

Worksheet 1
“I Believe”
Reading and Worksheet

Please prayerfully and slowly read the Nicene Creed, and then watch the videos, read the article below, and answer the questions.

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.

Amen.

The Desire for Happiness

There is one thing that every human person desires—something that guides our lives and influences nearly everything we do. That desire is **happiness**.

Unfortunately, sin can distort our judgment and lead us to pursue happiness in misguided ways. People may binge drink, overeat, obsess over social media, use illegal drugs, or engage in promiscuous relationships because of the short-term satisfaction these behaviors provide. However, this kind of happiness is fleeting and ultimately fails to make us truly happy.

To discover authentic and lasting happiness, we must distinguish between **superficial happiness** and **substantial happiness**.

Superficial happiness is short-term and often centered on immediate gratification. While it may feel satisfying in the moment, it can ultimately prove harmful—not only to ourselves, but also to our families, loved ones, and the wider community.

Substantial happiness, on the other hand, runs much deeper. It is lasting, meaningful, and ultimately fulfilling. The only thing that truly fits this description is **love**.

Deep down, every person desires to love and to be loved in return. Love is rooted in God, for as Scripture tells us, “*God is love*” (1 John 4:16). This leads us to ask an important question:

How does God love?

God's love is always selfless and sacrificial. If we are to discover and nurture this kind of love in our own lives, we must have a relationship with Him. When we learn to love God and share that love with those around us, we begin to pursue true happiness.

However, we cannot love someone we do not know. Therefore, we must strive to know God. There are two basic ways we come to know Him: **through reason and through revelation.**

Knowing God Through Reason

We can come to know God through **natural reason**. One example of this is the **Cosmological Argument for the existence of God.**

The universe had a beginning—a point in time when it came into existence. Reason tells us that if something has a beginning, there must be something outside of it that caused it to exist and set it into motion. Many scientists refer to this moment as the **Big Bang**. As Christians, we recognize the ultimate cause behind the universe as **God**.

This is only a brief explanation of the cosmological argument. If you would like to explore it further, you can read more [Here](#)

Another example is the **Moral Argument for the existence of God.**

Imagine you are standing in line at a coffee shop, and in front of you is an elderly woman using a walker. If someone were to push her aside and take her place in line, would that be right or wrong?

Clearly, it would be wrong.

But how do you know that it is wrong? Did someone have to teach you that pushing a vulnerable person aside is morally wrong?

Most people would say no. We seem to possess an **innate sense of right and wrong**. Human beings intuitively recognize that there is a moral standard that exists beyond ourselves.

If such a universal moral standard exists, there must also be something that accounts for it. Christians believe that **God is the source of this moral law**, and that He has written it upon the human heart.

Again, this is only a brief explanation of the moral argument. If you would like to learn more, you can read further [Here](#)

Reason can lead us a long way toward understanding God, but it can only take us so far. God is ultimately beyond complete human understanding. When reason reaches its limits, we turn to **God's revelation** to guide us the rest of the way.

Knowing God Through Revelation

Revelation is when God makes Himself known to us and reveals His divine nature.

The fullest and most perfect revelation of God comes through **Jesus Christ—through His birth, teachings, crucifixion, and resurrection**.

Our understanding of this revelation is preserved and interpreted through **Sacred Scripture** and **Sacred Tradition**, both entrusted to the Church.

Sacred Scripture

The **Bible** is the Word of God and contains many books, passages, and verses that reveal God's activity throughout human history.

Each book of the Bible reflects how the Holy Spirit inspired a particular author, who then communicated God's message using the language, culture, and literary styles of his time.

In the **Old Testament**, we see how God gradually prepared humanity for the coming of His Son. The story begins with Creation and the Fall of humanity, and continues with God's repeated efforts to establish a covenant relationship with His people.

As we will see in later chapters, each of these covenants ultimately points toward the **New and Everlasting Covenant** established by Jesus Christ in the New Testament.

The **New Testament** was written after the death and resurrection of Jesus and developed over several decades. For the first three centuries, Christianity was illegal in the Roman Empire, which made it difficult for Christians to gather and determine which writings were truly inspired by the Holy Spirit.

After Christianity became legal in the fourth century, bishops gathered to address this question. At the **Council of Rome in 382 A.D.**, Church leaders prayerfully discerned which writings were inspired and should be included in the canon of Scripture. The council confirmed the list of **46 books in the Old Testament and 27 books in the New Testament**.

During the **Protestant Reformation** in the 16th century, Martin Luther removed seven books from the Old Testament that he believed should not be included. These books are **Tobit, Judith, 1 Maccabees, 2 Maccabees, Wisdom, Sirach, and Baruch.**

In response, Catholic bishops gathered at the **Council of Trent (1545–1563)** and reaffirmed the same canon of Scripture that had been recognized since the early centuries of the Church—46 books in the Old Testament and 27 in the New Testament. This is why Catholic and Protestant Bibles differ slightly. For an illustrated description click [Here](#)

The Church

God continues to reveal Himself through the **Holy Spirit**, who guides the Church and preserves the truth of the Gospel through **Sacred Tradition.**

The Catholic Church was founded by Jesus Christ upon the Apostle Peter, who became the first Pope. In Matthew 16:18–19, Jesus says to Peter:

“You are Peter, and upon this rock I will build my Church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven.”

Peter, the apostles, and their successors—the bishops of the Church—are entrusted with preserving and faithfully teaching God’s revelation in every age.

Before the New Testament was written, the teachings of Jesus were passed down through the **oral preaching of the apostles** (for an illustrated description click [Here](#)) This apostolic preaching eventually led to the writing of the Bible and became part of what we now call **Sacred Tradition**.

Tradition (with a capital “T”) refers to the living transmission of the Gospel within the Church. It is not merely a collection of customs or practices passed down through history. Rather, it is the **living Word of God at work in every generation**, guided by the Holy Spirit and safeguarded by the Church.

Throughout history, when serious theological questions or misunderstandings have arisen, the Pope has gathered the world’s bishops in **Church councils**. Following the example of the apostles at the **Council of Jerusalem (Acts 15)**, the bishops pray, deliberate, and clarify the teachings of the faith.

The authority responsible for authentically interpreting Scripture and Tradition is called the **Magisterium** of the Church.

One way to understand the Magisterium is through an analogy. About 250 years ago, the founders of the United States wrote the **Constitution**, which provides guiding principles for our nation. Today, the **Supreme Court** interprets how those principles apply to modern situations.

Similarly, 2,000 years ago Jesus gave His teachings to the apostles, which are preserved in the Gospels and in Sacred Tradition. The **Magisterium**, guided by the Holy Spirit, interprets how these teachings are to be understood and lived in every age.

For further study please watch these videos *(Almost) Everything About The Catholic Faith* (4:00min to 7:00min mark) [Here](#) and *Did Jesus Found The Catholic Church* (to the 6:40min mark)

[Here](#)

Worksheet 1 Questions

If you need help answering the questions you may look at the answer sheet but please put it in your own words, and do not copy word-for-word what is on the Answer Sheet

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

Describe the two main ways that God “Speaks” to us, and how God reveals Himself through Revelation

Describe How God reveals Himself through the Church, and describe the role of the Magisterium