

WE

PROFESS

WHAT WE BELIEVE

KNOW YOUR FAITH SERIES

At the TABLE (or Liturgy) of the WORD we receive Jesus in the Holy Communion of His LIVING WORD, as revealed in Sacred Scriptures.

At this time the Christian Community publicly professes to BELIEVE in what has just been proclaimed. This is done by the recitation of the "CREED", which comes from the Latin "CREDO", meaning "I BELIEVE".

The "CREED" is the summary of the TRUTHS contained in Sacred Scriptures and in the Teachings of the Church.

When we say at Mass "I believe in God...", it means that "I pledge myself to what I believe" (Catechism of the Catholic Church #185).

The "CREED" you are most familiar with is the "APOSTLES CREED", so called "because it is rightly considered to be a faithful summary of the apostles' faith. It is the ancient baptismal symbol of the Church of Rome" (CCC #194).

The other "CREED", called the "Nicene Creed" was formulated at Nicaea, during the first two ecumenical Councils (in 325 and 381 a.d.), in response to false doctrines being spread by heretics.

This CREED, longer in its form, is more explicit and more detailed than the apostles' Creed, (CCC #195-196).

By the recitation of the CREED, we affirm the promises made at our own baptism, and which we renew at each Easter Vigil when we respond "I DO" to the questions posed by the celebrant: "do you renounce sin/Satan, and his empty promises? - do you believe in God, the Father almighty..., in Jesus Christ..., in the Holy Spirit...? etc.

Our profession of faith recalls the response of the people of Israel to Moses, when they sealed their "covenant" with God by promising to follow His Commandments. (Exodus 24:7-8).

Likewise, our CREED is the "spiritual seal" of the "New Covenant" in the Blood of Christ. We also repeat along with Israel, "what the Lord God has commanded we shall do: WE BELIEVE WHAT HE HAS REVEALED AND WE SHALL FOLLOW HIS TEACHINGS!"

THIS WEEK'S SUGGESTED PRAYER: slowly and prayerfully recite the apostles' Creed, pausing and bowing at the words "Who was conceived by the Holy Spirit, born of the Virgin Mary".

Do the same if praying the Nicene Creed: (pause/bow) " ...and by the Holy Spirit was incarnate of the Virgin Mary, and became man."