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# THE APOSTLES' CREED

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(Study Guide)

Community Fellowship Edition



*Take heed to yourself and to the doctrine.*

*Continue in them, for in doing this, you will save both yourself and those who hear you.*

1 Timothy 4:16 (NKJV)

WINTER 2025, LONDON

(Vol 1.0)



## **Introduction and Preface**

The Apostles' Creed is one of the most treasured landmark statements of faith in the history of Christianity. It is a concise yet profound summary of the core Christian beliefs, connecting believers across generations, cultures, and denominations. Rooted in Scripture, it provides us a framework for understanding the Gospel, living out our faith, and passing it on to future generations.

This study guide and the accompanying workbook were originally designed for Christian Youth groups and now been adapted for Adults in a Community Fellowship setting to help both our young and adult believers understand, appreciate, and internalise the key scriptural truths encapsulated in the Apostles' Creed. Each lesson is crafted to explain the foundational truths of the Christian faith, clearly and engagingly, encouraging reflection and action. Through Bible-based teachings, thought-provoking questions, creative activities, and memory verses, this study guide seeks to equip young minds with the knowledge and confidence to live out their faith.

This journey through the Apostles' Creed is more than an intellectual exercise. It is an invitation to deepen one's relationship with God, understand His grand story of redemption, and find our place within it. As we declare, "I believe," we affirm our trust in our God, who is personal, loving, and faithful.

It is my prayer that this study guide will nurture a vibrant and enduring faith in all who study it. May it inspire a generation of believers, both young and old, to stand firm in their convictions, boldly proclaim their faith, and walk in the fullness of God's purpose for their lives.

Let us approach this study with open hearts and minds, ready to be shaped by the timeless truths of God's Word.

With fear and trembling, this humble piece of work is hereby offered for the instruction of our young believers and the edification of the body of Christ at large

*E. Appiah, – January 2025.*



(All Bible verses are in the **New International Version (NIV)** unless otherwise specified)

**Note to the teacher/instructor:**

Please see Appendices 1, 2, and 3 on pages 41- 43 for a suggested lesson plan and time allocations.

**Editorial Note**

This study guide is a work in progress and remains under development. It is being made available at this stage to facilitate preliminary use and constructive feedback. The final version will incorporate refinements and enhancements, reflecting the ongoing dedication to its quality and purpose.

For Feedback or comments, write to E. Appiah: [appiaheric2@gmail.com](mailto:appiaheric2@gmail.com)



## **The Apostles' Creed:**

I believe in God, the Father almighty,  
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I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the virgin Mary.

He suffered under Pontius Pilate,  
was crucified, died, and was buried.

He descended to the dead.

On the third day, he rose again.

He ascended into heaven  
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy Universal Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

Amen.



# Lesson 1

## "I Believe in God, the Father Almighty"

**Lesson Title:** *Who is God?*

**Lesson Date:** ----/----/----

**Key Scripture:** Genesis 1:1, Psalm 103:13, Exodus 3:14

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### Core Idea:

Believing in God means trusting the eternal Creator who made us in His image, loves us as a Father, and is powerful beyond measure. He is the foundation of our faith.

### Key Points to Remember:

- God is eternal (Psalm 90:2) and self-existent (Exodus 3:14).
- We are created in God's image (Genesis 1:27).
- God's Fatherly love shows His compassion (Psalm 103:13).
- God is Almighty and all-powerful. He even wins our battles (Jeremiah 32:17).

### Discussions & Reflection Questions:

1. Who is God to you personally?
2. What does it truly mean to believe in God beyond an intellectual assent or acknowledgment?
3. Why is it essential to believe that God is a loving Father rather than an impersonal force?
4. How does knowing that God is "Almighty" affect or influence your outlook on life?
5. What personal commitments/responsibilities come with declaring, "I believe in God"?

### Memory Verse:

**Genesis 1:1 – *In the beginning, God created the heavens and the earth.***

### Application:

**Reflection Exercise:** Reflect on one thing you are grateful to God for as your Creator

### Closing Thought/Prayer:

Thank God for being your Creator, Father, and Almighty God. Pray that you will grow in faith and trust Him each day.

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*You have made us for yourself, and our hearts are restless until they come to rest in you*  
—Augustine of Hippo (*The Confessions*)

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Amen.

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*Built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief  
cornerstone, Ephesians 2:20 NKJV*

## Lesson 2

### "Creator of Heaven and Earth"

**Lesson Title:** *God the Creator*

**Lesson Date:** ----/----/----

**Key Scripture:** Genesis 1:1-31, Psalm 19:1, Colossians 1:16

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#### Core Idea:

God is the Creator of everything, visible and invisible, including heaven and earth. His Creation reflects His power, wisdom, and care for humanity.

#### Key Points to Remember:

- God created the universe from nothing (Genesis 1:1).
- Creation shows God's glory and handiwork (Psalm 19:1).
- All things were created by and for Jesus Christ (Colossians 1:16).
- Humans are special caretakers of God's Creation (Genesis 1:28).

