

Symbolon Summary for Session 1- The Journey of Faith: Trinity, Faith and the God Who Is Love

Symbolon is a unique sounding word that has a deep powerful meaning. When you hear the word Symbolon, the first word you may think of is symbol. A symbol is an object that represents or stands for an idea, belief, or action etc. A symbol can take the form of words, sounds, gestures, or visual images and are used to convey ideas and beliefs. In the early Church, Christians described their Creed, their summary statement of faith, as the Symbolon, the "seal" or "symbol of the faith." This is the same faith as professed by Jesus Christ. Our faith is our response to the God who created us out of a generous act of love. He longs to have a personal relationship with us, and is constantly seeking us out and revealing Himself to us so that we may have a share in His Life.

One of the core beliefs of our faith is that of the Trinity. Our God is the one true God. We should have fidelity to Him. Jesus Christ is God's word made flesh. The Holy Spirit is the bond of love between Father and Son. Our faith can be expressed through both intellect-knowing and learning about God, and will-living out our faith in our lives. It is best when both aspects are present at the same time. One way to live out our faith is through prayer. Jesus taught us the three elements of prayer-praise, asking for our needs to be met, and saying we are sorry for our sins through the Our Father. Prayer also allows us to have a conversation with God, which is a crucial aspect in developing and maintaining a relationship with Him. Just as you can strengthen your marriage by talking to each regularly, you can also strengthen your relationship with God by talking to Him regularly in prayer. **Why not try it?**