

Worksheet 8
“One Lord Jesus Christ”
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 One Lord, Jesus Christ, the Only Begotten Son of God

God reveals Himself most fully by coming to us in the person of Jesus Christ. **By taking on human flesh, God allows us to encounter Him in a visible, tangible, and deeply personal way.**

When we can experience something through the physical world—where it can be seen, heard, and touched—we come to know it more fully. In the same way, by coming to us in Jesus, God makes Himself known in a way that draws us more deeply into the truth of who He is and who we are.

The more fully we know God, the closer we come to the truth of our own existence. In John 14:6, Jesus says, “I am the way, and the truth, and the life.” And in John 8:32 we read, “The truth will set you free.” In short: **Jesus is Truth, and Truth leads to freedom.** Why is this so important? Because humanity is enslaved by sin, and **the only thing that can truly set us free is the truth revealed in Christ.**

We know the world is not as it should be, and neither is human nature. One need only look at the daily news to see the brokenness around us. **This brokenness is the result of Original Sin, which wounds human nature and inclines us toward selfishness and sin.** It clouds our vision so that we often fail to recognize the evil we do or the good we neglect. Left unchecked, sin can entangle us, distort our judgment, and even enslave us.

Christ came to clear our vision and set us free from the snares of sin. **He is “the Truth” because He exposes the false promises of sin and reveals the true meaning of human life.** He does this through what He teaches, how He lives, and ultimately through His willing sacrifice on the Cross.

Truth and Freedom

To illustrate why the truth matters, **consider a simple example of a car engine that is broken.** If you want to repair it, you cannot be under any illusions about how the engine works. **You must know the “truth” of the engine—its design, its purpose, and how all its parts work together.**

Once you understand that truth, you are free to repair the engine and use the car as it was meant to be used.

At a deeper level **we can look at the natural laws of the created world and how the same principles relate to the divine moral law that God has instilled into every human heart.**

At the foundation of the physical universe, physicists speak of four fundamental forces: gravity, electromagnetism, the strong nuclear force, and the weak nuclear force. Everything we see—from the movement of galaxies to the structure of atoms—emerges from the interplay of these invisible principles. These forces draw things together across the vast distances of the cosmos and give rise to the bonds that form the material world. They also govern decay, change, and the processes by which one thing becomes another. **Creation is not chaos. It is ordered, relational, sustained.**

Even here, at the level of quarks and galaxies, **there is an echo of something we recognize in God’s divine law: attraction, communion, stability, and conversion.** For the same God who orders the cosmos in its physical laws also orders the human heart—not by coercion, but by drawing, illuminating, strengthening, and transforming us through the truth of his love for us.

When we understand the divine truth of who we are and what we were made for, we are free to live the life God intended us to live.

This freedom is not merely freedom *from* something, but freedom *to do* something. It is not freedom to do whatever we want, however. Rather, it is **the freedom to become who we were created to be**. This kind of freedom requires discipline, responsibility, and obedience to truth.

The discipline it takes to learn how to play a musical instrument or become good at a particular sport provides a good illustration. Music and sports have structure, order, and rules. If a person is willing to practice for many hours and submit to the discipline of learning, then he or she gains the freedom to play beautiful music or excel in their sport. In the same way, **if we have the humility and discipline to learn from Christ and live according to His teachings, then we gain the freedom to live a truly meaningful and purposeful life.**

Jesus the Promised Savior

As the people of the Old Testament grew in their understanding of God's relationship with them, they also **came to recognize how deeply sin had become intertwined with human nature.**

The first sin of Adam is not mere rule-breaking but relational rupture rooted in mistrust. When the man and woman grasp at divinity apart from God, they do not become more fully alive but more self-conscious and divided. Shame replaces innocence; hiding replaces communion. This narrative illuminates the Catholic understanding of original sin—not as total corruption, but as

a wounded inheritance affecting human nature. This fallen condition is something we inherit—not personal guilt for Adam’s act, but a wounded nature inclined toward sin and subject to death.

Over time, the people of the Old Testament realized that they could not overcome sin on their own. **They needed a Savior—someone who could rescue them from the power of sin and restore them to communion with God. Jesus is that promised Savior.**

The name Jesus comes from the Hebrew and means “God saves.” The title Christ comes from the Greek form of the Hebrew word Messiah, which means “anointed one.” Just as kings, priests, and prophets in the Old Testament were anointed for a sacred mission, so too **Jesus is the Anointed One sent by the Father for the salvation of the world.**

The Creed also calls Jesus the “only begotten Son” of God. This means that there is no one else like Him. Jesus is not merely one child of God among many. He has a unique and eternal relationship with the Father that belongs to Him alone. This truth is reinforced in the next line of the Creed: “God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father.”

Consubstantial with the Father

The word consubstantial comes from two Latin roots: **con**, meaning “with,” and **substantia**, meaning “substance” or “essence.” **In other words, the Son and the Father share the same divine essence.** This means that Jesus is not a creature, nor is He somehow less than God. He is

fully and eternally God, one in being with the Father. The Father and the Son are distinct Persons, yet they are united in the one divine nature and in one divine will.

This naturally raises another question: **Does this mean Jesus is part God and part human?**

No. Jesus is not half God and half man. He is fully God and fully human. **This is another example of what Christians mean by a mystery.** At first glance, these two truths may seem impossible to hold together, yet in Christ they are perfectly united. Jesus possesses two natures—one divine and one human—united in one divine Person.