#### Reflection Questions:

1. What does Creation teach us about who God is?
2. Gen 1:16 says "God made two great lights; the greater light to rule the day, and the lesser light to rule the night: *he made the stars also*" – Discuss! – "...**He made the stars also**"
3. How do we balance science and faith in discussions about Creation?
4. How does knowing that God created you in his image, influence how you see yourself?

#### Memory Verse:

**Psalm 19:1 – *The heavens declare the glory of God; the skies proclaim the work of his hands.***

#### Application:

Reflect deeply on one thing in creation that reminds you of God's greatness.

#### Closing Thought/Prayer:

Thank God for His incredible Creation, and ask Him to help you care for it responsibly.

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*There is no spot in the universe wherein you cannot discern at least some sparks of His glory. You cannot, in contemplating the vast and beautiful fabric, look around without being compelled to behold Him*

— John Calvin, *Institutes*, Book 1, Chapter 5





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Amen.

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## Lesson 3A:

### “I Believe in Jesus Christ, His Only Son, Our Lord”

**Lesson Title:** *On the Identity of Jesus Christ - Who do you say I am?*

**Lesson Date:** ----/----/----

**Key Scripture:** Matthew 16:13-16, John 1:1-3, Colossians 1:15-17, , Isaiah 9:6

### Core Idea

Jesus Christ is the central figure of the Christian faith. Understanding His divine and human nature is fundamental to true Christian belief.

### Key Points to Remember

- Jesus is the **Eternal Word, and God incarnate** - He is, before creation (John 1:1-14)
- Jesus is the **Image of God** – He reveals God’s nature to us (Colossians 1:15).
- Peter confessed Jesus as the Messiah, **the Son of God** (Matthew 16:16)
- He ultimately fulfils Old Testament prophecies as the world's saviour (Isaiah 9:6).

### Discussion & Reflection Questions

1. The meaning of *Jesus* (Yeshua) is “God saves.”, but who is Jesus?
2. How will you answer Jesus’s question, “*Who do you say I am?*” (Matthew 16:15-16 )
3. We believe that Christ is more than just a prophet. Why is this important?
4. How do modern people misunderstand Jesus today?

### Memory Verses

**John 1:1 – *In the beginning was the Word, and the Word was with God, and the Word was God. — 14: And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.***

### Application:

Reflect on Colossians 2:9, which declares that the fullness of God dwells in Jesus. How does this truth deepen your trust in His love, power, and unwavering presence in your daily life?

**Closing Thought/Prayer:** Thank God for revealing Himself through Jesus. Pray for a deeper faith in Christ Jesus today

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*There was never a time when the Word was not.*

— **Athanasius**, Orations Against the Arians, Discourse 1, Section 4

## Further meditations on Jesus, as God incarnate

1. **The Word became Flesh:** Jesus is called "the Word" (Logos), who took on human form.

**John 1:1, 14**

*"In the beginning was the Word, and the Word was with God, and the Word was God...  
The Word became flesh and made his dwelling among us."*

2. **Jesus as Fully God in Human Form:** Jesus is not just a reflection of God; He fully embodies God in human form.

**Colossians 2:9**

*"For in Christ all the fullness of the Deity lives in bodily form."*

3. **Jesus Took on Flesh:** Jesus was fully God, yet humbled Himself by becoming human.

**Philippians 2:6-7**

*"Who, being in very nature God, did not consider equality with God something to be used to His own advantage; rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness."*

4. **He is called Immanuel: "God with Us":** Jesus is literally "God with us," fulfilling the prophecy of the Messiah.

**Matthew 1:23**

*"The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us"). (See also, Isaiah 7:14)*

5. **He is the Exact Representation of God:** He is God incarnate.

**Hebrews 1:3**

*"The Son is the radiance of God's glory and the exact representation of His being, sustaining all things by His powerful word."*

6. **Jesus and the Father Are One:** Jesus directly claims unity with God the Father.

**John 10:30**

*"I and the Father are one."*

7. **The Mystery of the Incarnation:** Jesus as God appearing "in the flesh."

**1 Timothy 3:16**

*"Beyond all question, the mystery from which true godliness springs is great: He appeared in the flesh, was vindicated by the Spirit, was seen by angels, was preached*



*among the nations, was believed on in the world, was taken up in glory."*

**8. Seeing Jesus, is seeing the Father:** Jesus is the visible image of the invisible God

**John 14:9**

*"Anyone who has seen me has seen the Father."*

**9. Jesus as Our God and Savior:** Jesus is explicitly called "our great God and Savior."

**Titus 2:13**

*"While we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ."*

**10. The Messiah as "Mighty God":** unto us a child is born...he will be called wonderful...Might God

**Isaiah 9:6**

*"For to us a child is born, to us a son is given... and he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."*



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and the life everlasting.

Amen.

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## Lesson 3B: His Only Son, our Lord

**Lesson Title:** *On the Unique Sonship of Jesus Christ - Who do you say I am?*

**Lesson Date:** ----/----/----

**Key Scripture:** John 3:16, Matthew 16:16, Hebrews 1:1-3, Colossians 2:9

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### Core Idea:

*Jesus is the Unique Son of God.* Jesus is not just a son of God in a general sense. He is God's Only Son, eternally begotten, not created. This truth is essential to truly understanding the doctrine of the Trinity and salvation.

