

# I Believe – A Summary of Basic Catholic Beliefs

*From the very beginning of the Church, Catholics have shared a common set of beliefs. One of the best-known statements of these beliefs is found in the Apostles' Creed. As you prepare for Confirmation, you may wish to use the answers to these questions drawn from the Creed as a review and reminder of what we believe as Catholics.*

**1. What do Catholics believe about God?**

We believe that God is the loving Creator of all that is and that each person is made in God's image and likeness.

**2. How has God revealed himself to us?**

God is revealed to us as Father, Son and Holy Spirit. We call this belief in three divine Persons in one God the mystery of the Blessed Trinity.

**3. Where do we find God's revelation?**

We find it in Scripture and tradition, in the Church's living tradition of faith.

**4. How do we respond to God's ever-present love in our lives.**

We respond to God's love through the gift of faith and by the way we live our lives.

**5. What do Catholics believe about Jesus Christ?**

We believe that Jesus is the Son of God, the second Person of the Blessed Trinity, who became one of us to free us from sin and to bring us the fullness of God's revelation. Jesus Christ is the Messiah, God's anointed One, the Savior of the world.

**6. What is the mystery of the Incarnation?**

Incarnation means the unity of divinity and humanity in Jesus Christ. It comes from a word meaning "the putting on or taking on of flesh." Jesus Christ is fully divine and fully human.

**7. Who is the Blessed Virgin Mary?**

Mary is the Mother of our Lord and Savior, Jesus Christ. Some of the feasts on which we recall her part in God's plan are the Immaculate Conception (Dec. 8), the Birth of Mary (Sept. 8), the Annunciation (March 25), the Assumption (Aug. 15), Our Lady of Guadalupe (Dec. 12) and the feast of Mary, Mother of God (Jan. 1).

**8. How did Jesus free us from sin?**

Jesus freed us from sin and brought us new life through his saving death and resurrection. In Jesus we receive grace, a sharing in God's life.

**9. What is the paschal mystery?**

We call the passion, death, resurrection, and ascension of Jesus the paschal mystery.

**10. What did Jesus promise on the night before he died?**

Jesus promised that he would send a Helper to be with his disciples. This is the Holy Spirit, the third Person of the Blessed Trinity. The Holy Spirit is also known as the Paraclete or Advocate.

**11. When did Jesus' disciples first experience the Gift of the Holy Spirit?**

The Holy Spirit came upon the disciples on the feast of Pentecost, fifty days after Easter.