

## News Sheet for 1st Sunday Of Lent

During Lent and as we look forward to Easter, we think about our Faith and what it means to us individually. Sometimes it is helpful to refresh ourselves about the basics and think afresh on things we take for granted or that we learned many years ago, maybe in our Confirmation classes or perhaps during sermons we have enjoyed over the years in our Christian lives.

So this week we start by thinking about The Apostles Creed-the basis of our beliefs.

Belief in God as Father, Son and Holy Spirit is at the heart of our faith. Christians believe that Jesus is God's Son. Jesus reveals to us that God is our Father, and that God is available to us through the Holy Spirit.

You won't ever be asked if you completely understand all this. But you are asked whether you believe and trust. This is called faith. It is a different sort of knowledge. It is the knowledge of being known and loved, and of loving in return.

The Christian faith is not a human invention. There are signs of God's existence and handiwork in

creation for anyone to read (Acts 14.15-17). But we believe in the way we do because God has come to seek us out and has made himself known to us.

God has revealed himself through the Bible. God has revealed himself most clearly through the gift of his Son, Jesus Christ. God makes himself known personally to each believer through the work of the Holy Spirit.

Archbishop Justin Welby

'The most important decision any person can ever make is to become a disciple of Jesus Christ. It's the best thing anyone can do.'

Being a Christian means responding to Jesus' invitation to enjoy a relationship with God here on earth and for eternity.

*'Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word.'*  
Hebrews 1.1-3



From the earliest days of the Church, Christians developed short, simple summaries of the faith. These short statements became known as creeds.

The word 'creed' comes from the Latin word *credo*, meaning 'I believe and trust'.

Two creeds in particular were developed in the early centuries of the Church, which have remained important to the Church and are regularly used in our worship today.

People who were preparing for baptism in the early centuries of the Christian Church learned a short summary of what Christians believe. One version became accepted as the Apostles' Creed, because it was thought to include the essential teaching of the 12 apostles, Jesus' earliest followers. It was into that faith of the apostles that Christians were, and are, baptised.

The Apostles' Creed is therefore a summary of what the Church teaches, and of what Christians together believe, rather than a detailed statement of individual and personal belief. Saying the Creed binds Christians together as a believing community, across different traditions and practices.

As we say the Creed, we join Christians past and present, and from all over the world, in proclaiming our common faith.

## The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.  
Amen.

