

SCRIPTURE FOCUS

Psalm 68:19, 1 Timothy 3:16, & 1 Corinthians 15:1-4

CORE REFERENCES

Y4K 13, 141 Read Together: P. 27 & **Y** 25-29, 482, 499

FOR PARENTS & ADULTS

[CCC Paragraphs](#) 170-174, 185-197, 2697-2698, 2720



STEP 1: PREPARATION - ATTENDING TO THE SOIL

1. Welcome!

2. Wonder

Curiosity Sparker: A shield (real, toy, or crafted) a cross symbol on it and blocks or Legos.

Display the question: *What do you stand for?*

3. Proclaim

Read: Psalm 68:19 – “Blessed be the Lord, who daily bears us up; God is our salvation.” (or use [Proclaim Slide](#))

Pray & Praise

Pray together: The Apostles’ Creed.

(Encourage a slower pace than usual to bring awareness of the words being spoken. At the end, offer a gentle connection prompt: “What did you notice as we prayed those words together? Have you heard this prayer before? Where?”)

Sing together: “At the Name of Jesus” CBW III #427
or “Lift High the Cross” CBW III #435



STEP 2: PROCLAMATION - PLANTING THE SEED

1. Recap

Ask: “Last session, we discovered that faith is our response to God’s invitation. How did your family choose to trust God or put your faith into action this week?”

2. Scripture Proclamation

Invite families to listen for a word or phrase that stands out as the Scripture is read.

Read: Timothy 3:16 & 1 Corinthians 15:1-4
or use: [Stand for Something Scripture Proclamation Slides](#)

Invite time for brief sharing.

3. Joyful Proclamation & Witness

Proclaim: “In our Scriptures today, we hear believers holding fast to their faith and passing it on with conviction. They didn’t only believe—they lived what they proclaimed. This same call to faith continues today: in real life moments, it takes courage to stand firm in what we believe about our faith.”

Witness: Give a short personal testimony.

(*Prompt:* Remember, a time when you had to stand up for your faith or values when others disagreed, when it was difficult to say what you believe as a Christian but you chose honesty or courage anyway, or when you had to choose trust in God over fear, pressure, or following the crowd, including a time when living your faith quietly but clearly made a difference to others.)



STEP 3: EXPLANATION - HELPING THE PLANT GROW

1. Guided Explanation

Return to the Curiosity Sparker:
See *Curiosity Sparker Reveal* p.3

Diving Deeper

Discuss: **Y4K** & **Y** questions for Profession of Faith Pillar and Prayer Pillar, see *YOU CAT Pillars* p.4

Pray: Use Standing Firm in Faith prayer format, see *Prayer Experience* p.5

2. Family Reflection

Ask: “What does your family hope other people notice because you follow Jesus? What helps your family stay strong in what you believe when others think differently?” Invite families to share.

Show “[What is a Creed and why do we have them?](#)” video.

3. Saint Highlight: St. Paul

“St. Paul was once someone who did not follow Jesus, but after personally encountering him, his whole life changed. He traveled far and wide to tell others about Jesus, even when it was dangerous or difficult. He wrote letters to early Christians to help them to understand and stay strong in their faith in Jesus and many of those letters are found in the Bible.”

“St. Paul reminds us that believing in Jesus changes the way we live. He encourages us to stand firm in our faith and courageously share the Good News of God’s love with others.”

“St. Paul is the patron saint of missionaries and evangelists, those who go out to others to serve and share the Good News. His Feast Day is June 29, which he shares with St. Peter.”

Praise

Sing together.



STEP 4: APPLICATION - GROWING ROOTS

1. Family Discussion

Ask: “What do our actions say about what we believe? How can our family show what we believe in simple, everyday ways?” Invite families to share.

2. Practical Challenge & Mission Action

“Until next time, choose ONE way to live what you believe as a family, for example: pray the Apostles’ Creed together daily, slowly and thoughtfully; choose one moment this week to say: ‘This is what I believe!’ through your actions; do one act as a family that reflects your faith in an act of kindness or service, helping someone, offering forgiveness, or encouraging someone who is having a difficult time.”

