

# THE APOSTLE'S CREED

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

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

He was conceived by the power of  
the Holy Spirit

and born of the virgin Mary.

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

He descended to the dead.

On the third day he rose again.

He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and the  
dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

Amen.

The Apostle's Creed is not just a basic summary of what it means to be a believer in Jesus. It was meant to be memorized, carried around in people's hearts, forming how they God, themselves, and life itself. Be intentional about reciting the Creed every day this week, even challenging yourself to memorize it, if possible. As you read it, allow your attention to be drawn to a single line or phrase.

Ask yourself:

a) Why is this idea important in my life right now?

b) How would life be different for me if I lived as though I really believed it?

Pray a prayer asking God to give you the faith to genuinely believe the gospel, as told by the Creed.