### Key Points to Remember

- Jesus is "**The Only Begotten Son**" of **God** - Eternally with God ( John 3:16)
- Peter confessed Jesus as the Messiah, **the Son of God** (Matthew 16:16)
- Jesus is the **Perfect Revelation of God**; He fully reveals God's nature (Hebrews 1:3)
- Jesus is **Fully God and Fully Man** – *The Hypostatic Union* (Colossians 2:9)
- The Early Church Defended This Truth (fully God, fully man). The Council of Nicaea (325 AD) affirmed that Jesus is "of the same essence" (homoousios) as the Father.

### Discussion & Reflection Questions

1. What does it mean that Jesus is the "**only begotten Son**"?
2. The Bible presents Jesus as the second person of the Godhead, eternally one in essence with the Father, yet distinct in person.  
Reflect on this, and discuss how/if this helps you understand the nature of God.
3. Discuss the dual nature of Christ, as both divine and human. **Fully God and Fully Man.**
4. Why is this dual nature necessary? How does that impact our salvation?
5. Why was the early church so firm in defending this doctrine against heresies?

### Reflect on the two passages below:

- **Luke 11:2** – "*When you pray, say: Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven.*"
- **John 20:17** – "*Jesus said to her, 'Do not cling to Me, for I have not yet ascended to My Father; but go to My brethren and say to them, 'I am ascending to My Father and your Father, and to My God and your God.'*"

As you reflect on these verses, consider this: Jesus teaches us to call God "our Father," yet after His resurrection, He makes a careful distinction, 'My Father and your Father.'

How do these verses help you see **the uniqueness of Jesus' relationship with the Father** (as by nature), and what do they reveal about **our identity in God** as His children through creation and restored by grace?



## Memory Verse

**Matthew 16:16 – Simon Peter answered, “You are the Messiah, the Son of the living God.”**

## Application

Take time to listen to what the Spirit may be revealing about the **uniqueness of Christ's intrinsic Sonship by nature**, and our sonship as given by creation and restored by grace.

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*You must make your choice. Either this man was, and is, the Son of God, or else, a madman or something worse.*

— C.S. Lewis, Mere Christianity

## Further meditations on the Deity and unique Sonship of Jesus Christ

### The “Iota” (ι)

The phrase “the iota” is often used to point out how a single letter “ι” made a world of difference in the Arian controversy at the Council of Nicaea (325 AD), specifically between the Greek words *homoousios* (“of the same essence”) and *homoiousios* (“of similar essence”)

1. **ὁμοούσιος (homoousios)**: meaning “**of the same essence**”. This was used in the Nicene Creed to affirm that the three persons in the Trinity: Father, Son, and the Holy Spirit, are of **the same essence (homoousios)** thus Jesus is fully God as the Father.
2. **ὁμοιούσιος (homoiousios)**: meaning “**of similar essence**” (the Arian position, suggesting that Jesus was divine but not fully God).

#### What’s the Importance of the Iota?

- The difference between **homoousios** and **homoiousios** is only one Greek letter (“ι” **iota**).
- This **small difference** carried a huge theological significance as to whether Jesus was **fully God** or **just similar to God**.
- **Athanasius of Alexandria** and the Nicene Fathers fought for **homoousios**, affirming that Jesus is **truly God, not a created being**.

Craig (n.d.) explains that “*The difference between homoousios and homoiousios was basically the deity of Christ. The deity of Christ stood or fell with that iota.*” (The Doctrine of the Trinity, Part 3).



## Lesson 4

### “His Only Son, Our Lord”

**Lesson Title:** *On the Lordship of Jesus*

**Lesson Date:** ----/----/----

**Key Scripture:** Philippians 2:9-11, Romans 10:9-10, Luke 6:46

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**Core Idea:**

Jesus is not just God’s Son; He is also our Lord. Believing in Him means submitting to His authority, following His teachings, and trusting His sovereignty.

**Key Points to Remember:**

- Jesus is exalted by God and given the name above all names (Philippians 2:9).
- Confessing Jesus as Lord is necessary for salvation (Romans 10:9-10).
- Following Jesus means living out His teachings (Luke 6:46).

**Discussions & Reflection Questions:**

1. What does it mean for Jesus to be your Lord?
2. How can you demonstrate Jesus’ Lordship in your daily life?
3. Why is it important to obey Jesus as Lord?
4. If Jesus is truly Lord of your life, how does that change how you live, how you endure for Him, how you love others, and how you worship?

**Memory Verse:**

**Philippians 2:10-11 – *At the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord.***

**Application:**

This week, examine all the various aspects of your life that you will allow Jesus to rule as Lord, and pray for the grace to turn it all over to Him for His glory.

**Closing Thought/Prayer:**

Pray that Jesus would help you live under His Lordship and guide you to follow Him wholeheartedly.

