

THE CREED SESSION 1



SCRIPTURE QUOTES FOR THE WEEK



"O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and are acquainted with all my ways. Even before a word is on my tongue, O Lord, you know it completely. For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made."

—Psalm 139:1–4, 13–14 (NRSV)

"Now faith is the assurance of things hoped for, the conviction of things not seen."

—Hebrews 11:1



COMMIT

This week's commitment is to choose a time each day to reflect on the following quote from the *Catechism*:



"God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined us to share in that exchange."

—CCC 221

Sit quietly asking for the grace to receive God's loving gaze and speak to Him as a friend, sharing your thoughts, feelings, and desires. Afterward, share what you experienced in this prayer time with someone close to you.



CLOSING PRAYER

"The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters; he restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; thy rod and thy staff, they comfort me. Thou preparest a table before me in the presence of my enemies; thou anointest my head with oil, my cup overflows. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord for ever."

—Psalm 23:1–6



TIP FOR THE WEEK

This week look for ways that God is showing He loves you. It might be in a beautiful sunset, a song that you enjoy, a nice comment from a friend, or love from your parents. Throughout your day, how does God show His love to you?

THE CREED SESSION 2



SCRIPTURE QUOTE FOR THE WEEK



"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life."
—John 3:16



COMMIT

The *Catechism of the Catholic Church* brings divine Revelation to our finger tips. This week's commitment is to pick up the *Catechism* (or read it online) and scan the subject index in the back. Find a topic that you would like to understand more deeply. Read about that topic in the *Catechism* and the Scripture references that are the foundation of that teaching. Be prepared to report back to the group what you have learned.



"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross."
—Philippians 2:5–8



TIP FOR THE WEEK

This week look for ways that God is showing He loves you. It might be in a beautiful sunset, a song that you enjoy, a nice comment from a friend, or love from your parents. Throughout your day, how does God show His love to you?

THE CREED
SESSION 3

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SCRIPTURE QUOTE FOR THE WEEK

*"Thy word is a lamp to my feet and a light of my path."*

—Psalm 119:105



COMMIT

This week's commitment is to look up the Scripture readings for Sunday Mass. You can find the readings at uscgb.org/bible/readings. Spend some time reflecting on how God, through the Scripture readings, is speaking to your head, heart, and hands. What is it telling you intellectually? What is it conveying to you personally? What action is prompting you toward?



TIP FOR THE WEEK

Want meditations to go along with your commitment? There are all sorts of resources that provide meditations with the daily readings. A few places to check out are Magnificat, Word Among Us, and the Laudate App for smart phones.

THE CREED SESSION 4



SCRIPTURE QUOTES FOR THE WEEK



"Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. He destined us in love to be his sons through Jesus Christ, according to the purpose of his will, to the praise of his glorious grace which he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace which he lavished upon us. For he has made known to us in all wisdom and insight the mystery of his will, according to his purpose which he set forth in Christ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth."

—Ephesians 1:3–10

"I will put enmity between you and the woman, and between your seed and her seed; he shall bruise your head, and you shall bruise his heel."

—Genesis 3:15



COMMIT

This week's commitment is to do the "Meditation of Two Standards" by St. Ignatius of Loyola, the founder of the Jesuits.

<http://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/the-two-standards>

St. Ignatius challenges us to see the real struggle between good and evil in the world today. Following the spirit of his meditation, prayerfully imagine a battlefield with Jesus, the Commander-in-Chief of Good, on one side calling all people under His standard (His flag). He calls men and women to follow Him with humility, patience, generosity, purity, poverty and sacrificial love. Next, imagine on the other side of the field Satan, the chief enemy of all that is good, inviting people under his flag. He entices people away from Jesus through the lure of riches, the pursuit of worldly honor and success, pride, and lust, and he distracts them from the true meaning of life with constant busyness and amusements.

Finally, put yourself on that field and honestly consider: Which side attracts you the most? In what ways are you pursuing the standard of Christ? In what ways do you find yourself lured by the standard of the devil? How can you live more for Christ's kingdom and not Satan's?



