



## A Lent Course Celebrating Nicaea:

*seeing afresh the faith which holds us together*

### Session 4 'One Lord' - Wholly Human

#### Handout

##### 1. Sections of the Creed

For us and for our salvation  
he came down from heaven;  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

#### QUESTIONS:

1. How do you think the two parts of this section of the Creed - concerning Christ's divinity and humanity - fit together? Does the second part make more sense in the light of the first?
2. What does 'For us and for our salvation' mean to you?

#### CHRISTMAS DAY (First major festival)

'he came down from heaven;  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.'

#### Good Friday

'For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.'

#### EASTER DAY (Second but greatest of the major festivals)

'On the third day he rose again  
in accordance with the Scriptures'

#### ASCENSION DAY (Third major festival)

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

#### Advent

He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

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### QUESTIONS:

1. Some people struggle to say some of these statements, for example that Christ 'was incarnate from the Holy Spirit and the Virgin Mary', because they say they don't believe in the Virgin Birth. Do you struggle to say any of these statements of the Creed, and if so, can you say why?
2. Which of the festivals means the most to you?

### 2) Liturgy

In the liturgy of a service to celebrate the Baptism of Christ by John the Baptist in the River Jordan (The First Sunday of Epiphany) we find the words:

Today the Uncreated of his own will  
accepts the laying on of hands from his own creature.[1]

These lines sounds complicated, but does our study of the Creed in the last two sessions help you to understand them? Can you see its connection to parts of the Creed we've been looking at over the last two weeks?

### 3. Hymnody

Bishop Robert Innes (Diocese in Europe) has recently reminded us[2] of the link between The Nicene Creed and the Christmas carol. 'O come, all ye faithful':

God of God, Light of Light,  
Lo, He abhors not the virgin's womb;  
Very God  
Begotten, not created.  
O come, let us adore Him,  
Christ the Lord!

### QUESTIONS TO DISCUSS:

1. Can you trace these words back to the Nicene Creed?
2. What difference does studying them make to the way you'll sing them at Christmas?
3. How has studying this section of the Creed changed the way you understand the Person of Jesus, and the significance of his life?
4. What does Christ being human mean to you? Do you behave differently as a Christian because of your understanding of Christ's humanity?

[1] Common Worship: Times and Seasons - Epiphany, A Service for the Festival of the Baptism of Christ: The Christ is Revealed in the Waters of Baptism

[2] Rt Revd Dr Robert Innes, Ad Clerum, Epiphany 2025