

A Catechism as used by - The Church of the Province of Southern Africa

Human Nature

1. What are we by nature?

We are part of God's creation, made in the image of God.

2. What does it mean to be created in the image of God?

It means that we are free to make choices: to love, to create, to reason, and to live in harmony with creation and with God.

3. Why then do we live apart from God and out of harmony with creation?

From the beginning, humans have misused their freedom and made wrong choices.

4. Why do we not use our freedom as we should?

Because we rebel against God, and we put ourselves on the place of God.

5. What help s there for us?

Our help is in God.

6. How did God first help us?

God first helped us by revealing himself and his will, through nature and history, through many seers and saints, and especially through the prophets of Israel.

God The Father

7. What do we learn about God as creator from the revelation to Israel?

We learn that there is one God, the Father almighty, creator of heaven and earth, of all that is seen and unseen.

8. What does this mean?

It means that the universe is good, that it is the work of a single loving God who creates, sustains and directs it.

9. What does this mean about our place in the universe?

It means that the world belongs to its creator; and that we are called to enjoy it and care for it in accordance with God's purposes.

10 What does this mean about human life?

It means that all people are worthy of respect and honour, because all are created in the image of God, and all can respond to the love of God.

11. How was this revelation handed down to us?

This revelation was handed down to us through a community created by a covenant with God.

The Old Covenant

12. What is meant by a covenant with God?

A covenant is a relationship initiated by God, to which a body of people responds in faith.

13. What is the Old Covenant?

The old Covenant is the one given by God to the Hebrew people.

14. What did God promise them?

God promised that they would be his people to bring all the nations of the world to him.

15. What response did God require from the chosen people?

God required the chosen people to be faithful; to do justice, to love mercy, and to walk humbly with their God.

16. Where is this old Covenant to be found?

The covenant with the Hebrew people is to be found in the books which we call the Old Testament.

17. Where in the Old Testament is God's will for us shown most clearly?

God's will for us is shown most clearly in the Ten Commandments.

The Ten Commandments

18. What are the Ten Commandments?

The Ten Commandments are the laws given to Moses and the people of Israel.

19. Recite the Ten Commandments.

You shall have no other gods before me.

You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

You shall not take the name of the Lord your God in vain.

Remember the sabbath day, to keep it holy.

Honour your father and your mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet.

20. What do we learn from these commandments?

We learn two things: our duty to God, and our duty to our neighbours.

21. What is our duty to God?

Our duty is to believe and trust in God;

To love and obey God and to bring others to know him;

To put nothing in the place of God;

To show God respect in thought, word, and deed;

And to set aside regular times for worship, prayer and the study of God's ways.

22. What is our duty to our neighbours?

To love, honour, and help our parents and family; to honour those in authority, and to meet the just demands;

to show respect for the life God has given us; to work and pray for peace; to bear no malice, prejudice or hatred in our hearts; and to be kind to all the creatures of God;

To use all our bodily desires as God intended;

To be honest and fair in our dealings; to seek justice, freedom, and the necessities of life for all people; and to use our talents and possessions as ones who must answer for them to God;

To speak the truth, and not to mislead others by our silence;

To resist temptations to envy, greed, and jealousy; to rejoice in other people's gifts and graces; and to do our duty for the love of God, who has called us into fellowship with him.

23. What is the purpose of the Ten Commandments?

The Ten Commandments were given to define our relationship with God and our neighbours.

24. Since we do not fully obey them, are they useful at all?

Since we do not fully obey them, we see more clearly our sin and our need for redemption.

Sin and Redemption

25. What is sin?

Sin is the seeking of our own will instead of the will of God, thus distorting our relationship with God, with other people, and with all creation.

26. How does sin have power over us?

Sin has power over us because we lose our liberty when our relationship with God is distorted.

27. What is redemption?

Redemption is the act of God which sets us free from the power of evil, sin, and death.

28. How did God prepare us for redemption?

God sent the prophets to call him back to himself, to show us our need for redemption, and to announce the coming of the Messiah.

29. What is meant by Messiah?

The Messiah is one who is sent by God to free us from the power of sin, so that with the help of God we may live in harmony with God, within ourselves, with our neighbours, and with all creation.

30. Who do we believe is the messiah?

The messiah, or Christ, is Jesus of Nazareth, the only Son of God.

God the Son

31. What do we mean when we say that Jesus is the only Son of God?

We mean that Jesus is the only perfect image of the father, and shows us the nature of God.

32. What is the nature of God revealed in Jesus?

God is love.

33. What do we mean when we say that Jesus was conceived by the Holy Spirit and became incarnate from the virgin Mary?

We mean that by God's own act, his divine Son received our human nature from the Virgin Mary, his mother.

34. Why did he take human nature?

The divine Son became human, so that in him human beings might be adopted as children of God, and be made heirs of God's kingdom.

35. What is the great importance of Jesus' suffering and death?

By his obedience, even to suffering and death, Jesus made the offering which we could not make; in him we are freed from the power of sin and reconciled to God.

36. What is the significance of Jesus' resurrection?

By his resurrection, Jesus overcame death and opened for us the way of eternal life.

37. What do we mean when we say that he descended to the dead?

We mean that he went to the departed and offered them also the benefits of redemption.

38. What do we mean when we say that he ascended into heaven and is seated at the right hand of the father?

We mean that Jesus took our human nature into heaven where he now reigns with the father and intercedes for us.

39. How can we share in his victory over sin, suffering and death?

We share in his victory when we are baptised into the New Covenant and become living members of Christ.

The New Covenant

40. What is the New Covenant?

The New Covenant is the relationship with God given by Jesus Christ, the messiah, to the apostles; and, through them, to all who believe in him.

