

Confirmation Recall & Habit-Forming Actions

JANUARY 2021

In our fourth session, we will discuss what it means to profess the Catholic Creed and believe in God. As most of us know, youth struggle with belief in God because God cannot scientifically be proven to exist. Yet, we long to know God. As St. Augustine said in His Confessions, "*Our heart is restless until it rests in you.*"

This session developed an understanding of the Creed and its first tenet that God is one in the Trinity. The goal of the session was to give the candidates greater confidence to profess; "I believe in one God the father almighty maker of heaven and earth of all things visible and invisible."

Here are the key concepts from the session.

The Creed is a concise summary of the principle truths that we agree on as a Catholic Church. It contains the main ideas and core tenants of the Catholic faith. While it is not everything that we believe, it is the most important stuff that we believe. The Catechism of the Catholic Church begins its explanation by saying "whoever says 'I believe' says I pledge myself to what I believe. Communion in faith needs a common language of faith normative for all and uniting all in the same confession of faith."

The Creed is a sign of recognition and communion between us. It is our point of agreement as Catholics.

Where did the Creed come from?

The apostles' tradition is said to have come from a faithful summary of the faith of the apostles. We are unsure exactly of the time that it was written and who composed it.

The Nicene Creed however is the product of the first 2 ecumenical councils in the history of the Church. The first council of Nicaea was held in modern day Turkey in the year 325. The second ecumenical council was held in Constantinople in 381. In the first council the divinity of Jesus was asserted. In the second council Jesus' humanity was asserted. The second council also added significantly to the last half of the Creed which recites what we believe about the Holy Spirit.

What are the *principle* truths in the Creed?

- The Creed tells us that God is a Trinity; Father, Son and Holy Spirit.
- The Creed also asserts both the divinity and humanity of Jesus as one person with two natures. We believe Jesus is fully human and fully divine.
- We also believe that he was born to a Virgin named Mary, that he suffered, died and rose from the dead. And we believe that Jesus' life, passion, death, and resurrection are undertaken for our Salvation.
- We also affirmed the four marks of the church in the Creed: we believe that we are one, holy, catholic, and apostolic. These marks are interconnected characteristics that the Church aspires us to realize.
- We also believe in the fundamental importance of our faith, of baptism, the forgiveness of sins, the resurrection of the dead, and eternal life.

There is only One God who can be totally trusted.

God has three personal attributes: **all good** (omni-benevolent); **all powerful** (omni-scient); and **all knowing** (omni-potent). These characteristics make God totally trustworthy. These characteristics make it possible for Him to love you and die for you. These attributes also mean that God is not wicked or weak or stupid.

How can we be so assured of this? Romans 8:28 says: *For those who love God all things work together for good.*

God is a Trinity.

- The Trinity is the central mystery of our faith: one God in three persons (Father, Son, Holy Spirit). This is the most fundamental and essential teaching of our faith.
- "God is not solitude, but perfect communion". Pope Benedict XVI
 - There is perfect harmony and love between the three persons. All that is given is completely received by the other.
- Christians do not worship three different gods, but one single Being that is threefold.
- How do we know that God is Triune - three in one? From Sacred Scriptures which are the inspired Word of God.
 - John 10:30 | John 14:26 | Matthew 28

To believe we must choose to trust God personally and within a community.

Each believer must desire to know God and develop a close, consistent, and committed relationship through prayer, Sacramental reception and Scripture.

Each believer must also desire to be part of the Church. God created us for community not for isolation. We must want to contribute to the whole as well as receive from the whole.

How can you deepen your relationship with God? Commit to these three HABIT FORMING actions before our next meeting.

1. Put down your nets. Identify behaviors that are holding you back from becoming the person that God created you to be. Pick only one or two for right now. Ask God to help you correct these behaviors. At Mass, commit to place them on the altar during the offertory and ask God to transform them.
2. Pray every day. If you are not praying every day right now, put reminders in your life: a note on your bathroom mirror, a screen saver on your phone that asks you to pray, a note by your pillow... If you are praying every day, step it up and save a special time each day to be with just God.
3. Frequent the Sacraments. If you aren't going to Mass every weekend, challenge yourself to do so. If you are going to Mass every week, then go to reconciliation this month as well.