

# Put Your Heart Into the Creed

You are not alone if sometimes you feel bored by reciting the Creed week after week at Sunday mass. When we pray the Creed week in and week out we remember our core beliefs and our Christian identity as creatures who belong to God and to one another. These relationships make us who we are.

Here are four suggestions for putting your heart into the creed.

**Profess your faith in your own words.** Take a moment to write your own personal creed. How do you express your belief in God, Jesus Christ, and the Holy Spirit? Using your words as a “bridge,” you may find that your prayer using the ancient words will gradually become deeper and more meaningful.

- Take at least a week and let this document enrich your daily prayer throughout the week.

**Imagine yourself in communion with people all over the world.** All across the globe, in nearly every imaginable language, Christians are praying the very same words as you are.

- To get a small taste of Christian unity around the world, find a copy of the Creed in a language other than your own. Read it, pray with it, memorize it in that language.

**Recall the Creed’s context in Mass.** It is our *response* to the Word of God from Scripture, and it is our *preparation* to receive Christ in the Eucharist.

- Look at it this way. Your profession of faith confirms that you have heard the Word of God and you seek to incorporate it into your life. Your profession also signifies your desire to “create a clean heart” in order to receive the Eucharist with heartfelt joy and thanksgiving.

**Don’t just say it. Pray it!** Since your mind knows the words almost without thinking, go into your heart and pray them with genuine fervor.

- The next time you go to Sunday mass, close your eyes while reciting the creed. Bring to mind the words that *you* have written to express your beliefs, and enter into this prayerful profession of faith.