This mystery is beyond our full comprehension, but it is not irrational. Just as creation contains realities that are difficult to grasp yet still true, so too the mystery of Christ's two natures points us beyond the limits of human understanding and into the wisdom of God. The following video gives an excellent example from the field of quantum physics on how two seemingly contradictory types of existence can co-exist. Click [Here](#)

And by the Holy Spirit Was Incarnate of the Virgin Mary, and Became Man

A natural question follows: **Why did God become human? Could He not have saved us in some other way?** Certainly, God could have chosen another way. But in His infinite wisdom, He chose the best and most fitting way to accomplish our salvation: He became one of us. Rather than focusing too much on what God *could* have done, **it is more fruitful to ask: What did God accomplish by becoming human?** This is the mystery of the Incarnation.

By taking on human nature, Jesus reconciles us to the Father. **Human nature had been wounded by sin and was in need of healing.** By assuming our humanity, **Christ restores what**

was broken and re-establishes communion between God and man. In the Incarnation, God bridges the divide between heaven and earth. In Jesus, humanity is brought into a new and intimate union with God. Because Christ has united Himself to our human nature, **we are now able to share in God's divine life.**

This does not mean that we become divine by nature, but that **we are invited to participate in God's life by grace.** Jesus is also our perfect model. In Him we see what it means to live fully as a human person. He shows us how to love, how to obey the Father, how to suffer faithfully, and how to give ourselves completely. He is the perfect man and therefore the perfect example of what humanity was always meant to be. Watch this video which helps explain the results of the Incarnation. Click [Here](#)

The Virgin Mary and Her Unique Role

The Creed continues: “And by the Holy Spirit was incarnate of the Virgin Mary, and became man.” **Mary was the chosen vessel through whom God entered into the human condition.**

Tradition holds that she was likely very young—perhaps around fourteen—when the angel Gabriel announced God's plan to her.

From all eternity, it was God's will that the Incarnation would come about through Mary, but she still had to freely consent. This is why Mary's “yes” is so important. Eve, through disobedience, said “no” to God, and humanity suffered the consequences. Mary, through faith

and obedience, said “yes” to God, and through her cooperation humanity was opened to a new relationship with Him. In this sense, Mary is often seen as the New Eve.

God prepared Mary for this unique mission by preserving her from Original Sin from the first moment of her conception. This is what the Church calls **the Immaculate Conception.**

It is important to understand that being conceived without Original Sin did not make Mary less human—it **made her more fully human as God intended** all of humanity to be before the fall. It is sin that distorts our humanity . To sin is to act against the dignity and purpose for which we were created.

Mary, by God’s grace and through her free cooperation, lived in complete harmony with her human dignity. She is the clearest example of human nature fully alive and fully responsive to God’s grace

Mary as Mother of God

Mary is given many titles in the Church, one of the most important being “Mother of God.”

This title can sometimes be misunderstood, so it is important to explain it carefully.

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 an important truth about Jesus: **the one born of Mary is truly God in the flesh. For this reason, the Catholic faith gives Mary a special place of honor.**

The Blessed Virgin Mary

Mary is also given the title “Blessed Virgin Mary.” **Sacred Scripture clearly teaches that Mary conceived Jesus virginally, by the power of the Holy Spirit**, and not through relations with a man. Some people become confused by biblical references to Jesus’ “brothers” and “sisters.” However, in the language and culture of the time, these terms were often used more broadly to refer to cousins, relatives, or other close kin. Similar patterns of speech still exist in some cultures today. **For this reason, the Church has consistently taught the perpetual virginity of Mary**—that Mary remained a virgin before, during, and after the birth of Christ.

Veneration and Intercession

It should be noted that we do not worship Mary, as we worship God alone. Worship belongs only to the Holy Trinity. But we do *venerate* Mary because of her unique role in salvation history and because **honoring her ultimately points us to her Son**. The Church Fathers and the earliest teachings of the Church also speak with great reverence about Mary and her place of honor in the life of the Church. If we honor our earthly mothers, how much more should we honor our spiritual Mother who gave birth to our Lord and Savior?

To summarize:

- We do not worship Mary; we venerate her.
- We do not adore Mary; we honor her as the Mother of Jesus and our spiritual mother.
- We do not pray to Mary as though she were God; rather, we ask for her intercession, just as we might ask a holy friend to pray for us.

Watch these two short videos that answer the misconception that Catholics worship Mary and pray to her: [Honoring Mary](#) [Praying for Mary's Intercession](#)

The Rosary

No section on Mary would be complete without mentioning the Rosary, one of the most beloved devotions in the Catholic Church. **The Rosary is a deeply Christ-centered prayer that invites us to meditate on the major events in the lives of Jesus and Mary.** Through it, we ask Mary to pray with us and for us as we grow closer to her Son. Here are two videos on the Rosary that may be helpful [How The Rosary Came Into Being](#) [How To Pray The Rosary](#)

Worksheet 8 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

What do you think it means when we say, “Christ is the Truth, and the Truth will set you free?”

Explain the meanings of the word “Jesus” and the word “Christ”

Describe what it means that Jesus was “Begotten not made, consubstantial with the Father” and “Through Him all things were made.”

Why did God choose to become human and what resulted in this (see video)?

How can Jesus be fully human and fully God (see video)?

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

Do Catholics worship Mary and pray to her?