

Note to catechists

Walk through the creed line by line with the candidates. Explain what the different phrases mean and why we believe what the creed says.

The words of the creed

I believe in one God,

(Father, Son, and Holy Spirit)

the Father Almighty,

(God all-powerful)

maker of heaven and earth,

(creator of all)

of all things visible and invisible.

(earth-seen, heaven-unseen)

I believe in one Lord Jesus Christ,

(Christ is both human and divine)

the Only Begotten Son of God,

born of the Father before all ages.

(Jesus is the Son of God)

God from God, Light from Light,

true God from true God,

(Jesus is God, he is light and he is truth)

begotten, not made, consubstantial with the Father;

(Jesus reveals the love of God the Father)

through him all things were made.

(Father, Son, and Holy Spirit create all things)

For us men and for our salvation

he came down from heaven,

(the incarnation)

and by the Holy Spirit was incarnate of the Virgin Mary,

and became man.

(the Annunciation—the angel appears to Mary)

*For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,*
(the Paschal Mystery—Jesus’ suffering, death and resurrection)

and rose again on the third day
(the Resurrection)

in accordance with the Scriptures.
(the Old Testament and the prophets)

*He ascended into heaven
and is seated at the right hand of the Father.*
(Ascension Thursday—forty days after Easter)

*He will come again in glory
to judge the living and the dead
and his kingdom will have no end.*
(Eternal Life)

*I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,*
(the Holy Spirit—the third person of the trinity)
*who with the Father and the Son is adored and glorified,
who has spoken through the prophets.*
(the Spirit is present from the beginning of time)

I believe in one, holy, catholic and apostolic Church.
(People of prayer, members of the Church, founded on the apostles)

I confess one Baptism for the forgiveness of sins
(baptized in the name of the Father, Son, and Holy Spirit)

*and I look forward to the resurrection of the dead
and the life of the world to come. Amen.*
(People of faith await their reward of eternal life—they look forward to it.
This is what the Church believes)