

### The Creed

The Creed is a profession of our faith that summarizes the core doctrines of Christianity. On an intellectual level, it is a free assent to the whole truth that God has revealed. We affirm our belief that there is one God, who created everything, and that Jesus is the only begotten Son of God, who became man, died and rose again on the third day. We also believe in the Holy Spirit and one, holy, catholic, and apostolic Church, and the forgiveness of sins with the promise of eternal life after death. The Creed tells the story of God's love for us throughout salvation history.

Jesus wants us to surrender our lives entirely to God and his plan for us. After the homily, the Creed is recited with the intent to entrust our hearts to God. This recitation unites Catholics worldwide in a shared profession of faith and serves as a foundational guide for Catholics to understand and live out their faith.

The Apostles' Creed (said during Lent and the Easter season) or the Nicene Creed (longer version with additional details) are said at Mass. Both remind Christians of what they believe and help them stay united as a community of faith.

***Did you know?*** The apostles did not actually write the Apostles' Creed. Though it is based on early Christian teachings, it gradually developed over centuries and was not officially recorded in its current form until around the 8th century. The meaning of consubstantial is *one of the same, or one with God*.

***Good Practice Suggestion:*** When saying the Creed, take a moment to reflect on the meaning of each line. Understanding the words can make the prayer more personal and meaningful, deepening your connection to your faith. You could even read about each part of the Creed to learn why it is important to the Catholic Church!

*Tami Richardson, Liturgy Coordinator, Liturgy Commission, Parish Synod Team*

### Prayer of the Faithful/Universal Prayer

The Prayer of the Faithful marks the end of the Liturgy of the Word. These intercessory prayers are our response to what we hear and learn from the Scripture readings and homily. We have just expressed our belief in the Creed, and our natural response is to respond with prayer.

Intercessory prayer has its roots in the early Church and Scripture:

- In the year 155, St. Justin Martyr wrote about prayers offered after Scripture. "We rise together, offer prayers for ourselves and all others, wherever they may be."
- In Saint Paul's letter to Timothy, Paul says, "I ask that supplications, prayers, petitions, and thanksgivings be offered for everyone" (1<sup>st</sup> Timothy 2:1)

The Catechism of the Catholic Church (2635) also notes that intercessory prayer is the response of people in tune to God's mercy and heart.

The Prayer of the Faithful is universal, meant for all humankind. These prayers include the needs of the Church, civil leaders, for people suffering and for the local community.

The Prayer of the Faithful give us a personal connection to the Liturgy, to our universal Christian community, and to the faith we profess to live.

*Dianne Robinson, Liturgy Commission Member*