CLOSING PRAYER

PRAY: *We give you praise, Father most holy, for you are great and you have fashioned all your works in wisdom and in love. You formed man in your own image and entrusted the whole world to his care, so that in serving you alone, the Creator, he might have dominion over all creatures. And when through disobedience he had lost your friendship, you did not abandon him to the domain of death.... And you so loved the world, Father most holy, that in the fullness of time you sent your Only Begotten Son to be our Savior.... To accomplish your plan, he gave himself up to death, and, rising from the dead, he destroyed death and restored life. And that we might live no longer for ourselves but for him who died and rose again for us, he sent the Holy Spirit from you, Father, as the first fruits for those who believe, so that, bringing to perfection his work in the world, he might sanctify creation to the full.*

—A prayer from the Roman Missal, Eucharistic Prayer IV



TIP FOR THE WEEK

Making time for prayer in your day can be difficult. It is helpful to plan your day in advance to ensure you have quiet time with the Lord. This week, before you go to bed each night, plan when you will take 10–15 minutes for meditation and prayer.

THE CREED SESSION 5



SCRIPTURE QUOTE FOR THE WEEK



"Simon Peter answered him, 'Lord, to whom shall we go? You have the words of eternal life; and we have believed, and have come to know, that you are the Holy One of God.'"

—John 6:68-69



COMMIT

This week's commitment is to take 15 minutes to read the quote below and reflect on your response to Jesus' question, "Who do you say I am?"

"I am trying here to prevent anyone saying the really foolish thing that people often say about Him: I'm ready to accept Jesus as a great moral teacher, but I don't accept his claim to be God. That is the one thing we must not say. A man who was merely a man and said the sort of things Jesus said would not be a great moral teacher. He would either be a lunatic—on the level with the man who says he is a poached egg—or else he would be the Devil of Hell. You must make your choice. Either this man was, and is, the Son of God, or else a madman or something worse. You can shut him up for a fool, you can spit at him and kill him as a demon or you can fall at his feet and call him Lord and God, but let us not come with any patronizing nonsense about his being a great human teacher. He has not left that open to us. He did not intend to."

—C.S. Lewis

Prayerfully imagine Jesus standing before you and asking you the question He asked His Apostles: "Who do you say that I am?" How would you answer Him?



OPENING PRAYER

"O my Divine Savior, Transform me into Yourself. May my hands be the hands of Jesus. Grant that every faculty of my body may serve only to glorify You. Above all, transform my soul and all its powers so that my memory, will and affection may be the memory, will and affections of Jesus. I pray You to destroy in me all that is not of You. Grant that I may live but in You, by You and for You, so that I may truly say, with St. Paul, 'I live—now not I—but Christ lives in me.'"

—St. John Perboyre



"Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess You have given me: I surrender it all to You to be disposed of according to Your will. Give me only Your love and Your grace; with these I will be rich enough, and will desire nothing more. Amen."

—St. Ignatius of Loyola



TIP FOR THE WEEK

"Who do you say that I am?"

Journaling this week's commitment will be helpful! Throughout your faith journey, Jesus Christ will come to you in many different ways, and it is helpful to prayerfully write your response to this question and His responses to you.

THE CREED
SESSION 6

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SCRIPTURE QUOTE FOR THE WEEK



"Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross."

—Philippians 2:5–8



COMMIT

Your commitment for this week is to turn to God for help the next time suffering enters into your life, and think of someone who you know is suffering and offer a prayer for that person to unite his or her suffering to that of Christ on the cross.



CLOSING PRAYER

*"O Jesus, You have called me to suffer
because You on Your part suffered for me,
leaving me an example that I might follow.
When You were insulted,
You did not return the insult.
When You were mistreated,
You did not counter with threats
but entrusted Yourself to the One who judges justly.
By Your wounds we are healed.
Help me to imitate You in suffering.
Let me break with sin by means of my sufferings,
so that I may no longer live according to the lusts of sinners
but according to the will of the Father.
Since You Yourself have suffered and been tempted,
I know that You are able to bring aid to all
who suffer and are tempted.
I entrust myself to You and to the Father, my Creator,
knowing that You will never fail me. Amen."*

—Prayer to Imitate the Suffering Christ



TIP FOR THE WEEK

Have a big test this week, a lot of homework, or a bunch of chores at home? Throughout these times that you have to do something you might not want to do, think of a person you personally know who is truly suffering in life, and say a prayer offering up this task for them!

