

Catechesis Minute: I Believe

For the next few weeks, we are going to be talking about the Apostles' Creed. During this season of Advent, we confess the Apostles' Creed in worship services instead of the Nicene Creed. There are three Creeds used by the church: The Apostles' Creed, the Nicene Creed, and the Athanasian Creed. But we're not going to get into that right now. I just want to ask this question: What is a creed? Is a creed just words we have to memorize for Confirmation, words we say in worship services? Or is there more to it?

If these were just words, why bother learning them and saying them? A creed is a confession of faith. That's why the first two words are "I believe." Notice, we say "*I believe*", not "*we believe*." We're confessing something that we all believe, but our faith isn't really our faith until it is ours individually. Each one of us believes these things for ourselves.

Now, here's the thing: What we believe determines how we live. If you ever want to know what someone really believes, look at how they live, not at what they say. If I believe the stove is hot and if I touch it, I will burn my fingers, will I touch the stove? Not unless I want to burn my fingers, and I don't want to do that. You get the idea, right? What we believe determines how we live.

So, as we study the Apostles' Creed, think about what that means. If I really *believe in God the Father Almighty, maker of heaven and the earth*, how will I live?

Prayer:

Father, we have this Creed, what we say we believe. Help us to understand what it says and live by it. In Jesus' name, Amen.