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*For the Name of Jesus is not, in this instance, a mere Name. It is He Himself, the Person of Jesus; His Name is above every name, and all bow to Him, angels, archangels, those on earth, and those under the earth.*

— John Chrysostom, *Homily 6 on Philippians 2:10-11*

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## lesson 5

### "He Was Conceived by the Power of the Holy Spirit"

**Lesson Title:** *The Conception of Jesus by the Holy Spirit*

**Key Scripture:** Luke 1:35, Matthew 1:18-20, John 14:16-17

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#### **Core Idea:**

Jesus' conception by the Holy Spirit was a miraculous event revealing God's power and the unique identity of Jesus as God and man. The Holy Spirit continues to work in our lives today.

#### **Key Points to Remember:**

- Jesus was conceived by the power of the Holy Spirit, fulfilling prophecy (Luke 1:35).
- The Holy Spirit is God's Spirit who empowers and leads believers (John 14:16-17).
- The Spirit's power transforms our lives and makes us new (2 Corinthians 5:17).

#### **Discussions & Reflection Questions:**

1. Why is Jesus' conception by the Holy Spirit necessary for our faith?
2. What does the Holy Spirit do in the lives of believers?
3. How can you allow the Holy Spirit to work in your life?
4. Discuss and clarify why Jesus's conception by the Holy Spirit is completely different from the "Immaculate Conception" of the Virgin Mary. Discuss and clarify.

#### **Memory Verse:**

**Luke 1:35 – *The Holy Spirit will come upon you, and the power of the Most High will overshadow you.***

#### **Application:**

This week, thoroughly reflect on whether you've been born "of water and of the spirit" and if not, ask God earnestly to effect that re-birth in your soul.

*Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit (John 3:5-6 KJV)*

#### **Closing Thought/Prayer:**

Thank God for the gift of the Holy Spirit, and ask Him to empower you to live in faith and obedience.

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*Christ was not conceived by human seed but by the Holy Spirit so that the nature of the Spirit might sanctify the mystery of the incarnation.*

— Ambrose of Milan, *On the Mysteries* (Chapter 9, Section 54)



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## Lesson 6:

# "Born of the Virgin Mary"

**Lesson Title:** *The Virgin Birth*

**Key Scripture:** Isaiah 7:14, Luke 1:38, Matthew 1:22-23

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### Core Idea:

The virgin birth of Jesus is a cornerstone of Christian belief, demonstrating God's power and Mary's faithful submission to His will.

### Key Points to Remember:

- The virgin birth fulfills God's prophecy (Isaiah 7:14).
- Mary's faith and obedience set an example for all believers (Luke 1:38).
- Jesus' birth demonstrates His divine nature and mission to save us (Matthew 1:22-23).
- What is impossible for men (e.g., virgin birth) is possible with God.

### Discussions & Reflection Questions:

1. Why is the virgin birth important to the Christian faith?
2. How can Mary's example of faith encourage us to trust God?
3. What does Jesus' birth tell us about God's plan for salvation?

### Memory Verse:

**Matthew 1:23** – *"The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us")*

### Application:

Matthew 1:23 declares that a virgin would give birth to a son called Immanuel, meaning 'God with us. How does the name 'Immanuel' born of a virgin by the power of the Holy Spirit, deepen your understanding of God's desire to dwell with us? How should this truth shape the way you respond to challenges, approach worship, and walk with God each day.

This week, meditate and rededicate your heart and life to live a chaste and a holy life that God can use to bless the world.

### Closing Thought/Prayer:

Ask God for the faith to say "yes" to His plans, just as Mary did.

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*For He took to Himself a body, conceived in a virgin, in which to reveal Himself and to redeem all through His resurrection.*

— Athanasius : On the Incarnation (Section 8)



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## lesson 7

### "He suffered under Pontius Pilate."

**Lesson Title:** The Passion of the Christ: *Jesus' Suffering, Death, and Resurrection*

**Key Scripture:** Isaiah 53:5, Luke 23:33-46, Luke 24:6-7

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#### Core Idea:

Jesus' suffering, death, and resurrection are the foundation of our salvation, demonstrating God's love and victory over sin and death.

#### Key Points to Remember:

- Jesus, the suffering Messiah, suffered and died for our sins (Isaiah 53:5).
- His burial fulfilled prophecy and marked the end of His earthly ministry (Luke 23:53).
- Jesus' resurrection on the third day proves His victory over death (Luke 24:6-7).

#### Discussions & Reflection Questions:

1. How does Jesus' suffering show God's love for us?
2. Why is the resurrection important for Christians?
3. How can we live considering Jesus' victory over sin and death?  
Jesus' suffering was not meaningless, it brought healing, forgiveness, and victory over death. In what ways can your own suffering, when surrendered to God, become a pathway for growth, compassion, or even ministry to others

#### Memory Verse:

**Luke 24:6 – *He is not here; he has risen!***

#### Application:

***Because I live, you shall live also - John 14:19 (KJV)***

Because Christ lives, we too have life, eternal, victorious life. His resurrection is not just a past event but a present reality that transforms how we face suffering, fear, and even death. When trials threaten to overwhelm us, we cling to His promise: "Because I live, you shall live also." Our future is secure, our hope is unshakeable, and our life is hidden in the risen Christ

#### Closing Thought/Prayer:

Thank Jesus for His sacrifice and victory over sin and death, ask for help to live in His resurrection power.

