

I Believe...

By Lee Yates

Confession is a word that makes many think of whispering secrets to a priest while sitting in a large box. In reality, confession is an expression of one's heart or a statement of what one believes to be true. In Scripture we find many confessions, perhaps the most famous of which is Peter's confession of Jesus as the messiah. Now, it is time to put in to words what you believe and write your own confession.

For

Young Adult

Season

Summer

Needed

Bible, pen, two different colors of highlighter or marker, and worksheets (see following pages)



Prepare in Advance

Gather needed supplies and print worksheets

Activity Plan

Start by centering yourself in silent prayer. Take some deep breaths and let them out slowly. Ask God to help clear your mind help you focus on the questions you will be exploring.

Read Matthew 16:13-20 and keep that passage marked (or see next page).

Complete the first box (#1) on the **I Believe...** worksheet. Don't think too hard. Just write a few of your most basic or fundamental beliefs about each item in the box. Space is limited to keep you from going into too much detail.

Read the **Creeds and Confessions** worksheet. As you go highlight things you affirm in one color and highlight statements you do not believe or are not sure about in another color. Write any questions you might have about the confessions in the note space at the bottom. If you have time, there is a link to look at some other (any often much longer) confessions and creeds used by Christians over the years.

Read Peter's Confession again (Matthew 16:13-20), thinking about the statements of faith you have read, then reflect on the following questions:

- Am I more concerned about the "how" or the "why" of God's actions in the world?
- What role does Jesus play in my life?
- What events in Jesus' life shape my understanding of God?
- What events from the Bible could be left out and I still believe what I believe?
- How does the Holy Spirit fit into my understanding of God and Jesus?
- What is the role of the Church in my faith and what does God expect from the Church?

Go back to the worksheet and complete the second box, then find someone to share with.

You can also share your confession with us at Vibrant Faith at Home. By sharing, members of the VF@Home community can share each other's faith statements and learn from each other. Use the comment feature on the landing page for this activity.

Peter's Confession

Matthew 16:13-20

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist, others say Elijah, and others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter replied, "You are the Christ, the Son of the living God." And Jesus answered him, "Blessed are you, Simon Bar-Jonah! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." Then he strictly charged the disciples to tell no one that he was the Christ.

Creeds and Confessions

THE NICENE CREED

I believe in one God, the Father Almighty, Maker of heaven and earth, and of all things visible and invisible.

And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds; God of God, Light of Light, very God of very God; begotten, not made, being of one substance with the Father, by whom all things were made.

Who, for us men and for our salvation, came down from heaven, and was incarnate by the Holy Spirit of the virgin Mary, and was made man; and was crucified also for us under Pontius Pilate; He suffered and was buried; and the third day He rose again, according to the Scriptures; and ascended into heaven, and sits on the right hand of the Father; and He shall come again, with glory, to judge the quick and the dead; whose kingdom shall have no end.

And I believe in the Holy Ghost, the Lord and Giver of Life; who proceeds from the Father and the Son; who with the Father and the Son together is worshiped and glorified; who spoke by the prophets.

And I believe in one holy catholic and apostolic Church. I acknowledge one baptism for the remission of sins; and I look for the resurrection of the dead, and the life of the world to come. Amen.

THE APOSTLES' CREED

I believe in God, the Father Almighty, maker of heaven and earth. And in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, and born of the virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Christian church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

To see other traditional creeds and confessions, visit: <http://confessionsoffait.org/>

NOTES:

I Believe...

1. I Believe that:

God is...

Jesus is...

The Spirit is...

The Church is...

2. I Believe that:

God is...

Jesus is...

The Spirit is...

The Church is...