

On Your Marks

At each Mass, we say together, “I believe in One, Holy, Catholic, and Apostolic Church.” The Letter to the Ephesians helps us consider the meaning of these words.

On your marks . . .

Within your group, assign one of the four marks to each member. Then read its Bible passage.

Get set . . .

Explain what the passage tells you about your word, using the lines provided.

Go!

Share your response with other group members; then discuss the question at the bottom of the sheet.

One: (Ephesians 4:3–6)

Holy (Ephesians 1:3–4)

Catholic (Ephesians 1:9–10,13–14)

Apostolic (Ephesians 3:4–5)

Discuss as a group:

How did the idea of being One, Holy, Catholic, and Apostolic help the early Church through its challenges?