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*Death, which entered into the world through one man's sin, could only be overcome by the God-Man who bore our punishment in His suffering*

— Anselm of Canterbury, *Cur Deus Homo* (Book 1, Chapter 9)

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## Lesson 8

### "He Ascended into Heaven and Is Seated at the Right Hand of the Father."

**Lesson Title:** *Christ's Ascension and Reign in heaven, and His abiding intercession for us.*

**Key Scripture:** Acts 1:9-11, Hebrews 1:3, Romans 8:34

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#### **Core Idea:**

Jesus' ascension into heaven marks the completion of His earthly mission and the beginning of His heavenly reign at God's right hand, where He intercedes for us.

#### **Key Points to Remember:**

- Jesus ascended into heaven and will return the same way (Acts 1:9-11).
- He is seated at God's right hand, showing His authority and interceding for us (Romans 8:34). He is our advocate in heaven (1 John 2:1)
- His ascension assures us of our future with Him in heaven (John 14:2-3).

#### **Discussions & Reflection Questions:**

1. What does Jesus' ascension tell us about His authority and role today?
2. How are you encouraged by knowing that Jesus is interceding for us as our advocate in heaven?
3. What do you look forward to in heaven?

#### **Memory Verse:**

*Acts 1:11 – This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven*

#### **Application**

**We have an advocate!** Because Jesus now sits at the right hand of the Father, praying for us and speaking on our behalf, we are never alone before God. In our moments of weakness, when we feel like we've failed, or when guilt tries to silence us, let's remember, that Jesus is our advocate. He doesn't defend us because we got it all together, but because of what He already accomplished on the cross. May this truth steady our heart, calm all fears, and give us the courage to come to God, honestly, boldly, and full of hope.

#### **Closing Thought/Prayer:**

Thank God for Jesus' heavenly reign and ask for faith to follow Him as King.

---

*You ascended from before our eyes, and we turned back grieving, only to find You in our hearts*  
—Augustine of Hippo (*Confessions*, Book 4, Chapter 12.)

## The Apostles' Creed:

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Creator of heaven and earth.

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and born of the virgin Mary.

He suffered under Pontius Pilate,  
was crucified, died, and was buried.

He descended to the dead.  
On the third day, he rose again.

He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy Universal Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

Amen.

---

*Built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief  
cornerstone, Ephesians 2:20 NKJV*

## lesson 9

# "He Will Come Again to Judge the Living and the Dead"

**Lesson Title:** *The Second Coming of Christ*

**Key Scripture:** Matthew 24:30-31, Revelation 1:7, 2 Corinthians 5:10

---

### Core Idea:

Jesus will return to judge the living and the dead. His second coming promises hope for believers and a call to live faithfully. We long for His return!

### Key Points to Remember:

- Jesus will return visibly and gloriously (Matthew 24:30-31).
- He will judge everyone with perfect justice (2 Corinthians 5:10).
- His return is a source of hope for believers but a horror for the finally impenitent (Revelation 1:7).

### Discussions & Reflection Questions:

1. How does knowing that Jesus will return change how you live now?
2. To be judged by Jesus? How do you feel about that? Hopeful, dreadful, sad, or joyful?
3. How are you preparing for Christ's return?
  4. how can you help your friends, loved ones and your community prepare for Christ's return?

### Memory Verse:

**Revelation 1:7 – *He is coming with the clouds, and every eye will see Him.***

### Application:

Christ's return isn't just about the future, it also calls us to live with purpose today. His promise should stir a longing in us to see Him face to face and a desire to live faithfully. As we wait, let's walk with integrity, show grace to others, and keep our hearts set on eternity. The One who's coming to judge is also our Redeemer, so we don't live in fear, but in joyful readiness.

### Closing Thought/Prayer:

Ask God to help you live faithfully and be ready for Christ's return.

***"Even so, come, Lord Jesus!" (Revelation 22:20)***

---

*He shall appear in great power and majesty, for He will reveal Himself as the Judge, not only of outward actions but also of inward thoughts.*

— Gregory the Great. Homilies on the Gospels (Homily 1)

## The Apostles' Creed:

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the forgiveness of sins,  
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and the life everlasting.

Amen.

---

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## lesson 10

### "I Believe in the Holy Spirit"

**Lesson Title:** *The Holy Spirit and His Work*

**Key Scripture:** John 14:16-17, Acts 1:8, Romans 8:14

---

#### **Core Idea:**

The Holy Spirit is God's Spirit who lives in believers, empowering them, guiding them, and transforming their lives.

#### **Key Points to Remember:**

- The Holy Spirit is the Comforter and Advocate promised by Jesus (John 14:16-17).
- He empowers believers to witness and live for Christ (Acts 1:8).
- He leads and transforms us into the likeness of Christ (Romans 8:14).

