

# WHAT IS THE CREED?

## AN EDGE NIGHT ON THE CREED

### SCRIPTURE

Matthew 28:19-21

### CCC

185-186  
190-195

### YOUCAT

25-27  
165

### KEY WORDS

Creed  
Amen  
Martyr

### SUPPLIES NEEDED

- Flags
- Colored paper (your country's color)
- Sports Jerseys
- Butcher paper
- Construction paper
- Pens
- Markers

- Glue
- Scissors
- Nicene Creed handout page 16
- Litany of the Saints page 17

### MEDIA

### SUGGESTIONS

- YouTube: "The Creed" by Outside da Box
- Song: National Anthem

### EDGE NIGHT GOAL

The goal of this Edge Night is to help middle school youth better understand the Creed — specifically why we pray it, and where it comes from. The Creed is the summary of our Faith as passed on from Jesus to the Church that is professed by Catholics worldwide as a sign of our faithfulness and trust in God.

### EDGE NIGHT AT A GLANCE

This Edge Night will help the youth understand the Creed and the implications of professing the Creed. The Gather opens the night with small groups creating a Constitution or Creed for their small groups that they plan on following for the semester. The Proclaim expounds upon what a

creed is and what we say when we profess the Creed, including what is meant by our "Amen." The Break introduces the youth to the Nicene Creed and gives them an opportunity to discuss different elements of the creed and the importance of it to their life. The Break also challenges the youth to live out what they profess to believe in the creed. The night ends with a Send including a Litany of Saints: 20th Century Martyrs and a profession of the Nicene Creed.

## ENVIRONMENT

Set up the main gathering space with patriotic colors that represent your country, put up your country's flag and decorate with your country's colors. If possible you can also have the Core Team and youth minister wear sports jerseys of their favorite teams.

## CORE TEAM FORMATION

The Creed is the summary of our Faith and is professed by Catholics around the world. In it are all the treasures of what we believe. It is important that when we recite the Creed that we do not just rattle it off by memory, but that we say each word with intention and purpose. This entire semester is going to break down each part of the Creed so it is important that, as a Core Team, we are familiar with it. Take some time this week to pray with both the Nicene Creed and Apostle's Creed and look up in the Catechism any particular topic that you do not understand. Here are some questions to reflect on this week:

- Do you understand what you are saying when you profess the Creed? Are there any beliefs you struggle with?
- What lines stand out to you in the Creed?
- What can we do this semester to help our youth understand the importance of the Creed and all the teachings it contains?

## TO THE PARENTS

This week at Edge, we talked about the Creed. It is the summary of our Faith as passed on to the apostles from Christ. The basic structure of the Creed follows the Trinity, professing the Father and the Son and the Holy Spirit. We also talked about the value of our "Amen" as an expression of belief and the importance of living that belief in everyday life. Here are some points to generate discussion with your son or daughter:

- Why do we pray the Creed, and why is it important that we have one?
- Why do you think it is important to live out what you believe?
- Share with your son or daughter why you had them baptized.

# GATHER

## WELCOME AND INTRODUCTION

(5 min)

As the youth enter the room, have your national anthem playing in the background. Have the youth minister gather the youth together, introduce any youth who are there for the first time, and recognize any birthdays. Give a brief introduction to the night and begin with a prayer.

## OUR PROMISES

(20 min)

Supplies:

- Butcher paper
- Markers

Break the youth into their small groups, and give them a large sheet of paper and markers. Give them time to write up their own guidelines for their small groups. Instruct them to write up rules for their small groups to live by and a set of expectations for them to live out this semester. Encourage the youth to be as creative as possible and even decorate the whole sheet of paper; at the end have each member sign it.

# PROCLAIM

## “WHAT IS THE CREED?”

### TEACHING

(10 min)

This teaching can be found on pages 14 to 15. Here are the main points of the teaching:

- The Creed is the summation of what the Catholic Church believes as passed on to the apostles from Christ.
- Catholics worldwide profess the Creed, which identifies God as Father, Son, and Holy Spirit.
- “Amen” means “I believe.”

