

# Living our Faith

At Sunday Mass, we as a parish proclaim our faith when we say the words of the Creed. The Creed is the basic outline of our faith and it gives expression to our shared faith. Below you can find the Creed broken up into parts. In the blank box next to each part, reflect on what that part of the Creed means for you.

<p>I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.</p>	
<p>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.</p>	
<p>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.</p>	
<p>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.</p>	
<p>He ascended into heaven and is seated at the right hand of the Father.</p>	
<p>He will come again in glory to judge the living and the dead and his kingdom will have no end.</p>	
<p>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.</p>	
<p>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.</p>	
<p>Amen.</p>	

# My Faith

In the blank space below, do something to express your faith and what it means to you. Draw a picture, write a poem, write a reflection, write a letter, imagine what God might be saying to you or do anything else that can help you express your faith and what it means to you.