#### **Discussions & Reflection Questions:**

1. Who is the Holy Spirit?
2. How does the Holy Spirit's presence as Comforter and Advocate impact your daily walk with God?
3. What does it mean to be led by the Spirit, and what might be holding you back from fully following His lead?
4. Where in your life do you need the power of the Holy Spirit most right now?

#### **Memory Verse:**

*Acts 1:8 – But you will receive power when the Holy Spirit comes on you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*

#### **Application:**

This week, resolve to yield more, and also deepen your sensitivity to the leadings and promptings of the Holy Spirit

#### **Closing Thought/Prayer:**

Pray for the Holy Spirit to guide and empower you to live for Christ and to be a faithful witness.

---

*The Holy Spirit is truly God, who proceeds from the Father, who is worshiped and glorified together with the Father and the Son, and who sanctifies us.*

— Gregory of Nazianzus. Oration 31 (On the Holy Spirit), Section 28

## The Apostles' Creed:

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the holy Universal Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

Amen.

---

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## Lesson 11

### "I Believe in the Holy Universal Church"

**Lesson Title:** *The Church as God's Family*

**Key Scripture:** Ephesians 2:19-22, Matthew 28:19, Hebrews 10:24-25

---

#### **Core Idea:**

The Church is God's family, a universal body of believers called to worship, fellowship, and share the good news of Jesus.

#### **Key Points to Remember:**

- The Church is God's household, built on Christ (Ephesians 2:19-22).
- It is universal, including believers from every nation (Matthew 28:19).
- Gathering together helps us grow and encourage each other (Hebrews 10:24-25).

#### **Reflection Questions:**

1. What does it mean to be part of God's family?
2. How is the Church universal and yet local?
3. How can you contribute to your local Church?
4. When you think about Christians around the world, across cultures and denominations, and even across the ages, how does that shape the way you see your place in God's big family?
5. How can we walk in unity and deepen our love and respect for fellow Christians who may worship differently or come from different backgrounds, while still staying true to our own convictions based on our understanding of scriptures?

#### **Memory Verse:**

*Ephesians 2:19-20 – Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundations of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.*

#### **Application**

Reflect on how you can help your local Church flourish, as it also helps nurture your spiritual growth.

#### **Closing Thought/Prayer:**

Thank God for the Church and ask Him to show you how to serve and grow in it

---

*The Church is called Catholic [or universal] because it is spread throughout the whole world, teaches universally and completely the doctrines which ought to come to men's knowledge, and brings every race of men into subjection to godliness.*  
— Cyril of Jerusalem, *Catechetical Lectures*, Lecture 18: On the Holy Spirit, Section 23



## **The Apostles' Creed:**

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and the life everlasting.

Amen.

---

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## Lesson 12

### "I Believe in the Communion of Saints"

**Lesson Title:** *Fellowship of Believers*

**Key Scripture:** Hebrews 12:1, Acts 2:42-47, John 17:21

---

#### **Core Idea:**

The communion of saints refers to the fellowship of all believers across time and space, united in Christ. It reminds us of our connection to one another as we pursue God's mission together.

#### **Key Points to Remember:**

- Believers are surrounded by a great cloud of witnesses (Hebrews 12:1).
- The early Church modelled fellowship, prayer, and generosity (Acts 2:42-47).
- Jesus prayed for unity among all believers (John 17:21).

#### **Discussions & Reflection Questions:**

1. How does being part of the communion of saints encourage your faith?
2. What can you learn from the example of other believers, past or present?
3. Discuss how you be a source of encouragement, support, or inspiration to others in the body of Christ, just as others have been to you
4. How can you contribute to the unity of your church community?

#### **Memory Verse:**

*Hebrews 10:24-25 – And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another*

#### **Application**

This lesson's application section is a bit different; discuss or ponder on a list of biblical figures, historical Christians, and people in your local Church who have encouraged your walk with Christ in any way.

#### **Closing Thought/Prayer:**

Thank God for the community of believers and ask for His help in building unity and encouragement within your church family.

---

*Since all the faithful form one body, the good of one is communicated to another. And thus, the communion of saints is understood to mean the mutual sharing of good things among the faithful*

— Thomas Aquinas, Summa Theologica (Part III, Question 27, Article 1)

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the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.

Amen.

---

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## Lesson 13

### "I Believe in the Forgiveness of Sins"

**Lesson Title:** *The Gift of Forgiveness*

**Key Scripture:** 1 John 1:9, Ephesians 1:7, Colossians 3:13

---

#### **Core Idea:**

Through Jesus Christ, God offers forgiveness to all who repent and confess their sins. This forgiveness brings freedom and restores our relationship with God.

#### **Key Points to Remember:**

- God forgives those who confess their sins (1 John 1:9).
- Jesus' sacrifice provides redemption through His blood (Ephesians 1:7).
- Believers are called to forgive others as God forgives us (Colossians 3:13).