# BREAK

## I BELIEVE IN WHAT?

(10 min)

Supplies:

- Nicene Creed handout page 16
- Scissors
- Construction paper
- Glue or tape

Break the youth into their small groups. Use the Nicene Creed handout on page 16 and challenge the youth to unscramble the Creed by cutting and pasting the parts in the correct order on a piece of construction paper. Have a prize for the small group that does this the fastest. If you need more time you can also challenge youth to individually recite the Creed, or try to put it together backwards.

## SMALL GROUP DISCUSSIONS

(15 min)

Keep the youth in their small groups, begin with a prayer, and discuss the following questions:

- What was something that stuck out for you from tonight’s talk?

- Why do we have a Creed? Why do we pray the Creed? Where does it come from?
- Who do we profess in the Creed?
- Pick out the lines that talk about each person in the Trinity.
- As a baptized Christian, how can we live out the Creed with our “Amen”? Is it a priority in our daily life to live out the Creed? What can we do to make it more of a priority?
- What part of the Creed do you best understand? What part of the Creed could you understand better?

## TAKING IT DEEPER: SMALL GROUP ADAPTATIONS FOR 8<sup>TH</sup> GRADE

For the 8th graders, skip the “I Believe in What?” activity and spend some time in deeper discussion, using the small group questions above or supplementing with the following questions:

- Do you know people who say one thing and act differently? Why is this not a good thing? How does it make you feel when your friends do this?
- Do you live what you say you believe? Why or why not? How do you live it out?
- Why is the Nicene Creed important to your faith? How can it help you grow?
- How important is your Catholic faith to you?
- Why is it important to stand up for your faith? How do you stand up for your faith?
- Do you think that it will be harder to stand up for your faith and live it out in high school? Why or why not?



# WHAT IS THE CREED?

## TEACHING

### KEY WORD DEFINITIONS

**Creed** - From Latin *Credo* meaning "I believe"; summary of the Faith, professing God as Father, Son, and Holy Spirit.

**Amen** - Comes from a Hebrew word meaning, "believe"; expresses solidity, trustworthiness, and faithfulness.

**Martyr** - Someone who is killed for standing up for their faith and what they believe.

### CONSTITUTIONS

Think of a club you may have formed or a sports team that you are a part of. When starting a club, you probably came up with an idea that you all had in common, and with your sports team there are rules that you all have to follow in order to play the game properly. For many groups, clubs, and sports we sign something to show that we are committed and will follow the mission and rules of that organization. (Share an example of a childhood club.)

The **Creed** is the summary of our whole Faith. Having a fixed formula for the Faith allows Catholics worldwide, to profess the same Faith as passed on by Jesus. The Creed gives us a set of beliefs that build the foundation of the Faith Christ passed on to the apostles. Before Jesus ascended into heaven, leaving the apostles to continue His mission on earth through the Church, He gave the apostles a mission. (Ask one of the youth to read Matthew 28:19- 21.)

**CCC 185**  
**YouCat 25-26**  
**Key Word**  
**Matthew 28:19-21**

### THE CREED

The Creed comes from this command to baptize we heard about in the Gospel of Matthew. The profession of faith is necessary for baptism. When you were baptized, you or your parents made this profession of faith in the name of the Father and of the Son and of the Holy Spirit.

**CCC 186**  
**YouCat 27**

**CCC 190**

The Creed is divided into three parts. The first part refers to God the Father and His wonderful work of creation. The second part refers to God the Son, His divinity and His work of redemption. The third part of the Creed speaks of God the Holy Spirit, His origin and His relationship with the Father and the Son.

**CCC 194  
CCC 195**

There are two Creeds that you are probably familiar with (ask the students the names of the Creeds before giving the answer): the Apostles' Creed and the Nicene Creed. The Apostles' Creed was written as the summary of the apostles' faith in the early Church. The Nicene Creed was written later on in response to some confusion about what the Church teaches. It is longer and includes more details.

### **AMEN**

**YouCat 165**

At the end of your small group Constitutions, each of your group members signed their name as a sign that they will follow what was written. Each time we profess the Creed, we sign our names to it with our "Amen."

**Key Word**

**"Amen"** comes from a Hebrew root meaning "believe." It is an expression of faith, steadfastness, reliability, and fidelity. When we say "Amen" at the end of the Creed, we are saying that we trust in the God who we profess and will be faithful to Him.

When it comes time to profess the Creed at Mass, some of us may space out or mumble the words out of habit. It is easy to take the Creed for granted. However, the Creed is not just a sequence of lines that we rattle off at Mass, but they are the truths that we live for and many have died for.

