

## The Creed Parent Resource:

### Overview:

The Creed mini-course allows for the students to understand that the Creed holds the basic beliefs of our faith. They will come to know each of the persons of the Trinity as well as the marks of the Church.

### Things to Remember When Talking with Teens about the Church:

1. Honor your children's opinions, learning, and experiences.
2. Listen actively to them; make eye contact to show your interest.
3. Be fair towards their experiences of the faith. If your children feel you are picking on a certain experiences they will resist and ultimately tune you out.
4. Do not make generalizations about their or their friends' experiences with being Catholic.
5. You may feel embarrassed about your experiences or knowledge about the faith (or perceived lack thereof), but do not let that limit your encouragement of your child exploring the Catholic faith.
6. Encourage inquiry and conversation about the faith.

Although it is likely you know the Nicene Creed by heart, during this mini-course, the students will be looking at a number of Catholic creeds. They will be provided below:

#### Nicene Creed

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father.  
Through him all things were made.  
For us men and for our salvation  
he came down from heaven:  
by the power of the Holy Spirit  
he became incarnate from the Virgin Mary, and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
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  
We believe in the Holy Spirit, the Lord, the giver of Life,  
who proceeds from the Father and the Son.  
With the Father and the Son he is worshipped and glorified.  
He has spoken through the Prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. Amen.

## The Creed: Introduction of the Creed

### Week 1:

#### Topics covered:

- Finding Trinity in Scripture
- The Apostles' Creed
- The Athanasian Creed

#### Questions to ask:

1. What is a Creed?
2. Why do we, as Catholics, use creeds?
3. What are other examples of creeds you can think of? (non-religious)
4. Where do the creeds come from?

#### Activities to do:

1. Read through the Apostles' Creed together. Everyone pick out one phrase that stands out to him or her the most. Read the creed again. Why did that particular phrase stand out to you?
2. Find copies of a few business' mission statements online. Compare them to the creed. How are they similar? Different?

#### Apostles' Creed:

I believe in God, the Father Almighty,  
the Maker of heaven and earth,  
and in Jesus Christ, His only Son, our Lord:

Who was conceived by the Holy Ghost,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, dead, and buried;

He descended into hell.

The third day He arose again from the dead;

He ascended into heaven,  
and sits on the right hand of God the Father Almighty;  
from thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost;  
the holy catholic church;  
the communion of saints;  
the forgiveness of sins;  
the resurrection of the body;  
and the life everlasting.

Amen.

## The Creed: We Believe in God the Father

### Week 2:

#### Topics covered:

Names of God  
Who is God?

#### Questions to ask:

1. What are some of the different names for God?
2. Where did these names come from?
3. How is God one in three person? (try your best to explain the Trinity)

#### Activities to do:

1. Read through the Athanasian Creed (below) together. Compare and contrast it with the Nicene and Apostles' Creeds.

### **Athanasian Creed**

Whoever wants to be saved should above all cling to the catholic faith.

Whoever does not guard it whole and inviolable will doubtless perish eternally.

Now this is the catholic faith: We worship one God in trinity and the Trinity in unity, neither confusing the persons nor dividing the divine being.

For the Father is one person, the Son is another, and the Spirit is still another.

But the deity of the Father, Son, and Holy Spirit is one, equal in glory, coeternal in majesty.

What the Father is, the Son is, and so is the Holy Spirit.

Uncreated is the Father; uncreated is the Son; uncreated is the Spirit.

The Father is infinite; the Son is infinite; the Holy Spirit is infinite.

Eternal is the Father; eternal is the Son; eternal is the Spirit: And yet there are not three eternal beings, but one who is eternal; as there are not three uncreated and unlimited beings, but one who is uncreated and unlimited.

Almighty is the Father; almighty is the Son; almighty is the Spirit: And yet there are not three almighty beings, but one who is almighty.

Thus the Father is God; the Son is God; the Holy Spirit is God: And yet there are not three gods, but one God.

Thus the Father is Lord; the Son is Lord; the Holy Spirit is Lord: And yet there are not three lords, but one Lord.

As Christian truth compels us to acknowledge each distinct person as God and Lord, so catholic religion forbids us to say that there are three gods or lords.

The Father was neither made nor created nor begotten; the Son was neither made nor created, but was alone begotten of the Father; the Spirit was neither made nor created, but is proceeding from the Father and the Son.

Thus there is one Father, not three fathers; one Son, not three sons; one Holy Spirit, not three spirits.

And in this Trinity, no one is before or after, greater or less than the other; but all three persons are in themselves, coeternal and coequal; and so we must worship the Trinity in unity and the one God in three persons.

Whoever wants to be saved should think thus about the Trinity.

It is necessary for eternal salvation that one also faithfully believe that our Lord Jesus Christ became flesh.

For this is the true faith that we believe and confess: That our Lord Jesus Christ, God's Son, is both God and man.

He is God, begotten before all worlds from the being of the Father, and he is man, born in the world from the being of his mother -- existing fully as God, and fully as man with a rational soul and a human body; equal to the Father in divinity, subordinate to the Father in humanity.

Although he is God and man, he is not divided, but is one Christ.

He is united because God has taken humanity into himself; he does not transform deity into humanity.

He is completely one in the unity of his person, without confusing his natures.

For as the rational soul and body are one person, so the one Christ is God and man.

He suffered death for our salvation. He descended into hell and rose again from the dead.

He ascended into heaven and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

At his coming all people shall rise bodily to give an account of their own deeds.

Those who have done good will enter eternal life, those who have done evil will enter eternal fire.

This is the catholic faith.

One cannot be saved without believing this firmly and faithfully.

## The Creed: Introduction of the Creed

### Week 3:

#### Topics covered:

- Finding Trinity in Scripture
- The Apostles' Creed
- The Athanasian Creed

#### Questions to ask:

5. What is a Creed?
6. Why do we, as Catholics, use creeds?
7. What are other examples of creeds you can think of? (non-religious)
8. Where do the creeds come from?

#### Activities to do:

3. Read through the Apostles' Creed together. Everyone pick out one phrase that stands out to him or her the most. Read the creed again. Why did that particular phrase stand out to you?

Find copies of a few business' mission statements online. Compare them to the creed. How are they similar? Different?