#### **Discussions & Reflection Questions:**

1. Why is forgiveness through Jesus essential for our faith?
2. How does receiving forgiveness from God or your friend/family affect your life?
3. How can you practice forgiving others, and why is this important?
4. Wherever there are human beings, there will always be the need to forgive and to be forgiven - Discuss

#### **Memory Verse:**

**1 John 1:9 – *If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.***

#### **Application:**

A.) Today, think of any person who you need to forgive and receive God's grace to forgive them. If possible, call or reach out to them, offer forgiveness, and restore peace.

B.) Think of any area of your life where you need to be clear that God has forgiven any misdeed, ask for God's forgiveness, and make peace with God

#### **Closing Thought/Prayer:**

Thank Jesus for His sacrifice and the freedom found in forgiveness. Ask God for the strength to forgive others.

---

*No one is excluded from the mercy of God; even heavy and great sins, with repentance, are loosed by the Lord.*

— Ambrose, *On Repentance* (Book 1, Chapter 2)

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Amen.

---

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## Lesson 14

### "I Believe in the Resurrection of the Body"

**Lesson Title:** *The Hope of Resurrection*

**Key Scripture:** 1 Corinthians 15:42-44, Philippians 3:20-21, Job 19:25-27

---

#### **Core Idea:**

The resurrection of the body is a central promise of the Christian faith. Through Jesus' resurrection, we believers have the assurance of a future in which our bodies will be transformed and glorified so that we can live eternally with God.

#### **Key Points to Remember:**

- The resurrection of the body will transform our perishable bodies into imperishable ones (1 Corinthians 15:42-44).
- Jesus' resurrection guarantees the resurrection of believers (Philippians 3:20-21).
- The hope of resurrection affirms the value of both body and Spirit (Job 19:25-27).
- Christianity teaches that our bodies matter, not just now, but for eternity when it shall be raised up in glory, unlike other worldviews that see the body as unimportant or something to escape. The resurrection affirms the body's dignity and purpose.

#### **Discussions & Reflection Questions:**

1. Why is the resurrection of the body important to the Christian faith?
2. How does the truth that our bodies matter to God shape the way you think about your physical body, your identity, and your hope for the future?
3. How does knowing that your body will one day be raised and glorified affect the way you live, care for your body, and serve God today?

#### **Memory Verse:**

**1 Corinthians 15:42 – *So will it be with the resurrection of the dead. The body that is sown is perishable; it is raised imperishable.***

#### **Application**

The resurrection reminds us that our bodies are not temporary shells to be discarded, but sacred vessels created and redeemed by God. Thus, we look forward to a future where our bodies will be made new, strong, whole, and glorious. This hope calls us to honour God with our bodies now, to live with purpose, and when it comes to it, to face death not with fear, but with confidence in His promise.

**Closing Thought/Prayer:** Thank God for the promise of resurrection and eternal life. Ask Him to help us live with hope, honouring both our body and Spirit as part of His Creation

---

*Christ's body rose glorious, endowed with the clarity of glory, and was reunited with His soul for eternal life; so too shall the bodies of the just be glorified.*

— Thomas Aquinas, *Summa Theologica* (Part III, Question 54, Article 2)

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Amen.

---

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cornerstone, Ephesians 2:20 NKJV*

## Lesson 15:

### "I Believe in Life Everlasting"

**Lesson Title:** *The Promise of Eternal Life*

**Key Scripture:** John 3:16, Revelation 21:4, 2 Corinthians 5:1

---

#### **Core Idea:**

Eternal life is our ultimate hope as Christians, made possible through Jesus Christ. It is life with God forever, free from pain and full of joy.

#### **Key Points to Remember:**

- Eternal life is a gift from God to all who believe in Jesus (John 3:16).
- Heaven is a place where there will be no more pain, sorrow, or death (Revelation 21:4).
- Believers have the assurance of a heavenly home (2 Corinthians 5:1).

#### **Discussions & Reflection Questions:**

1. How does the promise of eternal life encourage you?
2. What do you look forward to most about eternal life with God?
3. How can you share this hope with others?

#### **Memory Verse:**

*John 3:16 – For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. (KJV)*

#### **Application**

#### **Closing Thought/Prayer:**

Thank God for the gift of eternal life, and ask Him to help you live with hope and purpose as you share this promise with others.

---

*There we shall rest and see, see and love, love and praise. This is what shall be in the end without end.  
— Augustine, The City of God (Book 22, Chapter 30)*

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Amen.

---

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# Appendix 1

## Lesson Plan Standardization

The goal is to teach our community fellowship members to attain an in-depth understanding of the Apostles Creed and to be able to recite it verbatim from memory. Below is a suggested lesson plan to ensure a thorough and complete treatment of the content, and also to guide us in standardizing the lesson experience for the various groups taking these lessons from all our various meeting locations.

