

## Lesson 1: Profession of Faith

### Summary

To start building a foundation for the Confirmation preparation process, this lesson is designed for teens to explore the Catholic faith through the lens of “creed”. Teens are asked to explore the concept of faith according to the definition provided by the Catechism of the Catholic Church. Teens are encouraged to ask themselves and share what faith means to them, consider how Catholics proclaim the faith in the world today, and deepen their understanding of the Nicene and Apostles’ creeds.

### Key Terms and Concepts

- Faith: man’s response to God (CCC 26)
- Reason; discovering God through both human reason and Divine Revelation
- Deposit of Faith: Scripture and Tradition
- The Sign of the Cross as a prayer and expression of faith
- Kerygma: the initial proclamation of the Gospel
- Professions of Faith in the Liturgy
  - The Great Amen
  - Nicene Creed
  - Sign of Cross
  - Standing to profess faith as a community
  - Baptism
  - Confirmation

### Additional Resources

- Fr. Mike Schmitz on Scripture and Tradition:  
<https://www.youtube.com/watch?v=mTBud-9Vlzo>
- On the Word “Amen”: <https://www.catholic.com/qa/what-exactly-does-amen-mean>