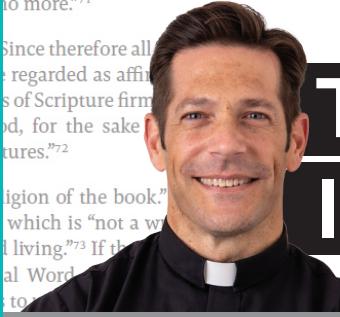


Week 4

Paragraphs 156-204



THE CATECHISM IN A YEAR

WITH FR. MIKE SCHMITZ

ments and records, for the Church
ial of God's Word, and it is the Holy
etation of the Scripture ("according
grants to the Church"⁸¹).

What We Believe PART ONE: THE PROFESSION OF FAITH

THE GIFT OF THE CREED

Faith is an intellectual belief in God and a freely received and returned personal relationship with him. To enter this relationship, we need to know accurately who he is. Jesus established his Church so we can know God, trust him freely, and hold on to him throughout our lives. The Apostles' Creed and the Nicene Creed sum up Church teaching. Both are gifts that help us remain in the truth that sets us free.

Keep in Mind

- Ultimately, faith means not simply believing *in* God but *believing* God.
- Sometimes our faith is helped by signs and proofs like miracles, prophecies, and the growth and holiness of the Church.
- God does not ask us to “turn off” our reason to have faith; there is no dichotomy between faith and science because truth cannot contradict truth.
- “Faith is a personal act,” but we don’t give ourselves faith, just as we don’t give ourselves life (see CCC 166). Faith is handed to us by the Church, whose role is to faithfully guard the Faith.
- “Salvation comes from God alone; but because we receive the life of faith through the Church, she is our mother” (CCC 169).
- The Church is *one* because the truth is one. Throughout the whole world, we have one united Faith and one Church.
- Even if our understanding is limited by our finite minds, we believe the individual teachings of the Faith because we believe in the identity of God, the teacher.
- The Apostles' Creed sums up what Christians have believed from the beginning. The Nicene Creed, composed in AD 325, answers what it means that Jesus is the son of God.
- The Nicene Creed's three sections address God the Father, the Creator; Jesus Christ, who redeems us; and the Holy Spirit (see CCC 190).



Jacob Wrestling with the Angel
by Léon Bonnat

Dive Deeper

Jacob, shown in this painting wrestling with the angel of the Lord (Genesis 32:22-32), illustrates our own honest struggle with faith (see CCC 157). Despite “wrestling,” Jacob never lost faith in God and his promises. In prayer, praise God for revealing himself to you and ask for the courage to pursue him when you struggle with your faith.

- God is a Trinity: one Being in three divine Persons, not three Gods.
- God is “ineffable, unchangeable, incomprehensible, almighty”—more than we can grasp—but “God has a name; he is not an anonymous force,” so we can still know him deeply (CCC 202–203).
- God created heaven, earth, space, time, and everything that exists.

Use the space below to reflect on this week's content.

Take It to Prayer

God our Father, thank you for passing on your Word. You gave your revelation of yourself to us through the Church. We do not simply believe in formulas, but also in the realities that those formulas express. We don't believe in just the idea of you as Father, Son, and Holy Spirit, but that you are really Father, Son, and Holy Spirit. We don't believe in just the idea that you came to save us from our sins, but in the reality that you did this and continue to meet us with your mercy. Help us always recognize that you are not just an idea. You are Reality and Being. We pray through Jesus Christ, our Lord. Amen.



The best place to listen along is the Ascension app.
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and transcripts for every episode.

The Catechism in a Year is a daily podcast produced by Ascension and hosted by Fr. Mike Schmitz. It helps us understand what it means to be Catholic by reading the entire *Catechism of the Catholic Church* and allowing those truths to shape our lives. This bulletin was adapted from the books that complement the podcast: *The Catechism in a Year Companion* by Petroc Willey, Fr. Mike Schmitz, and Matthew Doeing.