### Suggested flow:

1. Start the lesson by praying.
2. Briefly check on everybody participating and do a brief recap of the previous lesson
3. **Do one** recitation of the Apostle's Creed together.
  - a. Do the first group recital of the creed together
  - b. Cheer them on or encourage active participation by all, and do a second group recitation together.
  - c. Encourage everyone to commit the creed to memory<sup>1</sup>
4. Assign three participants to do the three key scripture readings, one each. Each of these three participants should read their assigned verses out loud. (Select four readers for the few lessons that have four main texts)
5. Teach, explain, and/or demonstrate the “**Core idea**” and the “**Key Points To Remember**” sections. *This is the group leaders' time to teach the core ideas for the lesson.*
6. Invite group participation at this point in the “**Discussions & Reflection Questions**” section
7. Recite the **Memory Verse** together at least two times
8. Briefly discuss the Application section in a manner that is deeply edifying on an individual level and also edifying to the group as a whole.
9. The group leaders should do a short closing prayer **And** lead one final round of the Apostle's Creed before dismissing the class

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<sup>1</sup> After a few weeks, group leaders can start testing whether members have successfully committed the creed to memory and provide support as needed.

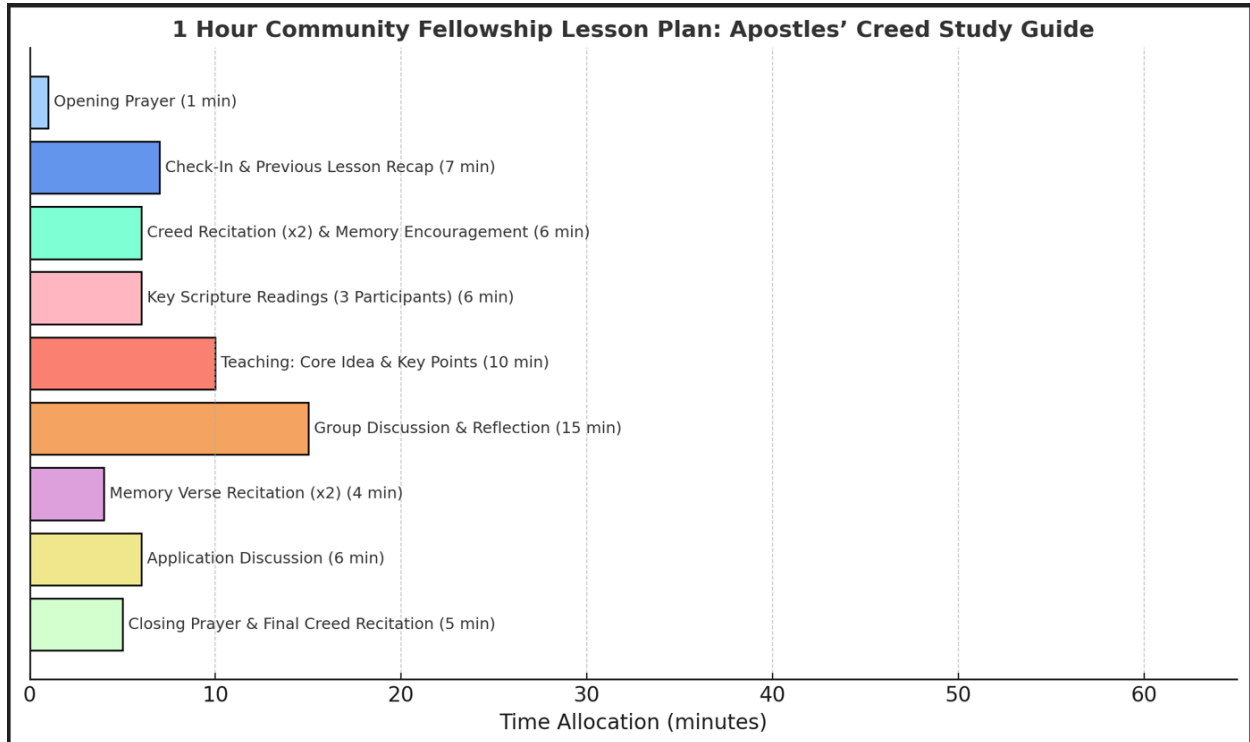
## Appendix 2

### Lesson plan and Time allocation (1 Hour)

| Activity                                     | Time Allocation (Minutes) |
|----------------------------------------------|---------------------------|
| Opening Prayer                               | 1                         |
| Check-In & Previous Lesson Recap             | 7                         |
| Creed Recitation (x2) & Memory Encouragement | 6                         |
| Key Scripture Readings (3 Participants)      | 6                         |
| Teaching: Core Idea & Key Points             | 10                        |
| Group Discussion & Reflection                | 15                        |
| Memory Verse Recitation (x2)                 | 4                         |
| Application Discussion                       | 6                         |
| Closing Prayer & Final Creed Recitation      | 5                         |

## Appendix 3

### Lesson plan/Time allocation Visual





### **Editorial Note**

This study guide is a work in progress and remains under development. It is being made available at this stage to facilitate preliminary use and constructive feedback. The final version will incorporate refinements and enhancements, reflecting the ongoing dedication to its quality and purpose.

For Feedback or comments, write to E. Appiah: [appiaheric2@gmail.com](mailto:appiaheric2@gmail.com)



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