

# The Nicene Creed

"Our profession of faith begins with *God*, for God is the First and the Last, the beginning and the end of everything. The Credo begins with God the *Father*, for the Father is the first divine person of the Most Holy Trinity; our Creed begins with the creation of heaven and earth, for creation is the beginning and the foundation of all God's works."

---the *Catechism of the Catholic Church*, no. 198

Catholic belief is succinctly expressed in the profession of faith or *credo* called the *Nicene Creed*:

## 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 glo-  
rified,  
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.

- Take some time to slowly read through and reflect on the Creed — think about what you are professing to believe at Mass each Sunday.
- Can you re-write the Nicene Creed in plain English?
  - Once you're done, compare the two.
  - Is your creed longer or shorter than the original prayer?
  - Was it easy to re-write the pray?
  - What, if anything, was difficult about it?
- The Nicene Creed expresses our faith, what we as a Church believe. Now write your personal creed. What do you believe? What is most important to you?
- We also share core beliefs as a family. Now take some time to write a family creed. What do you as a family believe? What does your family hold most important? What is sacred to your family?

