

## **Lesson 19: Profession of Faith**

We stand for the Gospel, we sit for the Homily, and now it's time to stand up again for the Profession of Faith.

On Sundays, Holy Days of Obligation, and Solemnities, the people stand after the Homily and make the Profession of Faith, also known as the "Creed" because the first word is "Credo" which means "I believe" in Latin.

Typically, we recite the Nicæan-Constantinopolitan Creed which capsulizes the dogmatic formulations of the Council of Nicaea (325 AD) and those of Constantinople (381). It is commonly called the Nicene Creed.

We stand for the Creed to show respect and attention for what we believe and also to honor all martyrs who died for these beliefs, the most recent being the 21 Coptic Martyrs from Egypt.

If you are ever confused about what you believe as a Catholic, or if anyone ever asks you what you believe, you can simply recite the Nicene Creed for them.