THE CREED SESSION 7



SCRIPTURE QUOTE FOR THE WEEK



"In him you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised Holy Spirit, which is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory."

—Ephesians 1:13–14



COMMIT

This week's commitment is to focus on someone who needs to experience the fruits of the Holy Spirit in your life. Who is someone that God can love through you this week? What is the opportunity this week might bring for you to connect with this person?



"Breathe into me, Holy Spirit, that my thoughts may all be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I may always be holy. Amen."

—St. Augustine's Prayer to the Holy Spirit



TIP FOR THE WEEK

Working on our relationship with the Holy Spirit can be difficult. Sometimes music can help us connect on a deeper level. Check out the songs "The Spirit and the Bride" by Matt Maher and "Spirit of the Living God" by Audrey Assad to help you reflect and pray with the Holy Spirit!

THE CREED
SESSION 8

SCRIPTURE QUOTE FOR THE WEEK



"So then you are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God, built upon the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built into it for a dwelling place of God in the Spirit."

—Ephesians 2:19–22



COMMIT

This session's commitment is to take some time to formulate a response, using what you have learned in this session, to someone who says to you, "I'm not into the whole Church thing; I can just have a personal relationship with Christ."



TIP FOR THE WEEK

- » Check out two videos that bring up opposing views on the subject of why we need the Church. To find the first video search for "Why I Hate Religion, But Love Jesus-Spoken Word" by Jefferson Bethke. The second video is a Catholic response to the first video. Search for it under "Why I Love Religion And Love Jesus-Spoken Word" by Spirit Juice Studios.

These videos will help you to form a response to this week's commitment.

THE CREED SESSION 9



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SCRIPTURE QUOTE FOR THE WEEK



"In those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me? For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord.'

—Luke 1:39-45



OPENING PRAYER

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



COMMIT

This week's commitment is to pray the Prayer of Mary called the Magnificat each day and ask Mary to take you by the hand and lead you closer to her son, Jesus.

The Magnificat

*"My soul magnifies the Lord,
and my spirit rejoices in God my Savior,
for he has regarded the low estate of his handmaiden.
For behold, henceforth all generations will call me blessed;
for he who is mighty has done great things for me,
and holy is his name.*

*And his mercy is on those who fear him
from generation to generation.
He has shown strength with his arm,
he has scattered the proud
in the imagination of their hearts,
he has put down the mighty from their thrones,
and exalted those of low degree;
he has filled the hungry with good things,
and the rich he has sent away empty.
He has helped his servant Israel,
in remembrance of his mercy,
as he spoke to our fathers,
to Abraham and to his posterity forever."*

—Luke 1:46–55



CLOSING PRAYER

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired by this confidence, we fly unto thee, O Virgin of virgins our Mother; to thee do we come, before thee we stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not our petitions, but in thy mercy, hear and answer us. Amen.



TIP FOR THE WEEK

Looking to strengthen your relationship with Mary? Check out the Marian Consecration, *33 Days to Morning Glory*, by Father Michael Gaitley. This book prepares your heart to totally entrust yourself to Our Lady!

THE CREED SESSION 10



SCRIPTURE QUOTE FOR THE WEEK



"All who came before me are thieves and robbers; but the sheep did not heed them. I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly."

—John 10:8–10



COMMIT

The week's commitment is to take some time to look over your life, your priorities, the way you spend your days. Is your life moving toward Jesus or away from Him? How would your life be different if you were truly making all your decisions in the light of your eternal destiny?



PRAYER

St. Alphonsus Liguori's Night Prayer

Jesus Christ, my God, I adore You and thank You for all the graces You have given me this day. I offer You my sleep and all the moments of this night, and I beg of You to keep me without sin. Therefore, I put myself within Your sacred side and under the mantle of our lady, my Mother. Let Your holy angels stand about me and keep me in peace; and let Your blessing be upon me. Amen.



TIP FOR THE WEEK

Keeping with the theme of your commitment, try journaling out and praying with those questions. Track the way you spend your day for the entire week and reflect on those questions, considering how your actions reflect your heart.