep by name and leads them out. And when he brings out his own sheep, he goes before them; and the sheep follow him, for they know his voice. Yet they will by no means follow a stranger, but will flee from him, for the do not know the voice of strangers."

A good shepherd:

John 10:11-15

"I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees, and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows me, even so I know the Father; and I lay down my life for the sheep."

A good shepherd:

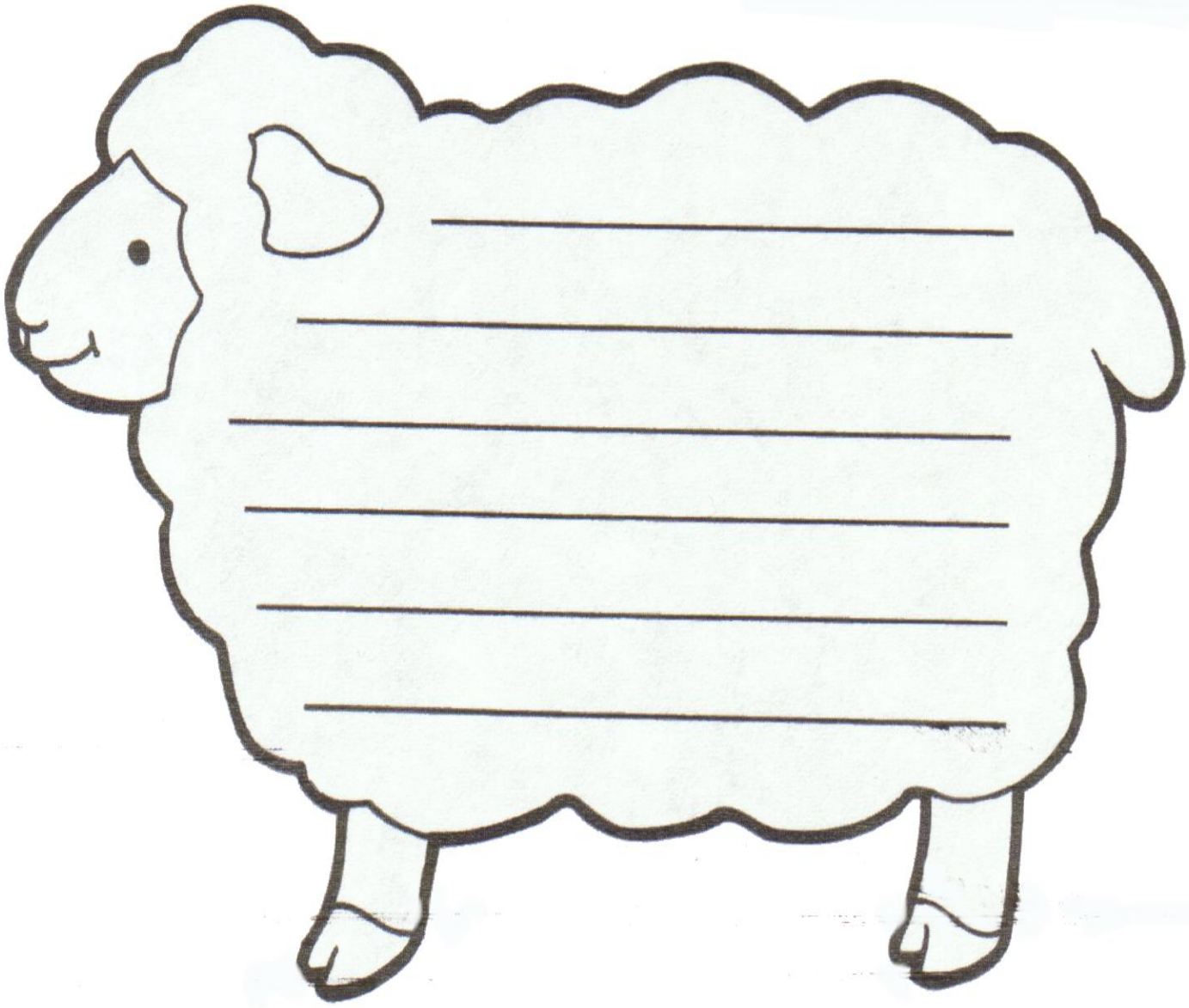
John 10:27

"My sheep hear my voice, and I know them, and they follow me."

A good shepherd:

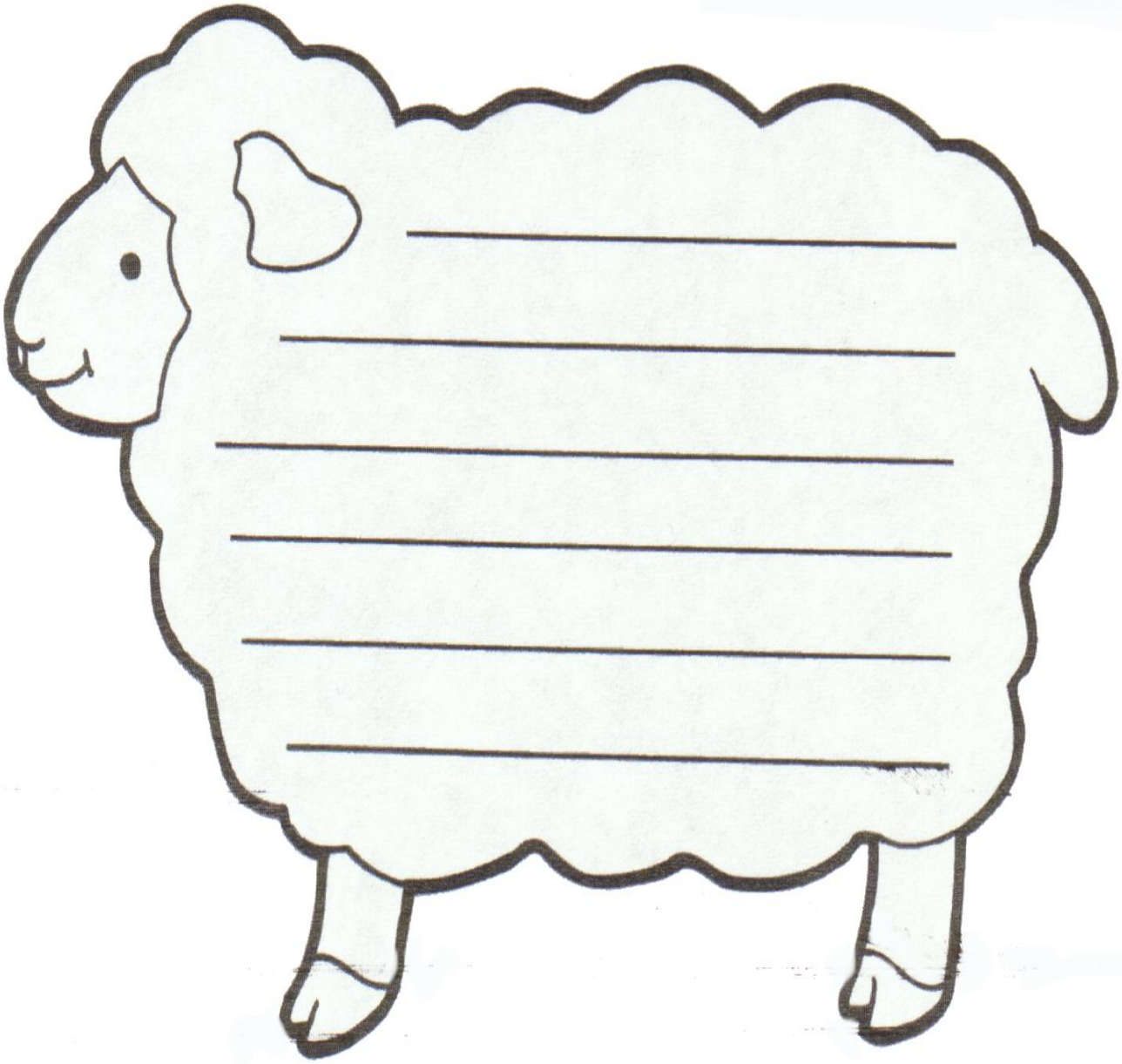
After reading *Concern for the Lost*, let's think about the idea of getting lost. Most people think of getting lost as a bad or scary thing. Getting lost "in the moment" might mean you get behind on a task because you are daydreaming. Getting lost when we are traveling to a new place can be frustrating…you might be late or end up unable to make it at all. Getting lost or separated from your family at a store or amusement park might be scary because you don't know where to go next. But we don't usually try to get lost, it's something that happens because we are distracted or aren't paying attention. Think about a time when you got lost while you were traveling, separated from your group, or distracted while working on a project. Describe the situation here. You can take notes about the ideas your classmates bring up too!

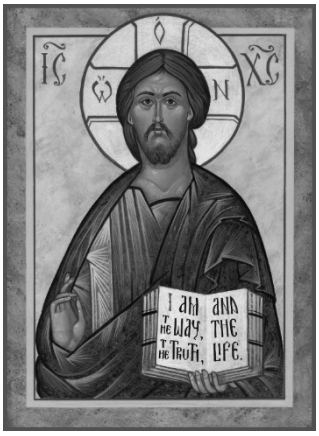
Notes:



I Know My Own

As you have learned, a good shepherd keeps track of every member of the flock for which he is responsible. He also makes sure that others know that his sheep belong to him. In what ways do we show others that we are part of Christ's flock?





Session Three
The Way, the Truth, and the Life

What does it mean to be "the way, the truth, and the life?"
How does the truth help us?
In what ways is Jesus all three?

John 14: 1 – 7

"Let not your heart be troubled; you believe in God, believe also in Me. In my Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to myself; that where I am you may be also. And where I go you know and the way you know." Thomas said to him, "Lord, we do not know where you are going, and how can we know the way?" Jesus said to him, "I am the way, the truth, and the life; no one comes to the Father except through Me. If you had known Me, you would have known My Father also; and from now on, you know Him and have seen Him."

Jesus told His disciples that He is "the way, the truth, and the life." Let's take a look at what each of these means to us and our relationship with Christ.