3. Creative Response

See directions for activity options on *Creative Response* p.6

- 1 - Family Shield – Our Profession of Faith
- 2 - Living What We Believe – Matching Activity
- 3 - Living What We Believe – Family Improv

(Find more **Y4K** & **Y** and Family Activity resources on *Creative Response* p.6)



STEP 5: CELEBRATION - BLOSSOMS AND FRUITFULNESS

1. Mission Sending

“Remember: Our faith is more than simply words we pray—it is a way of life. This week, choose one way to stand for what you believe by following Jesus with courage, kindness, and love.”

Provide families with a copy of the *Family Handout*.

2. Gratitude & Sharing

Invite each family to name one blessing from God they are thankful for today, one moment this week where they felt they were trying to live or stand in their faith. Invite spontaneous prayers of praise.

Say simple kerygma together: “Jesus Christ loves you...”

3. Closing: Pray & Praise

Pray: Together pray “Glory be to the Father...”

Say: “Let us go and see Jesus in everyone we meet this week.”

All respond: “Thanks be to God!”

Praise: Sing together.





RETURN TO THE CURIOSITY SPARKER: BRING ATTENTION BACK TO THE DISPLAY

Shield and Blocks Reveal

The Shield:

Hold up the shield.

“What are shields used for?”

Invite responses, e.g.: protection, defense, battle.

“What do you see on this shield?”

Invite responses, e.g.: a Cross

“When soldiers went into battle, they carried shields not just for protection—but with symbols on them. Those symbols showed who they belonged to, and what they stood for, and what they fought for.”

Pause.

“As followers of Jesus, the Cross is our sign. It shows who we belong to. It reminds us what we stand for.”

The Foundation (Blocks Activity):

Invite a youth forward. Give them blocks or Legos, place a pillow or a similar soft object on a solid table or the floor and ask them to build a wall with the blocks or Legos on the pillow. Let them try.

“Do you think your wall is strong?”

If the person answers ‘yes’, gently move or shake the pillow so the wall falls, then ask: “Is the pillow a solid foundation?” Invite a brief response.

If the person answers ‘no’ or struggled to build the wall, ask: “Why is it hard to build a wall?”

Invite a brief response, leading them to reply that it was because the foundation isn’t stable.

Now remove the pillow and ask them to build the wall again directly on the table or floor. Once complete, gently test stability by tapping the table or stomping on the floor.

“Is this a stronger foundation?”

Point to the wall.

“Just like this wall, our lives need a strong foundation. If we build on something weak, it won’t last.”

Hold up the shield.

“And just like this shield shows what someone stands for, the Creed shows what we stand on and to whom we belong. As followers of Jesus, we don’t stand on changing feelings or personal opinions—we stand on the truth of our faith, passed on by the Apostles, taught by the Church, and professed in the Creed.”

“In our Scriptures today, in Paul’s letter to Timothy, we heard the heart of this foundation: the mystery of our faith—Jesus Christ, who came, died, and rose again for us.” (1 Timothy 3:16)

“We also heard in Paul’s first letter to the Corinthians how this truth was carefully handed on and held firmly by the early believers.” (1 Corinthians 15:1–4)

“This is our solid foundation. This is what we stand firm on. And this is the faith we continue to profess together in the Creed at every Mass.”



DIVING DEEPER

Present **Y4K** & **Y** questions for Profession of Faith Pillar & Prayer Pillar for family discussion.

Profession of Faith Pillar:

Faith Focus 1: Professing One Faith

Give **Y** and **Y4K** questions for families to read and discuss.

Y 25 Why does the faith require definitions and formulas?

Y 26 What are creeds?

Y4K Read together page 27

Y 27 How did the creeds come about?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“Why is it important that Christians believe the same core truths about God?”

Faith Focus 2: Standing Firm in What We Believe

Give **Y** and **Y4K** questions for families to read and discuss.

Y 28 What does the Apostles’ Creed say?

Y4K 13 How does the Creed go?

Y 29 What does the Nicene Creed say?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“There’s an old expression: ‘Practice what you preach,’ how is believing something different from living it?”

