

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. 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.

These words speak to the mystery of the Trinity. The word **consubstantial** means the Father and the Son are of the same nature and "substance." Christ was **begotten** and possesses the Father's divine nature, just as a child contains his or her biological parents' genetic makeup. Jesus doesn't just tell us about God. He shows us God; he is God.

God revealed divine love to us in the Son. Miraculously conceived by the Spirit, Jesus was formed in Mary's womb and had a body and soul like ours. While divine, he also shared in our human characteristics and feelings.

These passages describe a feeling or human characteristic of Jesus. *Select one* and reflect on its meaning in your journal.

Jesus was...

tempted: Matthew 4:1–11

compassionate: Matthew 9:36

angry: Matthew 21:12–13; Mark 3:5

loving: Mark 10:21

upset: Mark 14:32–42

troubled: John 11:33

sad: John 11:35–36

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.

God's love is the only power capable of overcoming sin. Jesus invites us to be united with him, turn away from sin, and rise to new life. If Jesus hadn't risen, our faith would be futile and we'd still be enslaved by sin (1 Corinthians 15:17). But Jesus *did* rise. After dying on the cross, he was buried in a sealed and guarded tomb. When women came to anoint his body, the tomb was empty. For forty days, Jesus appeared to his followers, assuring them he had risen.

Jesus passed through death, his human body was transformed into a glorified body, and he will come again in glory. We don't know *how* the world will end. What's important is to be prepared to meet Jesus.

Select an account of Jesus performing a miracle from the list below. Reflect on its message and meaning using the questions that follow.

Healing of a centurion's servant: Matthew 8:5–13

Feeding of the five thousand: Mark 6:34–44

Miraculous catch of fish: Luke 5:1–11

Healing of a paralytic: Luke 5:17–26

Changing water into wine: John 2:1–11

Walking on water: John 6:16–21

- How did the person(s) feel before and after encountering Jesus?
- How might you have felt? What might you have done?
- What areas of your life need healing or liberating?
- How do you expect to feel upon receiving the Easter sacraments?



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.

Catholics understand the Spirit as the love eternally proceeding from the Father and the Son. The Spirit is the source of our life, the cause of all that's good in the world. We also believe Jesus is the fulfillment of all the Old Covenant laws and words of the prophets.

- How is the Holy Spirit transforming your life?
- How is the Spirit at work in your community, parish, nation, and world?



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.

The Church is one. Christ wants all his followers to be united in him (John 17:21).

The Church is *holy*. We share in the holiness of God through baptism and are called to reject sin and cooperate with the grace of the sacraments.

The Church is *catholic*. This word means "universal" or "whole" and refers to the Christian body throughout the world.

The Church is **apostolic**, tracing its authority and teachings back to Jesus through the apostles. Jesus commissioned them to preach to the world, and we, the Church, are sent every day to share the good news and evangelize.

We confess one Baptism for the forgiveness of sins. In baptism, we die to sin and start a new life in Christ. Baptism removes the corruption of original sin, forgives personal sins, and gives us the strength to overcome temptation (CCC 978).

Our bodies will wear out, but physical death isn't the end. With Jesus, we'll be fully alive in a new world surpassing anything on earth. We don't know how this will happen, but Jesus leaves no doubt about the reality of heaven (John 6:40) and the glory awaiting the faithful.

Amen.

Amen means "yes" or "so be it." We say "yes" to the Father, Son, and Spirit, the promise of eternal life, and the goodness of life in the Church.



The Nicene Creed

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

*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.
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.*

