

Creed/ Sign of the Cross lesson:

Young children:

Practice making the sign of the cross. If they are having trouble remembering which hand has a sticker on the right hand for practice might help.

Next do the worksheet, putting the words under the correct picture.

Discuss: Why do we make the sign of the cross?

- We start our prayers with this because it reminds us we are praying to God
- When we end with Amen it means we believe that God is the Father and the Son and the Holy Spirit. The word Amen means I believe.
- The sign of the cross shows that we believe God has 3 parts.

Older Children:

Review the Sign of the Cross to be sure everyone knows how to do it correctly.

Ask: Why do we do this? What does it mean? What does Amen mean? (see young children answers above)

When we make the sign of the cross at Mass is just one time when we state what we believe. The other time is when we say the Creed. Sometimes churches will use the Nicene Creed and other times the Apostles Creed. The words in both creeds are very similar.

Let's read through the creed and then answer questions about it as a group.

What do we believe about God the Father?

What do we believe about Jesus?

What do we believe about the Holy Spirit?

What do you think it means when we say we believe in one holy catholic and apostolic church?

- One – we believe we are the one true church started by Jesus when he said to Peter that he was the rock upon which the church would be built. He meant the church as in the people, not the buildings. All the other Christian churches broke away from the Catholic church at different times in history. Usually they left because they didn't agree on church teachings.

- Holy – we are a sacred group of people. Together we make up the Body of Christ. This means we are sacred or holy.
- catholic – this is the word catholic with a small c , although some publishers get it wrong. The word catholic means universal and it means the church is for everyone.
- Apostolic – this means our church began with the apostles. Every priest has been ordained by a bishop who was ordained by a bishop who was ordained by a bishop and so on that when you trace all the way back to Jesus time was ordained by the apostles. This is called Apostolic succession.

Cut the statements below apart. Make 2 or three sets. Divide into 2 or 3 teams. See who can put together the creed in order the fastest using the slips below:

**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 GLORIFIED, 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.

