

What they believe, in five minutes

The whole thing, on one coffee break.

In short. Catholics believe in one God, Father, Son and Holy Spirit, and that Jesus is true God and true man who rose from the dead. ^{1,2,3} The Eucharist is the source and summit of their life. ⁴

Key points

- One God, in three persons. ¹
- Jesus died and rose. ³
- The Mass is the center. ⁴

Try this, this week

1. **Ask them** which of the six points matters most to them, and why.

Common questions

Remember: Understanding is a way of loving.

Sources

1. CCC 253
2. CCC 464
3. CCC 638
4. CCC 1324

Excerpts from the English translation of the Catechism of the Catholic Church for use in the United States of America © 1994, United States Catholic Conference, Inc. – Libreria Editrice Vaticana. Used with permission. Our plain wording is not an official Church text. Checked 4 October 2026.



Full lesson, video and every
source:
stoneandincense.com/go/li1

You may print and copy this.