Scavenger Hunt

You began this lesson with a special scavenger hunt about the Creed, which shows us "the way" to live our lives. What made the hunt difficult? What made the hunt easier?

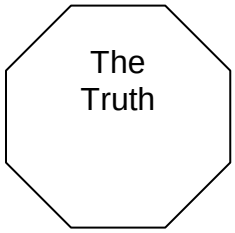
The Way

Knowing the right way

We make many decisions each day about the right way to do something and in many cases there can be more than one right way to do things. For example, you probably have to make choices about how to get all of your homework done each night, as well as, attend extra-curricular activities to which you have made commitments. As long as the work gets done, it doesn't matter too much whether you do the homework before practice, after you get home, or during a study hall at school.

How Can We Know the Way tells us that there is only one way to enter the kingdom of heaven, and that is Jesus. He is the Way! Although there is only one, the good thing is that we know the path and it has been made very clear to us. If we remain on the right path by doing what Jesus asks us to do, we can't get lost!

The Truth



Think about your candle. What happened when out blew it out? Nothing really happened because the sun was shining, right? The truth of Jesus Christ is like the Sun. Its light is everywhere and nothing can shine brighter than Him. The candles were all small parts of the light – little bits of truth that men may "discover" in life– but none of them were the whole truth, which would answer all questions - the way the sun lights and nourishes all things.

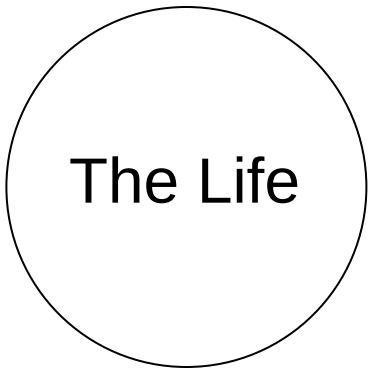
Keeping True

It is one thing to know the truth and another to live it. What are some ways that we can show that Jesus is Truth?

Protecting the Truth

We all know that over time, we can forget what is true about something. It gets harder to remember what happened at a particular event or the specific words someone said to us, the more that time passes. As the years passed after Jesus returned to heaven, people started to forget the truth about what happened when He was here on Earth. Others purposely changed the truth and spoke heresy or untrue statements about God and the Church. To set the record straight all of the bishops and priest came together to remember and record the truth. This was called the First Ecumenical Council. During the First and Second Ecumenical Councils they wrote the Creed, so that everyone could remember the Truth about the Faith.

The Nicene Creed



Session Four
The One from Above
The Word of God

How does Jesus lead us up to heaven?
Where does everything we see come from?

Think up!

Work with your partner to fill in as many blanks as you can.

-Moses received the _____ commandments from God on a _____ called Sinai.
-When _____ was Transfigured, he had gone (circle one) Up Down to the _____ called Tabor.
-Special knowledge was revealed to the Holy Prophets from _____.
-Elijah was taken _____ to God in a _____.

What do the answers have in common?

Going Up

We know what direction we need to head, but it's literally an uphill battle! Without God we will never make the journey to heaven, but with Him all things are possible. God knows we need help on the journey, so He sent Jesus to meet us half way and bring us closer to heaven.

The One From Above

Jesus came from above to help bring us closer to heaven. Look at the Bible verses below and try to summarize how each relates to the idea that Jesus who has always existed in heaven came from above to bring us UP.

John 8:23

"And He said to them, "You are from beneath; I am from above. You are of this world; I am not of this world."

John 1: 1-4

"In the Beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him and without Him nothing was made that was made. In him was life, and the life was the light of men."

John 1:14

"And the Word became flesh and dwelt among us, and we beheld His Glory, the glory as of the only begotten of the Father, full of grace and truth."

When Jesus went up- The Feast of the Ascension

The former account I made O Theophilus, of all that Jesus began both to do and to teach, until the day in which He was taken up, after He through the Holy Spirit had given commandments to the apostles whom He had chosen, to whom He also presented Himself alive after His suffering by many infallible proofs, being seen by them during forty days, and speaking of the things pertaining to the kingdom of God. And being assembled together, He commanded them not to depart from Jerusalem, but to wait for the promise of the Father, "which," He said, "you have heard from Me; for truly John baptized with water, but you shall be baptized with the Holy Spirit not many days from now." Therefore, when they had come together, they asked Him, saying "Lord, will You at this time restore the kingdom to Israel?" And He said to them, "It is not for you to know times or seasons which the Father has put in His own authority. But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth." Now when He had spoken these things, while they watched, He was taken up, and a cloud receive Him out of their sight. And while they looked steadfastly toward heaven as he went up, behold, two men stood by them in white apparel, who also said, "Men of Galilee, why do you stand gazing into heaven? This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven." Acts 1: 1 –11.

How many days after Pascha does Ascension occur?

Is Christ's body or spirit taken up into heaven?

What do the angels tell the Disciples will happen?

What day of the week does Ascension always fall on?

