

Faith at Home

FIFTH GRADE – THE APOSTLES CREED

Please help your child to memorize the Creed, as well as to understand its meaning.

I believe in God, the Father almighty, creator of heaven and earth.

We believe in one God, made up of three distinct persons: the Father, the Son, and the Holy Spirit. The Father is the origin both of the other two persons of the Trinity, and of all created matter.

I believe in Jesus Christ, his only Son, our Lord.

Jesus Christ is the Second Person of the Holy Trinity, existing from all eternity.

He was conceived by the power of the Holy Spirit and born of the Virgin Mary.

Jesus came to earth to save us. This process began when the Blessed Virgin Mary was asked whether she would be the Mother of God. When she gave her yes, she became pregnant with Jesus by the power of the Holy Spirit, the third person of the Trinity.

He suffered under Pontius Pilate, was crucified, died, and was buried.

Jesus came both to teach us how to live, and to give His own life as a ransom for our salvation. After teaching for three years, Jesus was arrested and condemned to death by the Roman governor of His area, Pontius Pilate. Crucifixion, since it was very painful and degrading, was the method of execution for the lowest in society. After Jesus offered His life on the cross for our salvation, He was buried.

He descended into hell.

This refers to how Christ went to the place where all of the souls of those who had died earlier were kept, so that He could free them by the power of the salvation He had won for humanity. This hell is to be distinguished from the Hell of punishment, which is usually meant by this word.

On the third day he rose again.

On Easter Sunday, Jesus' soul and divinity was reunited with His body.

He ascended into heaven and is seated at the right hand of the Father.

Forty days after His Resurrection, after spending time with His disciples giving them proof that He really was risen from the dead, Jesus ascended into Heaven.

He will come again to judge the living and the dead.

We believe that at the end of time Jesus will come again. His first coming was to teach us how to live and to give us the grace to follow His teachings. At His second coming, we will be judged on how well we have followed Christ's teachings.

I believe in the Holy Spirit,

The Holy Spirit is the third person in the Holy Trinity. The Holy Spirit proceeds from the Father and the Son, and is sent into the souls of believers so that we can share in the love of God.

the holy catholic Church,

The Church is the assembly of believers in the faith of Jesus Christ throughout all places and times. We say the Church is holy because it is set apart for God, and through the work of the Church God blesses the world. *Catholic* means universal, and refers to how all people are invited to be a part of the Church.

the communion of saints,

This is the unity that all believers share in Christ, Who is always giving us grace to help us to be holy.

the forgiveness of sins,

Every time we sin, we introduce evil into the world. This line affirms our belief that, through the ministry of the Church, Jesus forgives our sins and gives us spiritual healing from their effects. The two sacraments that forgive sins in a special way are Baptism and Reconciliation.

the resurrection of the body,

As humans, we are made up of a union between the body and soul. Death is when our soul separates from our body. We believe that at the end of time our soul will be reunited with our body, which will be recreated in a way that we do not yet know. This is why we treat a dead body with respect.

and the life everlasting.

As humans, we are created by God with a soul that lives forever. When our life on earth ends, we enter into eternal life.

Amen.

We end our prayers with this word because it affirms all we've just said. It means, *I believe!*