



Rate Your Beliefs

Carefully read each statement that is drawn from the Nicene Creed. After some time of reflection, rate yourself using this scale:

- | | | | |
|----|-------------------------------|----|---------------------------------------|
| 1. | <i>I really believe this</i> | 4. | <i>I don't know if I believe this</i> |
| 2. | <i>I believe this</i> | | |
| 3. | <i>I think I believe this</i> | 5. | <i>I don't believe this</i> |

___ I believe in God the Father, Creator of all.

___ I believe that Jesus Christ is fully God and fully human.

___ I believe that Jesus Christ became human, died, and rose for the salvation of humanity.

___ I believe that Jesus Christ will judge humanity at the end of time.

___ I believe in the Holy Spirit.

___ I believe in the Trinity, three persons in God.

___ I believe in one, holy, catholic, and apostolic Church.

___ I believe God is present in the Sacraments and forgives our sins.

___ I believe in the resurrection of the dead and eternal life with God.

___ I believe that I must love God above everything and my neighbor as myself.

___ I believe that God hears my prayer.

___ I believe that I can have a relationship with God.

___ I believe that each and every person is a child of God.

___ I believe that I must love everyone, especially the “least of these” in my midst.



Take any three of the statements and write a paragraph on each, explaining your rating, whether it be high or low on the scale of belief. Share with a partner.

Statement: _____

Statement: _____

Statement: _____

Adapted from a Resource of the Catholic Education Office of the Diocese of Toowoomba