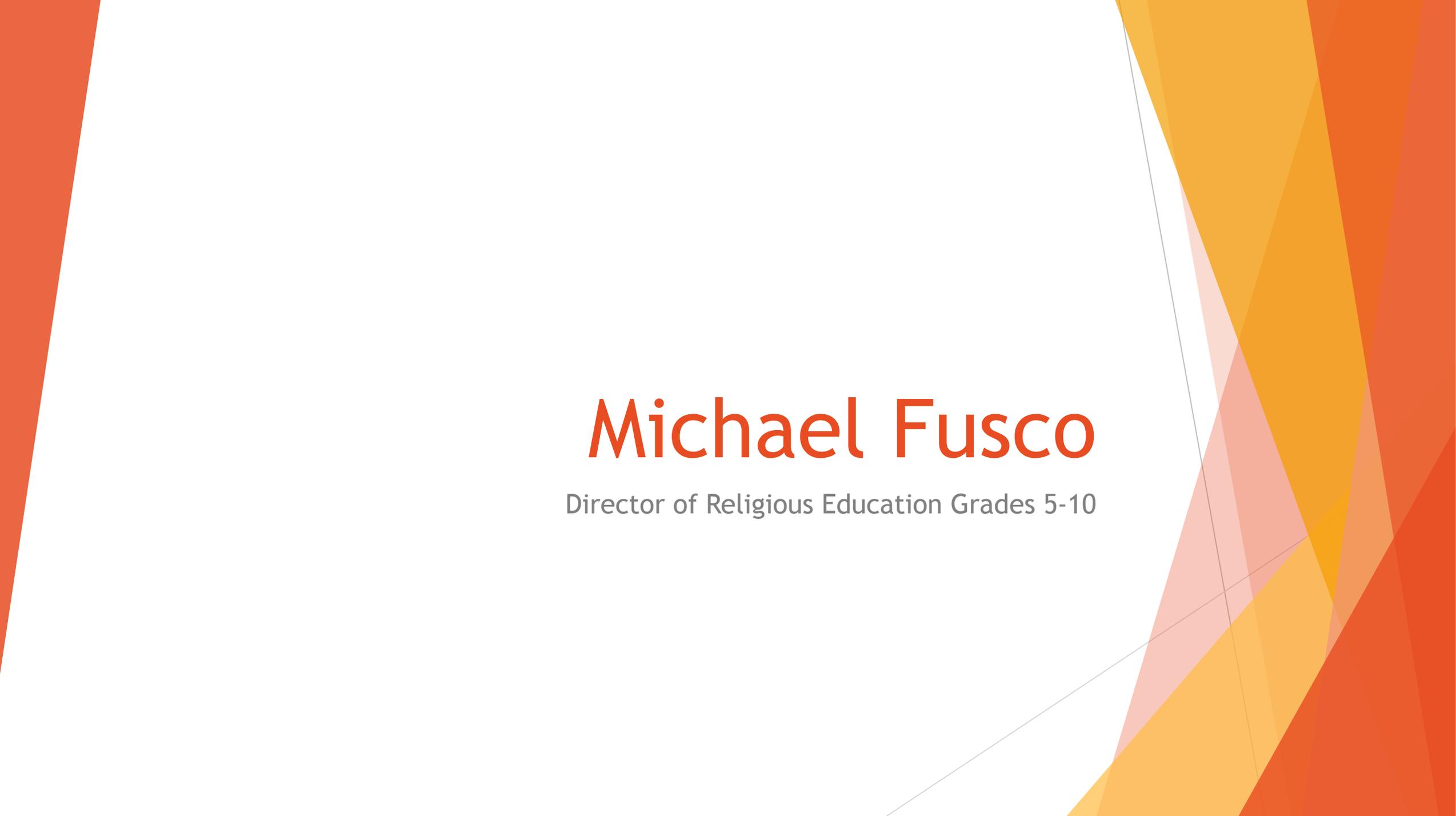




Spotlight Lesson 1  
Saint Helen's Grades 5-8  
The Creed

The background features abstract geometric shapes in shades of orange and yellow, primarily on the right side, with a white background on the left.

# Michael Fusco

Director of Religious Education Grades 5-10

# Welcome and Rules for Livestream

- ▶ Have Fun!!
- ▶ Learn something from this event
- ▶ The chat room is to be used sparingly. You are welcomed to greet each other but during the session we request that it not be used unless we ask you to use it.
- ▶ Chat will be monitored by Saint Helen's staff
- ▶ Feel free to pass this along to others for their use. You can watch as many times as you like!