Forty days after His Resurrection, Christ ascended into heaven to sit at the right hand of His Father. It is very important that Christ ascended in both body and spirit. He went out of His way to prove this to the Disciples by eating with them prior to His departure. The Feast of the Ascension truly shows us that Christ is from above. When He ascends both in body and spirit – God and Man – he repairs and truly becomes "the way" between man and his creator. He takes us UP to God. Man once again can journey to be with his God – who is from above. We can travel on the ladder upward to Christ our God.

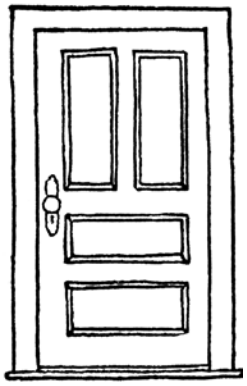
Ascension Tropar

You have _____ in _____ O Christ our God, granting _____ to the disciples by the _____ of the _____. Through the _____ they were assured that _____ are the _____, the _____ of the world!

Session Five
The Door

What do doors provide for us?
How is Christ a door in our lives?

Ways to use doors



It might seem like a pretty simple question, but how do we use doors? Make a list of the ways we can use a door and what doors help us to do.

John 10:9

I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.

The Door of the Sheep

The Door of the Sheep explains that being the door between the sheep and their pen isn't just about keeping them inside at night. The door is the way to get into the pen and the shepherd acts as the door to protect the sheep from any danger. As the good shepherd who watches over us, His flock, Christ acts as both the door that opens up for us and closes to protect us from danger.

Christ the Door

What is opened to us by passing through Christ the door?

What does Christ protect us from by closing the door?

THE Door

Jesus Christ is *the* Door, not just any door to heaven. There are lots of people and things that try to distract us in life, but we need to make sure we are paying attention to the choices we make and the directions we go. If we pick the wrong door it might not lead us where we want to go, or maybe it won't even open. We also have to make sure we are ready to enter the door. The door to heaven, Jesus, is always open, but we need to live the life He asks us to and follow His directions so that we fit His size and shape of the door.

Session Six

The True Vine

What does a vine need to thrive?
How is Jesus the vine of our lives?

Sketch it out

Use the space below to sketch all of the parts of a living vine. Make sure your vine fills as much of the pages as possible.

John 15: 1-5

"I am the true vine, and my Father is the vinedresser. Every branch in Me that does not bear fruit He takes away, and every branch that bears fruit He prunes, that it may bear more fruit. You are already clean because of the word which I have spoken to you. Abide in me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in me, and I in him, bears much fruit, for without Me you can do nothing."

The Roots

Why do vines need strong roots? Roots help to bring nutrients to the rest of the vine. A plant without roots cannot survive. They also help to keep the vine firmly planted in the ground. If you've ever helped your family by weeding in the yard, you know that plants with very strong roots are the hardest to pull up from the ground. Christ helps us to stay firmly planted and protected. Listening to Him helps us to be strong when facing obstacles. Make sure your vine has a strong root system. What might our "root system" include?

The Vine

The vine or trunk holds all of the parts together. The roots, the branches, the leaves and fruit all depend on the vine to keep them together and to deliver the water and nutrients throughout the plant. As you read earlier, Christ tells us that He is the Vine and *we* are the branches. He holds us all together through His love and attempts to bring us all closer together. Notice that as the branches get closer to the main stem or trunk, they get closer to each other as well. Be sure to label Christ as the main part of the vine in your sketch.

