

## THE CREED- EDGE

What we believe determines how we **act**, what we **prioritize**, how we **choose to live our lives**. If I believe there is no Heaven, I would probably live my life very differently. As Christians this is a question that has been fought over and died for countless times. When we are talking about what we believe we are talking about what do we **believe about GOD**. After Jesus ascended into Heaven and the Holy Spirit descended upon the Apostles **the Catholic Church was born**. The disciples went out and preached the good news about Jesus but **what about after they died?**

There were no books, no New Testament of the Bible, how did the early Christians even know what were the fundamentals of our faith? It is believed that the Apostles taught what we know as the **Apostles Creed after Pentecost**. This Creed was a **profession of faith**, stating what they believed to be true about God. Before being Baptized, Christians would have to **answer I DO** to the statements of faith. Do you believe in God the father almighty. . "Do you believe in God, the Father almighty, creator of Heaven and earth? Do you believe in Jesus Christ, His only Son, our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? Do you believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting?"

At Mass we usually pray **The Nicene Creed**, this is the most influential creed in the history of the church, as it was the product of a theological controversy concerning the deity (godliness) of Jesus Christ.

The creed tells the most **fundamental truths** to our faith as Catholic Christians. What scriptures say at length it **summarizes briefly**. We stand and profess it weekly for 2 reason: **1) because we are stating what we believe to be true. Like believing that 1+1=2. We believe this. 2) and more importantly we say the Creed because we are telling God that we believe in him.** Like when your mom says "I believe in you!" its different than believing 1+1=2, it is a **statement of faith**, that she has faith in you. The Creed we are saying we have faith in you God, we believe in you and we trust your plan for our lives.

As you prepare for Confirmation you are taking this set of beliefs and making it not your parents but **YOURS**. Before confirmation **you need to have this Creed memorized**. Not because it's another thing to do but you need to know it, examine it, question it and then affirm it. Do you believe this to be true? If you do not, then you should ask, ask ask. But if you do not, then you should not proceed w/ confirmation until you do. why? Because confirmation is **confirming**, or professing that **YOU** believe this to be true. **Many Christians have lost their lives, were killed because they held tight to what they knew to be true.** What we believe determines how we act, what we prioritize, how we choose to live our lives. **Without knowing what you believe you will never know who you are;** w/o knowing what you believe you will never know what you are living for.

1) DO: Write down all that YOU believe

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*The parts of the Creed*

**Part 1**

**NICENE**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

**APOSTLES**

I believe in God, the Father  
Almighty, Creator of heaven and  
earth;

The First part of the Creed professes or declares that we believe or have faith in ONE God. What is that saying and why is that important? *(it is saying that we do not worship many gods but believe in the ultimate power which comes from just ONE all knowing, all loving, all powerful God)*

The first line is calling out believe in God the FATHER or the first person of the trinity. In what ways is God a FATHER? Why is that important? Is God also mother? *(God created everything and is the parent of everyone and everything that exists, Jesus called God Father and thus we do too; that is important because it highlights that we believe that no one created himself and that nothing exists outside of God and God making it; God is not just Father but also Mother as God *encompasses both and is MORE than both*)*

In the Nicene Creed it states, “maker of heaven and earth, of all things visible and invisible”. The 2<sup>nd</sup> part was not included in the older Apostles Creed. Why was this important to add do you think? *(it recognizes that there is a spiritual world that we cannot see which consists of angels and demons, good and bad. God created ALL. Thus it eliminates the possibility that the devil is greater than God. The devil cannot be greater than God because God created him- while the devil was not created bad, that was the devil’s own choice to reject God.)*

2) Before moving, write down 3 things you believe about God the Father.

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## Part 2:

### **NICENE**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial  
with the Father;  
through him all things were made.**

### **APOSTLES**

and in Jesus Christ, His only Son,  
our Lord:

The 2<sup>nd</sup> part of the Creed is introducing our belief in Jesus Christ.

**3) What are the main things that stand out to you regarding our belief in Jesus? (write)**

The Apostle's Creed is quite basic when it is talking about Jesus and says only that he is the *Father's only Son and our Lord*. The Nicene Creed goes into much detail about Jesus; what is the Nicene Creed trying to help us understand about who Jesus is? (*that Jesus is GOD and that the Son always has existed as long as the Father has existed.* )

**What does *Begotten Son of God, God from God, Light from Light, begotten not made, consubstantial w/ the Father mean?*** (*this ALL means that Jesus is **OF or FROM** God the Father, Jesus is of the same substance that God the Father is. Thus the Son is **GOD and is fully God**. At the time the Nicene Creed was written, many were saying that Jesus was human and was NOT divine, this Creed emphasizes that Jesus is in fact Divine= God.*)

**Consubstantial- what do you think that means?** (*it means of the same substance- like if you took the mix to make banana bread, you could use that mix to make muffins as well. It is made of the same stuff*)

**Who is the Word?** (*this is where we get this belief from, the **Word** is God the Son and it states that in the Beginning the **Son was alive w/ the Father** and God the Father, **THRU** God the Son created everything"*)

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## **Part 3:**

### **NICENE**

For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin  
Mary, and became man.  
For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.

He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

### **APOSTLES**

Who was conceived by the Holy Spirit,  
born of the Virgin Mary; suffered under  
Pontius Pilate, was crucified, died and  
was buried.