# Opening Prayer

## Nicene Creed

- ▶ 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.

## Goals of the Lesson

- ▶ Learn the Origins of the Apostles and Nicene Creed
- ▶ To explore what we believe
- ▶ To learn how we can live the creed everyday.

# What is a Creed?

- ▶ The word Creed - from the Latin credo meaning “I Believe”.
- ▶ Focus on the Trinity and the “work” of each of the three persons.
- ▶ The Father - Creation
- ▶ The Son - Redemption
- ▶ Holy Spirit - Active in our Lives

# We have two Creeds? Why??

- Apostles Creed and Nicene Creed
- Apostles Creed comes from the teaching of the Apostles on the day of Pentecost.
- At Baptism in the early church the person would recite this creed.
- If it was an infant, the parents/godparents would say it. Just like today

# Nicene Creed

- Nicene Creed comes from the Council of Nicea (325).
- The council wanted to combat the heresy of Arius who denied the divinity of Jesus.
- This was to clearly show that Jesus was “consubstantial” or “one in being” with the Father.

# Nicene Creed

- Jesus shared the same divine nature, that he is “begotten, not made or created and that Mary was conceived by the power of the Holy Spirit.
- Through Mary, Jesus was true God and true man.
- This Creed expanded on the Apostles Creed

# Nicene Creed

- Both Creeds tell us what we believe.
- In the early days the Creed was something spoken and handed down to generations.
- The most important thing is that both let us know what we as Catholics believe and set us up to live that creed everyday.

# So what do we Believe?

- ▶ "Our profession of faith begins with *God*, for God is the First and the Last, the beginning and the end of everything. The Credo begins with God the *Father*, for the Father is the first divine person of the Most Holy Trinity; our Creed begins with the creation of heaven and earth, for creation is the beginning and the foundation of all God's works."
- ▶ ---the *Catechism of the Catholic Church*, no. 198
- ▶ If we read this each day we will affirm each line of the creed in our own lives.
- ▶ God created everything, Jesus is True God and True man, He came to save us from our sins. We say this at mass to remind us of what we believe in. We say it at Baptism and Confirmation

<https://youtu.be/0YNeTwWU1RE>

Don't Be a Robot  
OBD Films on the Creed

# Trivia Words

- ▶ **Consubstantial** - of one and the same substance, essence, or nature, especially the three divine persons of the Christian Trinity.
- ▶ **Catholic** - late Middle English: from Old French *catholique* or late Latin *catholicus*, from Greek *katholikos* 'universal', from *kata* 'in respect of' + *holos* 'whole'.

# Questions for Today

- ▶ These first two questions are for you to think about and pray about. They do not require an answer here.
- ▶ Do you believe there is a God or do you believe in God?
- ▶ Do you believe that Jesus is True God and True Man, that he lived and died for our sins and saves us through his death and resurrection?
- ▶ How do we live out the creed everyday in our lives? Give an example of how you can be a living creed to those you interact with. (family, friends at school or playing sports etc)
- ▶ What parts of the Creed do you understand the most?
- ▶ What parts of the Creed do you need to better understand?
- ▶ Talk to your parents, friends and family members about the Creed.
- ▶ If someone asked you the question, “why do you believe in God?”, how would you answer?

# Scripture Reflection

- ▶ Read the scripture
- ▶ Close your eyes and try and think about what this passage is saying to you.
- ▶ Read the scripture again and ask yourself how you can respond to this
- ▶ Have a short discussion on the scripture passage with a family member or person in your group.

Philippians 4:4-9

New International Version

### **Final Exhortations**

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

# Wins and Spins

- ▶ Sit with your parents or the people in your group. Think about one really-good thing that happened to you today. (A Win)
- ▶ Type your “Win” for the day in the chat or talk with your parents about it.
- ▶ Think about one thing that did not go your way today or a mistake you made or something that made you feel sad, anxious or just not right.
- ▶ Each person will talk about their situation and then give advise to each other on how to Spin their bad situation into something positive or what they can learn from that situation
- ▶ TIP - Use the term “What Would Jesus Do” to help you when making suggestions to each other. Also think about a piece of scripture that may help someone with their situation.

<https://odbfilms.com/film/love-god-love-each-other?462f921664>

# Closing Video

OBD Films

Love God, Love Each Other

This original song written by Bob Rice and performed by Righteous B, Taylor Tripodi, Harrison Wargo and Born, drives home Christ's admonition to love with no exceptions.



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