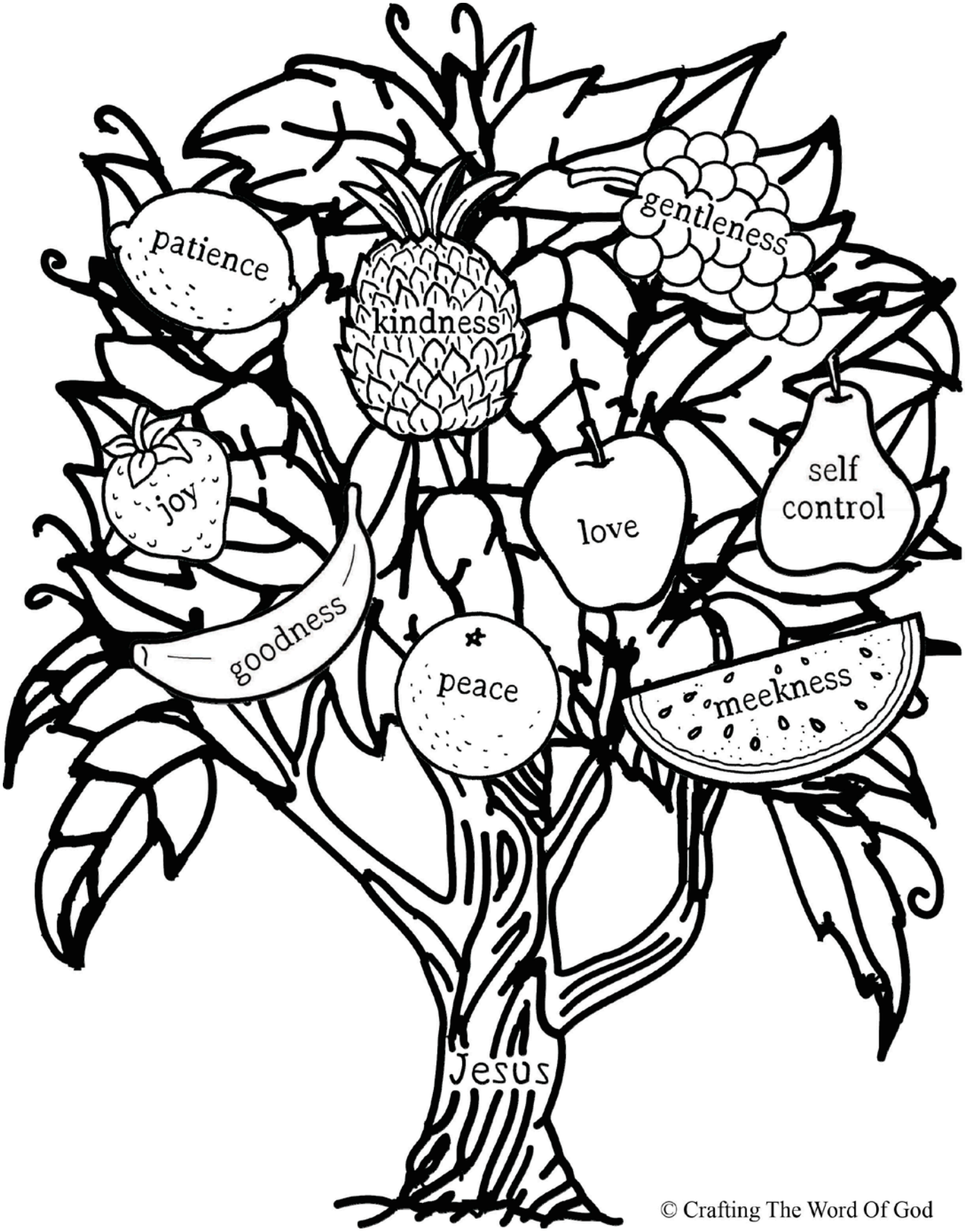
The Branches

The Vine Needs Branches tells us more about why the vine needs the branches, just as the branches need the vine. A vine wouldn't be much of a vine without branches. It also would not be able to grow fruit or flowers without branches for these items to grow on. Remember, we are the branches on Christ's vine. He provides us with everything we need, and he expects us to "bear fruit." What do you think we could to be a fruitful vine that shows off everything God has given us? Add your family and friends to the branches of your vine.

Being a Fruitful Vine

Have you ever seen someone cut the branches off of a tree or bush, so that the branches grew back stronger and with more fruit or flowers? This is called pruning. It allows the plant to focus all of its energy on growing bigger and better branches with fruit and flowers on them. Read *Secrets of Fruitbearing* to learn more about how we can be the most fruitful branches for Christ.

What fruits might you add to the vine you have sketched? Be sure to label them on your drawing.


patience
kindness
gentleness
joy
love
self
control
goodness
peace
meekness
Jesus
© Crafting The Word Of God

Session Seven
The Resurrection and the Life

How does Christ's Resurrection change our lives?
How can we make sure to live our lives so that we can benefit from His sacrifice?

John 11:25 – 26

Jesus said to her, "I am the Resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die."

Key Words:

Resurrect –

Sin –

Life –

Examples in the Bible

Jesus performed many miracles, even including raising people from the dead. Can you think of any examples from the Bible in which Jesus saved someone from dying or raised them from the dead? Make a list here.

Lazarus

Lazarus was one of the people who Jesus raised from the dead. His story is special for several reasons. Lazarus was a special friend and relative of Jesus. When he came to see his friend who had died, Jesus wept. Lazarus had been dead for four days when Jesus came to see him. People at that time believed in resurrection, but only at the final judgment. When Lazarus's sister Martha says, "I know that he will rise again in the resurrection at the last day," Jesus tells her "I am the Resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die." Jesus is telling Martha that HE is the Resurrection, they do not have to wait for the final judgment any more.

The Resurrection and the Life

What does mean that Christ is the "Resurrection and the Life"? We are told that if we believe in Christ, if we Live by his example, Live by his rules that we will Live with him eternally. The goal is to Live with Him FOREVER in heaven. Sin is a way of pulling away from Him a little each day. But, we have been given a way to "Resurrect" with Him through repentance. Through the Sacrament of Holy Confession/Reconciliation we are resurrected into a new life and a new chance every time! What a gift!

Have you ever seen a caterpillar become a butterfly? Let's watch and see.

After watching this transformation, why do you think that the butterfly has become a symbol for Christians?

