

# Worksheet 1

## “I Believe”

### Answer Sheet

#### **Describe the two types of happiness and how they are related to God.**

- Human beings are created with a deep desire for happiness, because we are created for truth, goodness, love, and ultimately for God.
- To understand happiness rightly, it is helpful to distinguish between temporary pleasures and deeper, lasting happiness.

#### Temporary Pleasures (superficial)

- These are good things that can bring enjoyment for a short time, such as hobbies, entertainment, sports, movies, or social media.
- There is nothing wrong with these things in themselves, as long as they are kept in proper balance.
- However, if a person lives only for entertainment, comfort, or stimulation, he will eventually find that these things do not give lasting meaning or fulfillment.
- Such pleasures fade quickly, and we can easily become bored or restless when we treat them as our highest good.
- Sometimes people seek happiness in unhealthy ways, such as through drugs, alcohol, lust, greed, or other compulsive behaviors.
- These do not lead to happiness at all, but to deeper emptiness and spiritual harm.

#### Deeper and Lasting Happiness (substantial)

- Lasting happiness is rooted in love, truth, virtue, and communion with others.
- We experience this in healthy relationships, self-giving love, family life, friendship, service, prayer, and fidelity to what is good.
- All true and lasting happiness has its source in God, because God is the highest good and the source of all love.
- Scripture teaches that “God is love” (1 John 4:8).
- Because we are made in the image and likeness of God, we are created not only to enjoy passing pleasures, but to know, love, and serve God.
- For this reason, every desire for lasting happiness is ultimately a desire for God, whether we

#### **Describe the two main ways that God “speaks” to us, and explain how God reveals Himself**

- God reveals Himself to us in two principal ways: through reason and through divine Revelation.

#### Reason

- By using human reason, we can come to know that God exists.
- When we look at the order, beauty, intelligibility, and existence of the world, we can recognize that creation points beyond itself to a Creator.
- Philosophers and theologians have offered arguments for God’s existence, such as:
  - the fact that the universe depends on a cause beyond itself
  - the order and intelligibility of nature

- the reality of moral truth and the human conscience
- Our moral sense also points beyond mere human opinion. We have an awareness that some things are truly good and others truly evil.
- Reason alone cannot tell us everything about God, but it can lead us to know that God exists and that He is the source of all being and truth.

### Revelation

- Divine Revelation is God’s self-disclosure — God making Himself known to humanity in ways we could not discover by reason alone.
- God reveals Himself through:
  - Sacred Scripture
  - Sacred Tradition
  - and definitively through Jesus Christ, the fullness of Revelation
- The Bible is the inspired Word of God, written by human authors under the inspiration of the Holy Spirit.
- In the Old Testament, God gradually prepared His people for the coming of the Messiah.
- In the New Testament, we see that Jesus Christ fulfills the promises, patterns, and hopes of the Old Testament.
- The books of the New Testament were written over time by the Apostles and their close companions in the life of the early Church.
- The Church later discerned, under the guidance of the Holy Spirit, which books belonged to the canon of Sacred Scripture.
- The Catholic Church recognizes 46 books in the Old Testament and 27 books in the New Testament.

### **Describe how God reveals Himself through the Church, and explain the role of Tradition and the Magisterium.**

- Jesus founded the Church and entrusted His authority to the Apostles, especially to Peter.
- In Matthew 16:18–19, Jesus says to Peter:
  - “You are Peter, and on this rock, I will build my Church... I will give you the keys to the kingdom of heaven.”
- The Apostles and their successors, the bishops, are entrusted with guarding, teaching, and handing on the deposit of faith.
- God’s Revelation is transmitted in the life of the Church through Sacred Scripture and Sacred Tradition.
- Sacred Tradition does not mean merely customs or old habits. It means the living transmission of the Gospel in the Church, handed on from the Apostles under the guidance of the Holy Spirit.
- The Magisterium is the Church’s living teaching office — the pope and the bishops in communion with him — which serves the Word of God by authentically interpreting Scripture and Tradition.
- The Magisterium does not invent new revelation, but faithfully preserves, explains, and applies the Revelation given by Christ to the Apostles.

- Ecumenical councils are important moments in which the bishops of the Church, united with the pope, clarify and defend the faith when needed.
- These councils are not held on a fixed schedule, such as every 100 years, but as circumstances require.
- In this way, the Church remains guided by the Holy Spirit as she hands on the same apostolic faith through the centuries.