Prayer Pillar:

Give **Y** and **Y4K** questions for families to read and discuss.

Y 482 What role did prayer play among the first Christians?

Y 499 When should a person pray? **Y4K 141** How can I speak with God?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following question: “From what you learned today, how can prayer help us stay faithful to what we believe and profess in the Creed?”

*Move into Standing Firm in Faith prayer, see **Prayer Experience** p.5.*



STANDING FIRM IN FAITH

In this prayer experience, families are invited to pray with their whole selves, recognizing that faith is lived not only in our hearts but through our thoughts, words, and actions. As they pray from head to toe, families ask Jesus to shape every part of their lives so they may stand firm in their faith and faithfully live what they believe.

Invite families to stand together at their tables.

Standing Firm in Faith

“We are learning that the Creed is more than simply words that we pray—it is the faith we are called to live. As Catholics, we don’t only pray with our voices. We also pray with our bodies. Every time we stand, kneel, make the Sign of the Cross, or fold our hands, our bodies help express what is happening in our hearts.”

“Today, let’s offer our whole selves to Jesus and ask him to help us live what we believe.”

Feet – Following Jesus

Invite everyone to stomp gently their feet.

“Our feet remind us that following Jesus is a journey. Ask him to help you walk in his ways each day.” *Pause.*

“Jesus, help us follow you wherever you lead. Give our family the courage to walk in your footsteps at school, at work, and when times get tough.”

Hands – Serving Others

Invite everyone to open both hands in front of them.

“Our hands remind us that faith is something we do. Jesus calls us to serve, to help, and to love others.” *Pause.*

“Jesus, help us to use our hands to bring your love to others.”

Heart – Loving Like Jesus

Invite everyone to place one hand over their heart.

“Our heart is where we choose who we will follow. Ask Jesus to help your family love him above everything else.” *Pause.*

“Jesus, help our hearts choose you every day.”

Ears – Listening for God’s Voice

Invite everyone to gently touch their ears.

“Many voices compete for our attention every day. Ask the Holy Spirit to help you hear God’s voice above all the others.” *Pause.*

“Holy Spirit, help us listen and respond to Your voice.”

Mouth – Standing for Our Faith

Invite everyone to gently touch their lips.

“Sometimes it takes courage to speak kindly, tell the truth, or stand up for what we believe.” *Pause.*

“Jesus, give us courage to speak the truth with love.”

Eyes – Seeing Like Jesus

Invite everyone to place a finger near their eyes.

“Ask Jesus to help you see every person as someone loved by God.” *Pause.*

“Jesus, help us see others as you see them.”

Head – Thinking Like Jesus

Invite everyone to gently place a hand on their head.

“Ask Jesus to help your thoughts reflect his goodness, peace, and truth.” *Pause.*

“Jesus, help us think like you.”

Standing Firm – Ready to Live Our Faith:

Invite everyone to stand tall with feet firmly planted and hands relaxed at their sides. Pause.

“This is how disciples stand—not because we are strong on our own, but because Jesus is our firm foundation. Today we tell him that we are ready to live what we believe.” *Pause.*

“Lord Jesus, thank you for giving us the gift of faith. Help us to follow you with our feet, serve with our hands, love with our hearts, listen with our ears, speak with courage, see others with your eyes, and think in your ways. May our whole lives reflect what we believe, so that others may come to know and love you.”

(While making the sign of the Cross) “In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”



FAMILY ACTIVITY SUGGESTIONS

Family Shield Our Profession of Faith

What You'll Need: One “Family Shield – Our Profession of Faith” worksheet per family (see Family Activities link below), pencils, markers or pencil crayons.

Instructions: Invite each family to write their family name in the banner at the top of the shield.

Read the Apostles’ Creed together, taking time to reflect on the words.

In the four side boxes, work together to write or draw four words, virtues, or symbols that represent what your family wants to stand for as followers of Jesus, for example: Faith, Prayer, Love, Forgiveness, Hope, Service, Kindness, Mercy, Truth, or Peace.

Decorate the shield with colors or symbols that remind your family of your shared faith.