The butterfly can be seen as the insect who 'dies' as a caterpillar, is buried in the cocoon for a length of time, and emerges in a new life-that as a creature who has the ability to transcend the ordinary and take flight into the heavens. In many spiritual circles the butterfly represents the spirit or soul. Denise Handlon

The Paschal Sermon Of St. John Chrysostom

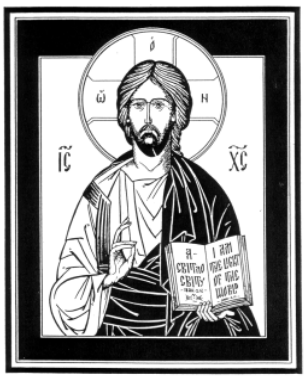
If any man be devout and love God, let him enjoy this fair and radiant triumphal feast. If any man be a wise servant, let him rejoicing enter into the joy of his Lord. If any have labored long in fasting, let him now receive his recompense. If any have wrought from the first hour, let him today receive his just reward. If any have come at the third hour, let him with thankfulness keep the feast. If any have arrived at the sixth hour, let him have no misgivings; because he shall in nowise be deprived thereof. If any have delayed until the ninth hour, let him draw near, fearing nothing. If any have tarried even until the eleventh hour, let him, also, be not alarmed at his tardiness; for the Lord, who is jealous of his honor, will accept the last even as the first; he gives rest unto him who comes at the eleventh hour, even as unto him who has wrought from the first hour.

And he shows mercy upon the last, and cares for the first; and to the one he gives, and upon the other he bestows gifts. And he both accepts the deeds, and welcomes the intention, and honors the acts and praises the offering. Wherefore, enter you all into the joy of your Lord; and receive your reward, both the first, and likewise the second. You rich and poor together, hold high festival. You sober and you heedless, honor the day. Rejoice today, both you who

have fasted and you who have disregarded the fast. The table is full-laden; feast ye all sumptuously. The calf is fatted; let no one go hungry away.

Enjoy ye all the feast of faith: Receive ye all the riches of loving-kindness. Let no one bewail his poverty, for the universal kingdom has been revealed. Let no one weep for his iniquities, for pardon has shown forth from the grave. Let no one fear death, for the Savior's death has set us free. He that was held prisoner of it has annihilated it. By descending into Hell, He made Hell captive. He embittered it when it tasted of His flesh. And Isaiah, foretelling this, did cry: Hell, said he, was embittered, when it encountered Thee in the lower regions. It was embittered, for it was abolished. It was embittered, for it was mocked. It was embittered, for it was slain. It was embittered, for it was overthrown. It was embittered, for it was fettered in chains. It took a body, and met God face to face. It took earth, and encountered Heaven. It took that which was seen, and fell upon the unseen.

O Death, where is your sting? O Hell, where is your victory? Christ is risen, and you are overthrown. Christ is risen, and the demons are fallen. Christ is risen, and the angels rejoice. Christ is risen, and life reigns. Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages. Amen.



Session Eight
The Light of the World

Where does Christ's light shine in our world?
How do we make sure that we let the light in?

John 8:12

Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but will have the light of life."

Being Without the Light

Being in the dark is a little scary in many ways. We may become lost and even end up getting hurt. It's the same when we're in the darkness of sin. We become lost and hurt ourselves. When we're in the dark and without the light of truth we can't find the right way to God. We need light!

John 3: 19

And this is the _____, that the _____ has come into the world, and men loved _____ rather than _____, because their deeds were _____. For everyone practicing evil _____ the light, and does not come to the light, lest his deeds be _____. But he who does the _____ comes to the light, that his deeds may be clearly seen, that they have been _____ in God.

