

**Worksheet 11**  
**“The Holy Spirit”**  
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.

## **I Believe in the Holy Spirit, the Lord, the Giver of Life**

There are many ways the Holy Spirit has been revealed throughout salvation history. **The Spirit was present at creation**, hovering over the waters, and is the divine source of life.

- In Genesis 2:7 we read: “Then the Lord God formed man out of the dust of the ground and blew into his nostrils the breath of life, and the man became a living being.” From the beginning, the Holy Spirit is shown as the giver of life, the One through whom creation is enlivened and sustained.

**The Holy Spirit has also been active throughout human history and continues to be powerfully present in the life of the Church.** Before Jesus ascended into heaven, He promised to send the Holy Spirit to remain with His disciples. Since Pentecost, the Church has lived in what can be called the “Age of the Holy Spirit,” a time in which the Spirit is especially active in the Church and in the hearts of believers. Although all three Persons act together in every work of God, Scripture often highlights God the Father as being revealed in creation, the Son in redemption of the world, and the Holy Spirit in sanctification—in making us holy and drawing us into the life of God. **The Holy Spirit animates the Church and is made known to us in Scripture, Tradition, the Liturgy, and prayer.**

**In Sacred Scripture, the Holy Spirit inspired human authors to write what God wished to reveal for our salvation.** At the same time, the distinct personalities, experiences, and styles of those authors remain present in the text. **This shows us something important about the Holy Spirit: He does not erase human freedom or individuality, but works through them.** God uses human beings as instruments of His grace. In the same way, each of us has a particular vocation and mission through which the Holy Spirit desires to work.

**Jesus founded the Church and poured out the Holy Spirit upon the Apostles and their successors** so that the Church might faithfully teach, guide, and preserve the truth in every age. **This living transmission of faith is what we call Tradition.** Tradition is not merely a collection of old customs; it is the living work of the Holy Spirit guiding the Church from generation to generation. **Through the Spirit, the Church remains rooted in the truth of Christ in every age and circumstance.**

**The Liturgy is also a privileged work of the Holy Spirit and the most powerful way God is present to us here and now.** In the Liturgy, God uses visible signs—words, gestures, bread, wine, water, oil—to communicate invisible grace. Though we do not see God with our eyes, He is truly present and active in the liturgical action. The highest expression of this is the Holy Eucharist. In the Eucharist, heaven and earth meet. God comes to us and allows us to encounter Him in the bread and wine, which become the Body and Blood of Christ.

**This sacramental action is a mysterious cooperation between the Holy Spirit and the Church.** Through the ministry of the priest, who acts in the person of Christ, the Church speaks Christ's words and performs the sacred actions handed down by Him. The priest extends his hands over the bread and wine and speaks the words of consecration, and through the power of the Holy Spirit Christ becomes truly and substantially present. **The sacraments, then, are not merely symbolic reminders of God; they are real encounters with the living God through the action of the Holy Spirit.**

**The Holy Spirit is also at work in prayer.** God speaks to us and draws us to Himself, and we respond in faith, surrender, and love. Prayer is our living communion with God. In prayer we become more aware of God's presence, more receptive to His will, and more open to His transforming grace. **The Holy Spirit helps us to pray, intercedes for us, and gradually conforms us to Christ.** Through the Spirit, we are drawn more deeply into the life of the Trinity and are transformed into members of Christ's Body.

**To profess, "I believe in the Holy Spirit, the Lord, the giver of life," is to proclaim that the Spirit is not an impersonal force, but the living God**—active in creation, in Scripture, in the Church, in the sacraments, and in our own souls. The Holy Spirit gives life, reveals truth, sanctifies believers, and leads the Church until Christ comes again. Watch these two videos which help us understand the work of the Holy Spirit better: Video 1 [Here](#) and Video 2 [Here](#)

### **Worksheet 11 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

**Where does the Holy Spirit appear in Sacred Scripture?**

**How can we distinguish the Holy Spirit from the Father and the Son?**

**How is the Holy Spirit active in the writing of Sacred Scripture?**

**How is the Holy Spirit active in the Church?**

**How is the Holy Spirit active in the liturgy?**

**How is the Holy Spirit active in prayer?**