

We Believe: The Creed

All that we believe is summarized in the Creed. As Catholic Christians, each Sunday we pray “I believe” when we profess the Creed. The Latin roots of the word “credo,” or “I believe,” combine to mean, “I give my heart to.” In the giving of our heart, credo means, “I commit my loyalty to.” So when we pray “credo” at the beginning of the Creed, then we are really saying, “I give my heart to God.”

Help your kids memorize the Creed by exploring each part of the prayer. It is most easily separated into three sections: I believe in God (Father, Son and Spirit), I believe in Jesus Christ, and I believe in the Church.