

Worksheet 8

“One Lord Jesus Christ”

Answer Sheet

What does it mean when we say, “Christ is the Truth, and the truth will set you free”?

- Jesus says, “I am the way, and the truth, and the life” and also “the truth will make you free.”
- This means that Jesus does not merely teach truth — He is the fullness of God’s truth revealed to us.
- When we live in error, sin, or confusion, we are not truly free, even if we can do whatever we want.
- Real freedom is not the ability to do anything at all; it is the ability to choose what is good and live as God created us to live.
- Truth frees us because it shows us what is real, what is good, and what leads to human flourishing.
- For example, a musician is most free not when he ignores all discipline, but when he has practiced enough to play beautifully.
- In the same way, following Christ and obeying His commandments does not enslave us; it frees us to become the persons we were created to be.
- So Christian freedom is not freedom from truth or goodness, but freedom through truth and for love.

Briefly explain the meanings of the words “Jesus” and “Christ.”

- The name Jesus comes from the Hebrew form Yeshua (or Joshua), which means “The Lord saves” or “God saves.”
- His name points to His mission: to save His people from their sins.
- The title Christ comes from the Greek word Christos, which means “Anointed One.”
- It is the Greek equivalent of the Hebrew word Messiah.
- In the Old Testament, kings, priests, and sometimes prophets were anointed for a sacred mission.
- Jesus is the Christ because He is the one anointed by the Father in the Holy Spirit to bring salvation to the world.

Briefly describe what it means that Jesus was “begotten, not made, consubstantial with the Father” and that “through Him all things were made.”

- “Begotten, not made” means that the Son is not a creature. He was not created by the Father.
- Rather, the Son is eternally begotten of the Father — He comes from the Father, but not as something made in time.
- “Consubstantial with the Father” means that the Son is of the same divine nature or being as the Father.
- In other words, Jesus is truly God, not less than the Father and not a secondary divine being.
- “Through Him all things were made” means that all creation came into being through the eternal Word, the Son of God.

- The Father creates through the Son in the unity of the Holy Spirit.
- This shows that Jesus is not part of creation, but is Himself the divine Word through whom creation was made.

Why did God choose to become human, and what resulted from this?

- God became human in Jesus Christ to save us from sin and death.
- He also became human to reveal the Father fully to us and to show us the depth of God's love.
- In Jesus, God does not remain distant from humanity, but enters into our human condition.
- The Incarnation heals, elevates, and unites human nature to God in a new way.
- Jesus also shows us what true human life looks like: obedience, holiness, love, mercy, and self-gift.
- Through His Incarnation, Death, and Resurrection, we are invited to share in the divine life.
- As the Church Fathers often taught: God became man so that man might share in the life of God.
- This does not mean we become God by nature, but that by grace we are made adopted children of God and are drawn into communion with Him.

How can Jesus be fully human and fully God?

- Jesus is one divine Person with two complete natures: a divine nature and a human nature.
- This is called the Hypostatic Union.
- He is not half God and half man. He is fully God and fully human.
- His divinity does not cancel out His humanity, and His humanity does not diminish His divinity.
- In the Incarnation, the eternal Son of God took on a real human nature — body, soul, mind, and will — while remaining fully divine.
- This is a mystery, but it is not a contradiction.
- A contradiction would mean saying Jesus is fully human and not human, or fully God and not God, in the same respect.
- Instead, the Church teaches that He is one Person with two distinct natures united without confusion, change, division, or separation.

How can Mary be the Mother of God if God is eternal? What is the Immaculate Conception?

- Mary is called the Mother of God because she is the mother of Jesus Christ, and Jesus is truly God and truly man.
- She did not create the divine nature of Christ, and she is not older than God.
- Rather, she gave birth to the Person who is God the Son made flesh.
- Because the one she bore is a divine Person, the Church rightly calls her Mother of God.
- This title protects the truth about Jesus: the child born of Mary is not merely a human person joined to God, but the eternal Son of God who became man.
- The Immaculate Conception means that, from the first moment of her own conception, Mary was preserved by God from original sin.
- This was a special grace given to her in view of the merits of Jesus Christ.

Do Catholics worship Mary and pray to her?

- Catholics do not worship Mary. Worship belongs to God alone — Father, Son, and Holy Spirit.
- Catholics venerate Mary, which means they honor her in a special way because she is the Mother of Jesus and the greatest of the saints.
- To venerate Mary is not to treat her as a goddess, but to love and honor her as the one whom God chose for a unique role in salvation history.
- Catholics do speak of praying to Mary, but here “pray” means asking for her intercession, not worshipping her.
- When Catholics ask Mary to pray for them, they are asking for her intercession just as they might ask fellow Christians on earth to pray for them.
- Mary’s intercession is especially fitting because she is the Mother of the Lord and remains united with Him in heavenly glory.
- In Christ, we become adopted children of the Father and members of the Body of Christ; for this reason, Christians have long recognized Mary as a spiritual mother to believers.