**Key Word**

In the early Church, being Christian was illegal. Professing the faith and being baptized into God's family most certainly meant **martyrdom** and death. (Give an example of an early church martyr like St. Stephen or Sts Perpetua and Felicity.)

The Creed is the summary of our Faith as presented by Christ to His Church. Catholics around the world profess their faith in the Triune God — Father, Son, and Holy Spirit. As His disciples, we are called to proudly profess this faith in word and deed with a steadfast and firm "Amen."

# NICENE CREED

**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.**

**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.**

**He suffered death and was buried,**

**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.**

**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 one God, the Father almighty, Maker of heaven and earth, of all things visible and invisible.**

**For our sake He was crucified under Pontius Pilate,**

# LITANY OF THE SAINTS

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, hear us.

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.  
Christ, graciously hear us.

St. Stephen,  
St. Lawrence,  
St. Vincent,  
Sts. Fabian and Sebastian,  
Sts. John and Paul,  
Sts. Cosmas and Damian,  
All you holy Martyrs,

pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.

God, the Father of heaven,  
God the Son, Redeemer  
of the world,  
God the Holy Spirit,  
Holy Trinity, one God,

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

St. Sylvester,  
St. Gregory,  
St. Ambrose,  
St. Augustine,  
St. Jerome,  
St. Martin,  
St. Nicholas,  
All you holy Bishops and  
Confessors,  
All you holy Doctors,

pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.

Holy Mary,  
Holy Mother of God,  
Holy Virgin of virgins,  
St. Michael,  
St. Gabriel,  
St. Raphael,  
All you Holy Angels and  
Archangels,  
St. John the Baptist,  
St. Joseph,  
All you Holy Patriarchs  
and Prophets,

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

St. Anthony,  
St. Benedict,  
St. Bernard,  
St. Dominic,  
St. Francis,  
All you holy Priests and  
Levites,  
All you holy Monks and  
Hermits,

pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.

pray for us.

pray for us.

St. Peter,  
St. Paul,  
St. Andrew,  
St. James,  
St. John,  
St. Thomas,  
St. James,  
St. Philip,  
St. Bartholomew,  
St. Matthew,  
St. Simon,  
St. Jude,  
St. Matthias,  
St. Barnabas,  
St. Luke,  
St. Mark,  
All you holy Apostles and  
Evangelists,  
All you holy Disciples of  
the Lord,  
All you holy Innocents,

pray for us.

pray for us.

pray for us.

pray for us.

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pray for us.

pray for us.

pray for us.

pray for us.

pray for us.

St. Mary Magdalene,  
St. Agatha,  
St. Lucy,  
St. Agnes,  
St. Cecilia,  
St. Anastasia,  
St. Catherine,  
St. Clare,  
All you holy Virgins and  
Widows,  
All you holy Saints of God,

pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.

pray for us.  
pray for us.



# EDGE NIGHT CHECKLIST

## EDGE NIGHT DATE:

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## EDGE NIGHT TOPIC:

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## CORE TEAM ASSIGNMENTS:

Environment -----

Opening Prayer -----

Games -----

Proclaim -----

Closing Prayer -----

Videos: -----

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Songs: -----

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## WEEK PRIOR TO EDGE NIGHT:

- Hand out/email the Edge Night to the Core Members
- Assign duties to the Core Team
- Pick videos and/or songs
- Gather all the supplies
- Email Core Team the Edge Night Core Formation

## WEEK OF THE EDGE NIGHT:

- Prep for games and the environment
- Meet with the Core Member doing the Proclaim (if applicable)

## DAY OF THE EDGE NIGHT:

- Email parents the information about the Night and any announcements
- Gather and set-up for the night
- Pray!

Notes

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# EDGE NIGHT EVALUATION

## INSTRUCTIONS:

Evaluation is a key to successful ministry. Use the following questions to discuss and evaluate your Edge Night.

What is going well at our Edge Nights? What can we improve?

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Would you be interested in leading prayer, explaining games, or giving a Proclaim teaching?

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Was there one particular part of this Edge Night you did not think was necessary? What and Why?

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Are our Core meetings effective? How can I better serve you as a youth minister? What can we do to better serve our youth?

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