



What we Believe



A Simple Guide to the Core Teachings of the Catholic Church

The Catholic Church is founded on the teachings of Jesus Christ, passed down through the Apostles, and preserved through Scripture and Sacred Tradition. At the heart of our faith is the belief in the Triune God: Father, Son, and Holy Spirit.

The Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth, and 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 into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there 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 life everlasting.

Amen.



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Core Beliefs Explained

1. God is Love. God created us out of love and desires a relationship with every person. He is one God in three divine Persons: Father, Son, and Holy Spirit (The Holy Trinity).
2. Jesus Christ is Our Savior. Jesus, fully God and fully man, came to save us from sin and open the way to Heaven. Through His death and resurrection, He conquered sin and death.
3. The Bible and Sacred Tradition: Catholics believe that God's Word comes to us through the Bible and through the Sacred Tradition handed down by the Apostles and the Church.
4. The Church is the Body of Christ. Jesus founded the Catholic Church to teach, sanctify, and guide His people. We are united as one body through the Sacraments, especially the Eucharist.
5. The Sacraments Give Us Sanctifying Grace. God gives us His life and help (grace) through the seven Sacraments. They are sacred signs that really do what they signify, instituted by Christ.
6. Mary and the Saints Intercede for Us. Mary is the Mother of Jesus and our spiritual mother. The saints are holy people in Heaven who pray for us and inspire us by their example.
7. We Are Called to Eternal Life. Life does not end with death. We believe in the resurrection of the body and life everlasting. Our mission now is to know, love, and serve God so we can live with Him forever.



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Key Scripture Verses

- John 3:16 - "For God so loved the world that He gave His only Son..."
- Ephesians 2:8 - "For by grace you have been saved through faith..."
- Matthew 16:18 - "You are Peter, and on this rock I will build My Church..."
- Luke 1:38 - Mary said, "Let it be done to me according to your word."

A Simple Prayer

Heavenly Father, thank You for the gift of faith. Help me to grow in love and understanding of Your truth. Teach me to follow Jesus every day and to trust in Your Church. Send Your Holy Spirit to guide me. Amen.

Want to Go Deeper?

- Read the Catechism of the Catholic Church (CCC 1-1065)
- Ask questions. Seek truth. Pray daily.