

Reflection & Questions on the Creed

I invite you to make time (@ 10 minutes) M-F this week to meditate on the Nicene Creed. Do you recite the Creed with the faith of the early Christians? Do you make the Creed a true profession of faith – “I Believe” – and communal – “We Believe” – in our one, holy, catholic, and apostolic faith? Do you say the words with meaning, or simply recite what you have known and heard since childhood?

Day 1: Start by slowly reading the words of the Creed. Grab a pen and paper and carefully write out the words of the Creed.

Day 2: Look at the words you wrote yesterday. Slowly pray these powerful words once again. Look through the prayer and underline (highlight) words of importance to you. Which of these beliefs resonates deep within you? Which words speak truth into your life?

Day 3: Slowly pray with the words you have written. Concentrate on the first part of the Creed that speaks of God the Father and the wonderful work of creation (**CCC 190**). How does this part of the Creed help you know the Father? Praise God and Thank Him, the Creator of all things, and all that He has done for you. **Which words in this first part help you to desire more of God in your life?**

Day 4: Start by slowly and intentionally praying the Creed. Concentrate on the second part of the Creed that speaks of God the Son and the mystery the redemption (**CCC 190**). How does this second part help you to know Jesus as the Son of God? Thank Jesus for coming to earth to save us from our sin. **Which words in this second part provide hope for your life on earth and for eternity?**

Day 5: Once again, slowly and intentionally pray the Creed. Focus on the third part of the Creed that speaks of the Holy Spirit, the origin and source of our sanctification (**CCC 190**). How does this part of the Creed help you to understand the Holy Spirit? Spend some time adoring and glorifying the Holy Spirit. The Holy Spirit spoke through the prophets and continues to speak to us through the Word of God today. **Ask the Holy Spirit to speak into your life and lead you to a deeper understanding of faith, hope, and love.**

After taking part in this five-day reflection on the Nicene Creed this week, come to Mass next weekend with a renewed love and zeal for the firm beliefs of our one, holy, catholic, and apostolic faith, ready to profess anew - “I Believe”!