

**The Creed—
Finding Hope When Life Is Hard**

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴and into an inheritance that can never perish, spoil or fade. ... 1 Peter 1:3-4 NIV

The Apostles' Creed

**I believe in God, the Father Almighty,
Creator of heaven and earth.**

**I believe in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
was born of the Virgin Mary,
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,
is seated at the right hand of the Father,
and 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.

Jesus was crucified, died, and was buried.

He descended to the dead.

On the third day, He rose again.

He ascended into heaven,

is seated at the right hand of the Father,

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

For everyone has sinned; we all fall short of God's glorious standard. ²⁴Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins. ²⁵For God presented Jesus as the sacrifice for sin. ...

Romans 3:23-25 NLT

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. Isaiah 53:5 NIV

Jesus was crucified, died, and was buried.

He descended to the dead.

Hades: temporary holding place for souls awaiting judgment

Gehenna: the place of eternal separation from God in hell

... [Jesus] never sinned, but he died for sinners to bring you safely home to God. He suffered physical death, but he was raised to life in the Spirit. ¹⁹So he went and preached to the spirits in prison—²⁰those who disobeyed God long ago ... 1 Peter 3:18-20 NLT

I am the Living One; I was dead, and now look, I am alive for ever and ever! And I hold the keys of death and Hades.

Revelation 1:18 NIV

On the third day, He rose again.

Under the old covenant, the priest stands and ministers before the altar day after day, offering the same sacrifices again and again, which can never take away sins. ¹²But our High Priest offered himself to God as a single sacrifice for sins, good for all time. Then he sat down in the place of honor at God's right hand.

Hebrews 10:11-12 NLT

TALK IT OVER

Read **Romans 3:23-25** and **Isaiah 53:5**. How have you experienced grace and healing through Jesus?

Share about a time when you felt stuck in a situation that felt urgent or heavy. How did you experience God during that time, and how can that encourage you the next time you experience trials?

Are you currently experiencing something challenging? Talk about it openly and spend time praying together.