



A Sunday School Lesson for Servants:

# The Orthodox Creed in our Lives

ΠΙΝΑΞ Τῆς Ὁρθοδόξου

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## Introduction to the Creed

We exalt you, the Mother of the true Light. We glorify you, O Saint, the Mother of God (*Theotokos*), for you brought forth unto us the Savior of the whole world; He came and saved our souls.

Glory be to You, our Master, our King, Christ, the pride of the apostles, the crown of the martyrs, the joy of the righteous, the firmness of the churches, the forgiveness of sins.

We proclaim the Holy Trinity in One Godhead. We worship Him. We glorify Him.

Lord have mercy. Lord have mercy. Lord bless. Amen.

## The Orthodox Creed

We believe in one God, God the Father, the Almighty (*Pantocrator*), Who created heaven and earth, and all things, seen and unseen.

We believe in one Lord Jesus Christ, the Only-Begotten Son of God, begotten of the Father before all ages; Light of Light, true God of true God, begotten not created, of one essence with the Father, by Whom all things were made; Who for us, men, and for our salvation, came down from heaven, and was incarnated of the Holy Spirit and of the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate. He suffered and was buried. And on the third day He rose from the Dead, according to the Scriptures, and ascended into the heaven, and sat at the right hand of His Father, and He is coming again in His glory to judge the living and the dead, whose kingdom has no end.

Yes, we believe in the Holy Spirit, the Lord, the Life-Giver, Who proceeds from the Father, Who, with the Father and the Son, is worshipped and glorified, Who spoke in the prophets, and in one holy, universal (*catholic*) and apostolic church. We confess one baptism for the remission of sins. We look for the resurrection of the dead, and the life of the coming age. Amen.

**Objective: To understand our responsibility as Orthodox Christians towards our church.**

### Main points:

1. What is the creed? (Parts)
2. Why was it necessary to have a creed? (History)
3. Why was the faith put in a form of a creed?
4. Does the creed summarize our belief?
5. Why do we repeat the creed so often?
6. What is our role?

**Song: My Coptic Church**



### The lesson:

#### 1. What is the Orthodox Creed?

The creed is our Christian constitution. It contains our faith

and explains in logical statements, which are not to debate. The creed has two parts: the introduction 'We exalt you the mother of the True Light,' and the creed itself 'truly, we believe in one God.'

#### 2. Why was it necessary to have a creed?

The creed was made to defend the faith from several heresies.

- a. 325 A.D. → the Council of Nicea  
318 church leaders assembled at Nicea to discuss the Arian heresy, which said that Christ is lesser than God; therefore, he is not God, but only a mediator between God and men. In this council, the church fathers, led by Saint Athanasius wrote the first part of the creed up till 'we believe in the Holy Spirit'



- b. 381 A.D. → the Council of Constantinople  
150 church leaders met to discuss the heresy of Makdonious, who taught that the Holy Spirit is not God. In response, the Church wrote the second part of the Orthodox Creed iwe believe in the Holy SpiritŌi until the end.
- c. 431 A.D. → the Council of Ephesus  
In which 200 church leaders meet to respond to the heresy of Nastorious, who said that Saint Mary is not the mother of God, but only the mother of the Lord Jesus Christ.

**3. Why was the faith put in a form of a creed?**

- A. To defend the faith
- B. To declare the faith
- C. To teach the faith

**4. If the Orthodox Creedís purpose is to defend, declare, and teach our faith, does it contain all our beliefs?**

Yes. We believe in:

- ĩ The Divinity of God the Father ñ iwho created all things seen and unseen.î
- ĩ The Divinity of the ionly begotten Son, begotten not createdŌ by whom all things were made:
- ĩ The Divinity of the Holy Spirit ithe life giverŌ who proceeds from the Fatherî
- ĩ The characteristics of the Church: ione holy catholic and apostolicî
- ĩ The Sacrament of Baptism: iwe confess one baptism for the remission of sins.î Since all sacraments starts with baptism, then we also belief in the effectiveness of the rest of the sacraments.
- ĩ The resurrection of the dead
- ĩ The life of the coming age
- ĩ Saint Mary is Theotokos

**5. Why do we repeat the Orthodox**

**Creed so often?**

- A. To confess, in front of God and men that we are strictly adhering to our orthodox faith.
- B. Because when we repeat the creed, we repeat verses from the Holy Bible. All phrases in the creed are coming directly from the Holy Bible.
- C. To remember our fathers who endured all pain and suffering to keep for us the faith.

**6. What is our role?**

This faith is so precious; it is, basically, the essence of our lives. We are this connection chain between the past and the future of the orthodox church; it is our responsibility towards ourselves, for it is the essence of our lives, towards our mother church, towards our fathers, who suffered to preserve the faith; towards our sons because we need to pass down the faith that we received from our fathers, and most importantly, towards God, for defending and declaring the true faith is the least we can offer Him.

How do we do this?

Know your Orthodox Creed not just the words, but the meaning of the words, study its meaning, understand it, love it, and live according to its teachings.

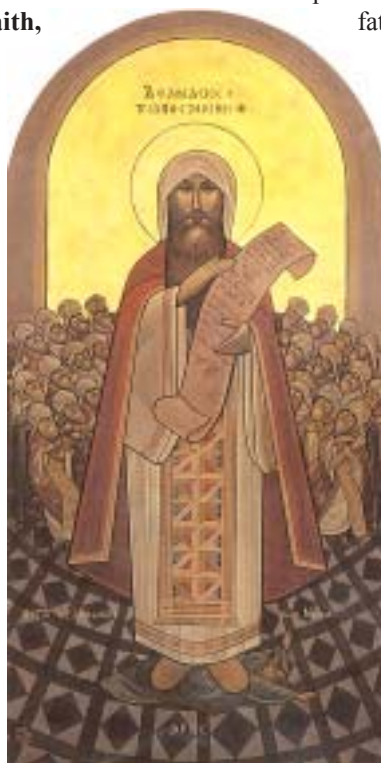


**The last verse of iMy Coptic Churchî**

*Let us all rise from our laziness  
With diligence seeking the heavenly reward  
The church of the fathers, you are our pride  
To her success, let us all join together  
My Coptic Church, her faith is orthodox  
Forever strong, Egypt is Christís* ✠

Bibliography:

HAZA EMANY, Vol. 1 by St. Athanasiusí organization. The Behera Diocese.



**St Athanasius the Apostolic  
with 318 Church leaders at  
Council of Nicea**