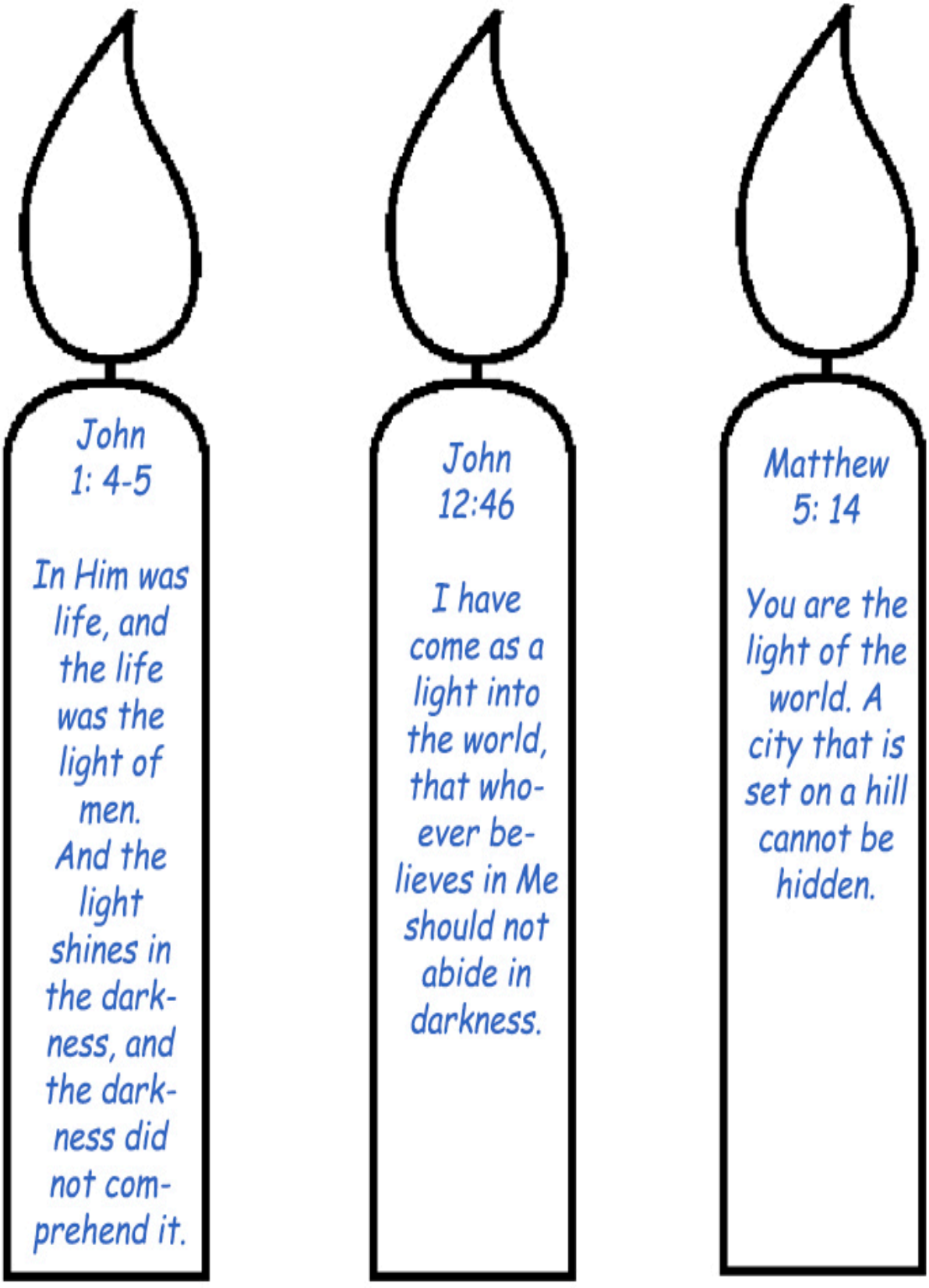
Finding the Light

We need a special light to shine away the darkness of sin, but what kind of light does this? You need to be close to the base of a lamp if you want to be in its light. Jesus shines His light of truth, love, and forgiveness into our hearts and lives. *Light and Life* and *Light and Health* help us to learn more about the importance of Light in our lives.

The Light that Guides

Try traveling around the room again with a flashlight. A lot easier this time, right? Whether we've been to a place a hundred times, or never before, having light to guide our way is always helpful. *Light Guides* tells us that Christ is the Light that provides guidance in our lives at all times. Whether we've faced a problem many times before or are facing it for the first time, thinking about the guiding of Light of Christ helps us to follow the right path.

How can we act as lights in the world, guiding others closer to the light of



Session Nine
The Bread of Life

What does the Bread of Life provide for us?

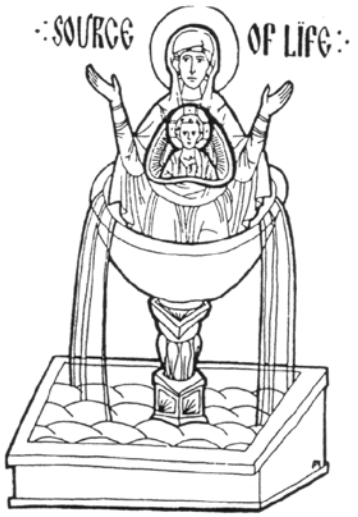
How do we learn to fill up on Christ, instead of on the things we want in this life?

John 6:35

"And Jesus said to them, 'I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

The Bread of Life

Our life is a little like that thing we really wanted, received and then got bored with – only to move on to the next thing. Nothing really make us filled up forever. Sometimes we don't even know what we want, we just know that we want something. Only Christ can fill us up forever. When we are feeling grumpy, tired, disappointed, frustrated with life lots of things may distract us for a short time – but only Christ can make us feel better, happier, safer, less frustrated in the long run. Getting closer to Him means getting farther away from those feelings.



Being unsatisfied

Did you ever feel like you just had to DO something, ride your bike, get out of your house, yell or you would go crazy. When we feel restless it is because we are not finding the important things in life and are becoming bored and need to DO something to liven it up. What we don't realize is that all we need is Christ to fill it up. Think about all of the ways we could be helping others AND doing what God wants us to do to fill that time!

Do you know anyone who has everything that they could think of but still is not happy? Things are nice, but they can't fill us up and make us happy in the long run– only Christ, living in His way, showing His truth by doing good deeds, following His Light, and reading His words will truly fill us up. He tells us "I am the bread of life – if you come to me you will never be hungry or thirsty." This can mean physical hunger and thirst, but it also means those feelings of restlessness and dissatisfaction.

Matthew 14: 15-21

When it was evening, His disciples came to Him saying, "This is a deserted place, and the hour is already late. Send the multitudes away, that they may go into the villages and buy themselves food." But Jesus said to them, "They do not need to go away. You give them something to eat." And they said to Him, "We have here only five loaves and two fish." He said, "Bring them here to Me.: Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes. So they all ate and were filled, and they took up twelve baskets full of the fragments that remained. Now those who had eaten were about five thousand men, besides women and children.

