

## Day 121 (Friday, July 17)

This article can be found at

<https://www.liguori.org/the-creed-gateway-to-grace.html>

### **I do declare**

The “declaration creed” is even more familiar to us. We recite one of them at every Sunday Mass, and they are made up of a series of sentences that declare our belief in many distinct (but interrelated) mysteries: God’s fatherhood, Jesus’ divine sonship, the Holy Spirit’s divinity, the Church’s mission, future judgment and life everlasting.

Most missals give us both the Nicene Creed and the Apostles’ Creed. The Nicene Creed is based upon the faith expressed at the first two ecumenical councils of the Church: the fourth-century Councils of Nicaea (325) and Constantinople (381). The Apostles’ Creed is significantly shorter and less detailed; it is based upon the most ancient formula used by the Church in Rome; we find it in various forms dating back to the 200s. For the last thousand years, we in the Western Churches have normally recited the Nicene Creed during Sunday Masses. The shorter and simpler Apostles’ Creed may be a suitable substitute for children’s Masses. (Note from Fr. Jim: In Canada we have chosen to recite the Apostles Creed—which is older and predates the Nicene Creed)

We recite the Creed after the homily. We recite it while standing. It is our custom to bow as we say the words “by the power of the Holy Spirit, he was born of the Virgin Mary, and became man.” The Creed is the capstone of the Liturgy of the Word, a summation of the mighty works of God, past, present and future. We have heard the Law and the prophets and sung the praises of the Psalms. We have received the Gospel as truly as St. Peter’s congregation did on that first Pentecost. Now, as we recite the Creed, we say our “yes,” our Credo, like the first believers in Jerusalem.

It’s significant that, in our liturgy, the Creed follows after the Bible readings, since the Creed is a summary of the history of salvation. It’s helpful, too, that it comes after the homily. So even if our pastor is having a bad day and his homily notes don’t quite come together, we always end well with the Creed.

*In the light of eternity, we’re here for a very short time, really. We’re here for one thing, ultimately: to learn how to love, because God is love. - James Finley*

Sincerely,  
Fr. Jim Kaptein