*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.*

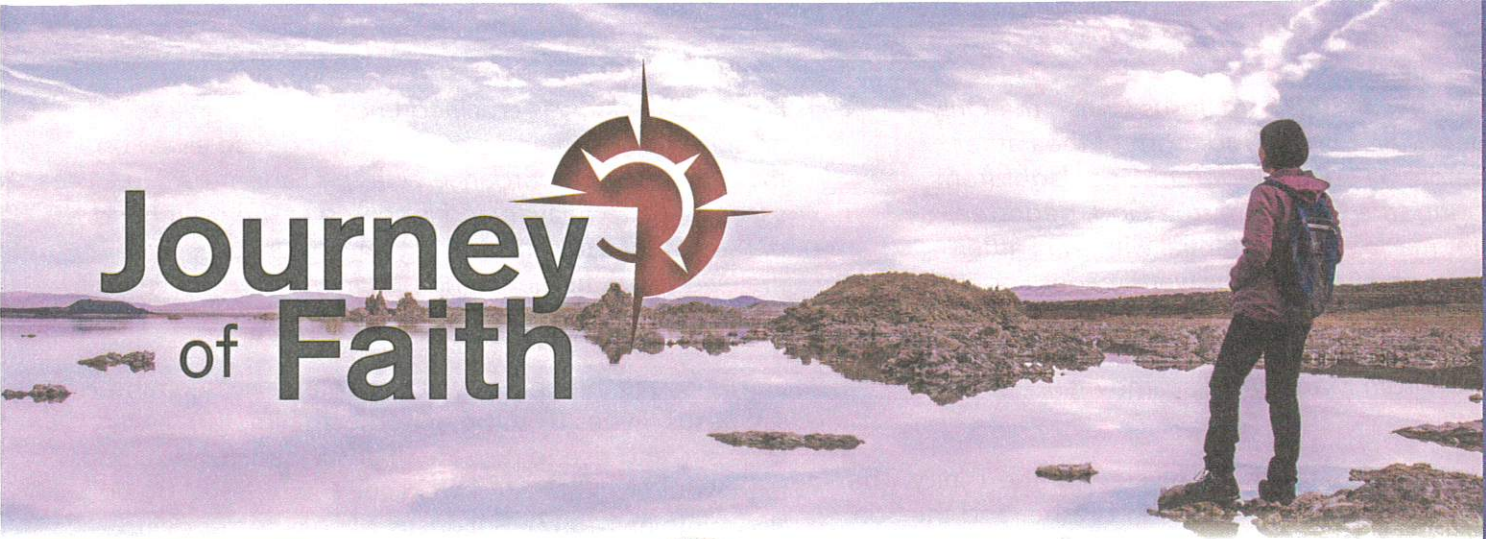
*I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.*



Select several statements from the Creed. Transform each belief into a challenge to action. For example:

- *I believe in the Father almighty...so I will obey his commandments.*
- *I believe in the maker of heaven and earth...so I will care for nature and the environment by...*
- *I believe the Son rose again on the third day...so I will attend Sunday worship.*
- *I believe in the resurrection of the dead...so I will visit the cemetery/grave of...*

Post them in your home where you'll encounter them regularly.



Journey of Faith

In Short:

- The Creed is a statement of core beliefs of the faith community.
- The Creed expresses belief in the persons of the Trinity and the Church.
- We are called to share our beliefs and put them into action.



Praying With the Church

The Nicene Creed is the basis of the profession of faith new Christians express at their baptism. The words were formulated at the First Council of Nicaea in 325. They summarize our beliefs as passed down, proclaimed, and practiced from the earliest days of the Church. Its principal statements provide an outline of the essential doctrines of the Catholic faith. The Nicene Creed, or the Apostles' Creed on which it's based, is used as the profession of faith of all the faithful at Sunday Mass.

The Creed

Christians believe God is active in our daily lives and loves each of us as if we were his only creation. We also live as a community united in our belief in one God who is Father, Son, and Spirit. As one body—the Church—we join together in faith to read and receive the word, to worship and pray, and to build up the kingdom. We share a way of life, learning to love as Jesus did through the power of the Spirit.

Our communal faith is embodied in the statement of our beliefs: the Creed. After the First Scrutiny, usually during the third week of Lent, you may experience this sense of communal faith in a rite during which you are presented with a copy of the Creed.

• Many popular song lyrics and titles include the phrase "I believe." If you wrote a song with that title, how would the lyrics read?



Breaking It Down

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

Knowing we're loved radically changes our lives. So it is with faith in God. There's a deep hunger within each of us, a space only God can fill. We believe we're created in God's image. When we see the world through God's eyes, we find it "very good" (Genesis 1:31).

What do these passages reveal about God?

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|--------------------|-----------------|
| Deuteronomy 26:5–9 | Isaiah 49:15–16 |
| Jeremiah 31:3 | Luke 15 |
| Romans 8:38–39 | |

Journey of Faith for Adults: Enlightenment, E4 (826276)
 Imprimi Potest: Stephen T. Rehrauer, CSsR, Provincial, Denver Province, the Redemptorists.
 Imprimatur: "In accordance with CIC 827, permission to publish has been granted on June 7, 2016, by the Rev. Msgr. Mark Rivituso, Vicar General, Archdiocese of St. Louis. Permission to publish is an indication that nothing contrary to Church teaching is contained in this work. It does not imply any endorsement of the opinions expressed in the publication; nor is any liability assumed by this permission."
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 Printed in the United States of America. 20 19 18 17 16 / 5 4 3 2 1. Third Edition.

