What is Our Faith? What Do Catholics Believe?

Creeds of the Catholic Church
The Creeds of Our Life

- A little history
- a “timone” question
- ReCiL - Reclaiming Christ in Life
- My Story-Your Story
A Guide to Creating Your Creed

• What are your beliefs?
• What do you believe?
• How does what you believe orchestrate your life?
• How does anyone know?
Your Creed

• What are your non-negotiables?
  
  • based on your beliefs

  • What/Whom is guiding you?

  • List your beliefs, what you believe, your non-negotiables
Checking Your Creed

Go into the desert

In this desert we continuously strip away interferences/blockages/debris

- detox distilling purifying
  - juices = prayer
  - fruits = reflection
  - vegetables = journaling
  - fast from distraction
  - crazy music
  - stupid TV
  - draining people/situations
Does Your Living Reflect What You Believe?