

## 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)