Encourage families to take their shield home and display it where they can be reminded each day to live what they believe.

Wrap Up: “A shield reminds us who we belong to and what we stand for. As Christians, our greatest strength is not found in ourselves but in Jesus Christ. The Creed is our profession of faith, and our lives should reflect the truth we proclaim.”

Living What We Believe Matching Activity

What You'll Need: One “Living What We Believe” matching worksheet per family (see Family Activities link below), pencils.

Instructions: As a family, read each statement from the Apostles’ Creed in the left column.

Discuss what each statement means and how it can be lived in everyday life.

Draw a line to match each part of the Creed with the correct How to Live It statement.

When you have finished, choose one of the matching statements that your family would like to put into practice this week and briefly share why you chose it (optional).

Wrap Up: “The Creed is more than a prayer we memorize—it is a way of life. Every time we profess our faith, Jesus invites us to live those words through our choices, our actions, and the way we love God and others each day.”

Living What We Believe Family Improv

What You'll Need: Scenario cards (see Family Activities link below)—one per family or one per round, a small bell or whistle or someone to call out “Freeze!”

Instructions: Each family chooses or is given one scenario card. Read the situation together and all but one family member acts out the scene until someone rings a bell, blows whistle, or calls out “FREEZE!”

Pause the action and discuss: “How does this situation challenge us to live what we believe?”

The last family member “tags in” and finishes the scene by showing how a follower of Jesus might respond. After each improv, briefly discuss how that response reflects the Apostles’ Creed.

After all families have had their chance to improv Living What We Believe, offer a closing thought to wrap-up.

Wrap Up: “The Apostles’ Creed is more than something we pray at Mass—it is a way of life. Every day we have opportunities to show what we believe through our choices, our words, and the way we love God and others. When we live the Creed, our faith becomes visible, and others can see Jesus through us.”

Supplemental Resources:

YOUCAT: [Y4K The Creed – 12 Facts about God](#)

Family Activities: [Stand for Something Creative Response Family Activities](#)

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FOR PARENTS CCC Paragraphs 170-174, 185-197, 2697-2698, 2720

STAND FOR SOMETHING – LIVING WHAT WE BELIEVE

God lovingly reveals Himself to us and invites us into a relationship with him. Our response is faith—a faith that is rooted in Jesus Christ and expressed through the words of the Apostles' Creed. The Creed is more than a prayer we memorize; it is our profession of faith. Every time we pray, "I believe," we are choosing to trust God the Father, follow Jesus Christ, welcome the Holy Spirit, and live as members of His Church.

As we grow in prayer, listen to God's voice, and put our faith into action, our relationship with Jesus becomes stronger. Like St. Paul, we are called to stand firm in what we believe and courageously live our faith each day. When our words, choices, and actions reflect the truth of the Creed, others can encounter Christ through us. Standing for our faith is not simply believing the right things—it is allowing Jesus to shape the way we live, love, and serve so that our whole lives become a witness to him.

Family Prayer: Lord Jesus, thank You for the gift of faith and for calling us to follow you. Help our family to stand firm in what we believe, to trust You in every circumstance, and to live the truths of our faith with courage, kindness, and love. Fill us with Your Holy Spirit so that our words and actions always point others to you. May our lives reflect the faith we profess, and may we always remain faithful to you and your Church. Amen.

MISSION ACTION

Until next time, choose ONE way to live what you believe as a family:

- Pray the Apostles' Creed together daily, slowly and thoughtfully.
- Choose one moment this week to say: "This is what I believe" through your actions.
- Do one act as a family that reflects your faith in an act of kindness or service, helping someone, offering forgiveness, or encouraging someone who is having a difficult time.



The fish was a symbol used by early Christians to identify themselves to each other, particularly during times of persecution of the faith.

The ancient Greek word for fish, ΙΧΘΥΣ (pronounced "ICK-thoos"), was an acrostic, meaning the letters each represented another word.

For early Christians it was a Creed: "Ἰησοῦς Χριστός Θεοῦ Υἱός Σωτήρ", which translates into English as "Jesus Christ, God's Son, Savior."