Why Bread?

Why does Jesus so often use bread as an example? There are many reasons. Bread is a staple food that is easy to make with just a few ingredients. It makes you feel full easily, and you could live on bread and water alone if necessary. Just about every culture or country around the world incorporates some form of bread in their meals on a regular basis. At the time that Christ lived bread was a necessity to live. Can you think of other ways in which we associate Christ with Bread?

The Lord's Prayer

Our Father Who Art in _____, Hallowed be Your name. Your kingdom come,

Your _____l_ be done on Earth as it is in _____. Give us this day our _

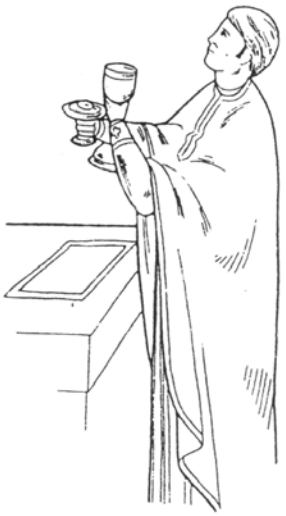
_____ and forgive us our trespasses as we _____ those

who trespass against us. And lead us not into_____, but deliver

us from the _____.

Holy Communion

Following the Lord's Prayer early Christians would receive Holy Communion every day. Why? Because the Sacrament of Holy Communion is a gift for the healing of our souls and bodies. Just as we eat food and drink liquid to keep our bodies healthy, Holy Communion keeps our soul and body healthy by receiving Christ, the Bread of Life. If unable to partake of Holy Communion every day, early Christians would take home the Antidoron(Holy Bread) and eat a little bit every day.



Receiving the Bread of Life

Approaching the chalice to receive Holy Communion is one way to partake of the Bread of Life. Any time that we welcome Christ into our lives, we are receiving nourishment from the Bread of Life. Can you think of other ways to allow Christ into your life?

Session Ten
The Alpha and Omega

How is Christ the starting point and point of destination for us all?

Revelations 1: 8

I am the Alpha and the Omega, the Beginning and the End, says the Lord, "who is and who was and who is to come, the Almighty."

The Alpha and Omega

Do you know what the words alpha and omega mean? Alpha is the first letter of the Greek alphabet and Omega is the last letter, just like A and Z in our alphabet. Of course Jesus isn't saying that he is a letter in the alphabet. He is the beginning and the end of everything. He was there when the world was created and will be there when it ends.

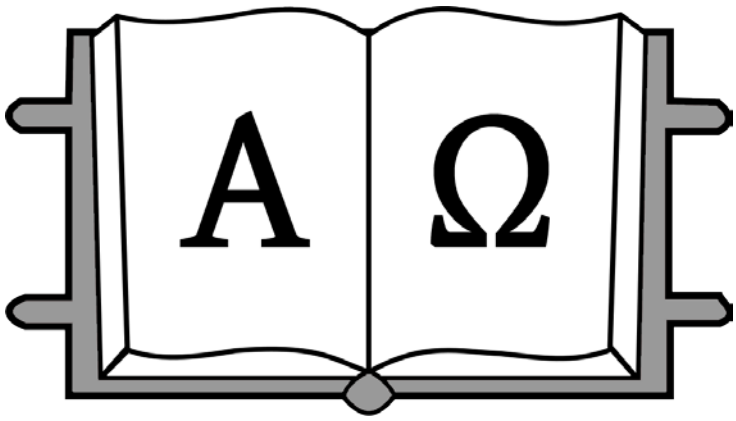
The Beginning

We read in *Creator and Consummator of All* that Jesus created everything and has complete control over the creation of anything new. As humans we sometimes forget that nothing could exist without God and that everything that does exist was created by God when He decided to create it, not a minute sooner or later. Christ's role in the creation and beginning of all life is obvious- if the Will of God was not part of creation, everything would have been created by coincidence or accident. Our beautiful planet where plants need the carbon dioxide that we breathe out and we need the oxygen they give off; our amazing bodies that keep breathing and pumping blood without thinking; the beauty of a rainbow of light bouncing off of water droplets in the air… were all created by the power of God, not coincidence. What other clues show us how God is involved in the creation of everything?

The End

If Jesus was there in the beginning, we believe that He will also be there in the end. Jesus is the end goal in our lives. In *What is Your Omega?* We are told that

everyone has a goal that they are trying to reach, no matter how big or small. We are all on the path, with Christ waiting for us to join Him in heaven.

Life's a Race

Life is like a race – there is a starting line and a finish line. Christ is at both ends. He was there when each of us was created, and He gets us started on our way in life. He is waiting for each of us at the finish line in heaven. Along the way we might stumble, we might get tired, we might get thirsty, it might get dark, we might want to give up, but we know that if we just keep trying we will reach the end. And of course there is a prize at the end – life in heaven that never ends. Christ is waiting for us at the finish line, we can't let Him down.