He descended into hell; the third day  
He rose again from the dead;

He ascended into heaven, is seated at  
the right hand of God the Father  
Almighty; from thence He shall come  
to judge the living and the dead.

This part of the Creed tells us why God the Son became man and what happened in his life. It states “for us men and for our salvation he came down from heaven” in light of what we have been learning about with Theology of the Body, why did Jesus need to come for our salvation?” (with the Fall, humans were no longer in union with God and had experienced death w/ God. This separation could not be repaired. Jesus became MAN to model for us **how to live and also to repair** our relationship with God)

**Why is it important that the Creed states: “by the Holy Spirit was incarnate of the Virgin Mary”?**

**What does that mean?** (it is emphasizing that Jesus was **not conceived by sexual intercourse** but was conceived completely by the **Holy Spirit**. When the angel came to Mary and told her she would become pregnant w/ Jesus, the angel said that the Holy Spirit would overshadow her, and thus she would become pregnant by the power of the Holy Spirit. Mary remained a virgin even though she was having a baby)

This next part professes our belief about the reason and the way that Christ died and what happened after he died. Imagine replacing Jesus in this part w/ someone else. Replace Jesus with your mom or dad. “Mom suffered death, was buried”. How does that change that way you feel about it when you say it? Does it make it more real? When you say it again about Jesus, does it change it? Make it more real?

The final part in this section professes what we believe happened to Jesus after he rose from the dead. 4) **What stands out to you most about this last section?**

It states “he will come again in glory to judge the living and the dead”, what does that mean and what comes to mind for you? (we believe that at the end of the world as we know it, Jesus will come back, not as a helpless baby, but glorified as the King that he is. At this time, those who are going to Heaven will be united with God and those who have chosen hell, will be separated from the good.)

Before moving, 5) **write down what you believe about God the Son.**

## Part 4: 10min (6:40-6:50)

### NICENE

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

### APOSTLES

I believe in the Holy Spirit,

The third section of the Creed concludes what we believe about the Holy Trinity, what we believe about God. The Apostles Creed is very basic and simply states that we believe in the Holy Spirit while the Nicene Creed states more explicitly what we believe about the Holy Spirit and who the Holy Spirit is.

**How do you think that the Spirit is the giver of life? Think about when God created Adam and Eve...**  
*(God blew into Adam's nostrils the 'breath of life' this breath of life is the Holy Spirit. Without this Holy Spirit, we do not have God's life in us)*

**The Holy Spirit "proceeds from the Father and the Son... is adored and glorified" what does that mean?** *(the Holy Spirit is the Spirit of GOD among us. God is present w/ us right now in the form of God's Spirit or the Holy Spirit. The Holy Spirit is the LOVE between the Father and the Son, the love that is so powerful it takes on its own person, and that person is the Holy Spirit. Thus the Spirit too is God and is glorified.)*

**The Holy Spirit has spoken through the prophets, meaning that those people who have been sent by God have been given a message from God. It is the Holy Spirit who gives those messages. Do you think the Holy Spirit is still giving people messages today?**

**Before moving, write down 5) what you believe about the Holy Spirit.**

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## Part 5: 10MIN 6:50-7:00

### NICENE

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

### APOSTLES

the Holy [Catholic](#) Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and [life](#) everlasting. Amen.

**The final part of the Creed is about what we believe about the Church and life. Break down the first line; what does each word mean:**

**ONE:** what does ONE church mean to you? There are many other churches that aren't Catholic, why do we profess just ONE? (*while there are many Christian churches who believe in Jesus, we believe that our Catholic Church with our **tradition and Sacraments** hold more **TRUTH than any other church.** This is not to say that we are BETTER than anyone else but what we believe in some ways different than other faiths. There cannot be 2 truths that contradict each other so believe that our church has more of the truth- otherwise why would we be part of it?*)

**HOLY:** what does holy here mean to you? (*holy here means that the Church is inspired by God*)

**CATHOLIC:** what does the word catholic mean? (*in this case it is not referring to capital "C" Catholic but lowercase "c" catholic, catholic means UNIVERSAL, meaning that the church it is for EVERYONE, this good news is for all*)

**APOSTOLIC:** what is apostolic? What is that word similar to? (apostles) what is an apostolic church and why is it so important that it's included in the Creed? (*this means that we follow the traditions that began by Jesus and his apostles. Jesus handed Peter the keys to the church and peter became our first Pope. Since then every Pope has been part of this lineage. We are proclaiming that we believe that the Pope is who God has placed "in charge" of the Church and the Pope will follow the plan that God has for God's church.*)

**The Nicene Creed then professes our believe that Baptism is a 1 time Sacrament which forgives us of Original Sin. It is Baptism that puts us back into right relationship with God that was destroyed by Adam and Eve.**

**The Apostles Creed professes our belief in the Communion of Saints. Who is part of the Communion of Saints?** (*all believers on earth, in purgatory and in heaven and we are all connected*)

**The last line of both Creeds expresses our belief in the resurrection of our bodies and eternal life.**

**What do we believe about the resurrection of the body? What does that mean to you?** (*we believe that currently when we die, our souls leave our bodies and they are separated. Once Jesus comes again at the end of the world, our bodies and souls will be reunited and thus our bodies will rise, like Jesus did, and we will be whole: body and soul again. We learned in Theology of the Body that in order for a person to be whole, the body and soul must be united. At the end of time this will happen and we will be living eternally w/ God.*)

**Living ETERNALLY w/ God! 6) What do you think that will be like?**

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