41. What did the messiah promise in the New Covenant?

Christ promised to bring us into the kingdom of God and give us life in all its fullness.

42. What response did Christ require?

Christ commanded us to believe in him and to keep his commandments.

43. What are the commandments taught by Christ?

Christ taught us the Summary of the Law and gave us the New Commandment.

44. What is the Summary of the Law?

You shall love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and the great commandment. And the second is like it: You shall love your neighbour as yourself.

45. What is the New Commandment?

The new Commandment is that we love one another as Christ loved us.

46. Where may we find what Christians believe about Christ?

What Christians believe about Christ is found in the Scriptures and summed up in the creeds.

The Creeds

47. What are the creeds?

The creeds are statements of our basic beliefs about God.

48. How many creeds does this church use in its worship?

This church uses two creeds: The Apostles' Creed and the Nicene Creed.

49. What is the Apostles' Creed?

The Apostles' Creed is the ancient creed of baptism; it is used in the church's daily worship to recall our baptism covenant.

50. Recite 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.
He was conceived by the Holy Spirit
and born of the Virgin Mary.
He 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
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit
the holy catholic Church
the communion of saints
the forgiveness of sins
the resurrection of the body
and the life everlasting. Amen.

51. What is the Nicene Creed?

The Nicene Creed is the creed of the universal church and is used at the Eucharist.

52. What, then, is the Athanasian Creed?

The Athanasian Creed is an ancient document proclaiming the nature of the Incarnation and of God as Trinity.

53. What do we mean by speaking as God as Trinity?

We mean that we believe in God the Father, God the Son and God the Holy Spirit, three Persons and yet one God.

God the Holy Spirit

54. Who is the Holy Spirit?

The Holy Spirit is the Third Person of the Trinity, God at work in the world and in the church even now.

55. How is the Holy Spirit revealed in the Old Covenant?

The Holy Spirit is revealed in the Old Covenant as the giver of life, the One who spoke through the prophets.

56. How is the Holy Spirit revealed in the New Covenant?

The Holy Spirit is revealed as the Lord who leads us into all truth and enables us to grow in the likeness of Christ.

57. How do we recognise the presence of the Holy Spirit in our lives?

We recognise the presence of the Holy Spirit when we confess Jesus Christ as Lord and are brought into love and harmony with God, with ourselves, with our neighbours, and with all creation.

58. How do we recognise the truths taught by the Holy Spirit?

We recognise truths to be taught by the Holy Spirit when they are in accord with the Scriptures.

The Holy Scriptures

59. What are the holy Scriptures?

The holy Scriptures, commonly called the bible, are the books of the Old and New Testaments; other books, called the Apocrypha, are often included in the Bible.

60. What is the Old Testament?

The Old Testament consists of books written by the people of the Old Covenant, under the inspiration of the Holy Spirit, to show God at work in nature and history.

61. What is the New Testament?

The New Testament consists of books written by the people of the new Covenant, under the inspiration of the Holy Spirit, to set forth the life and teachings of Jesus and to proclaim the good news of the kingdom for all people.

62. What is the Apocrypha?

The Apocrypha is a collection of additional books written by the people of the Old Covenant, and used in the Christian Church.

63. Why do we call the holy Scriptures the word of God?

We call them the word of God because God inspired their human authors and because God still speaks to us through the bible.

64. How do we understand the meaning of the Bible?

We understand the meaning of the Bible by the help of the Holy Spirit, who guides the Church in the true interpretation of the Scriptures.

The Church

65. What is the Church?

The Church is the community of the New Covenant.

66. How is the Church described in the Bible?

The Church is described as the Body of which Jesus Christ is the head and of which all baptised persons are members. It is called the people of God, the new Israel, a holy nation, a royal priesthood, and the pillar and ground of truth.

67. How is the Church described in the creeds?

The Church is described as one holy, catholic and apostolic.

68. Why is the Church described as one?

The Church is one, because it is one Body, under one head, our Lord Jesus Christ.

69. Why is the Church described as Holy?

The church is holy, because the Holy Spirit dwells in it, consecrates its members, and guides them to do God's work.

70. Why is the Church described as catholic?

The Church is catholic, because it proclaims the whole faith to all people, to the end of time.

71. Why is the Church described as apostolic?

The Church is apostolic, because it continues in the teaching and fellowship of the apostles and is sent to carry out Christ's mission to all people.

72. What is the Anglican Communion?

The Anglican Communion is a family of churches within the universal Church of Christ, maintaining apostolic doctrine and order and in full communion with one another and with the see of Canterbury.

73. What is the Church of the Province of Southern Africa?

The Church of the Province of Southern Africa is a self-governing Province of the Anglican Communion. It proclaims and holds fast the doctrine of the one, holy, catholic and apostolic Church.

74. What is the mission of the Church?

The mission of the Church is to restore all people to unity with God and with each other in Christ.

75. How does the Church pursue its mission?

The Church pursues its mission as it prays and worships, proclaims the gospel, and promotes justice, peace and love.

76. Through whom does the Church carry out its mission?

The Church carries out its mission through the ministry of all its members.

The Ministry

77. Who are the ministers of the Church?

The ministers of the Church are lay persons, bishops, priests and deacons.

78. What is the ministry of the laity?

The ministry of lay persons is to represent Christ and his Church; to bear witness to him wherever they may be; and according to the gifts given to them, to carry on Christ's work of reconciliation in the world; and to take their place in the life, worship, and governance of the Church.

79. What is the ministry of a bishop?

The ministry of a bishop is to represent Christ and his Church, particularly as apostle, chief priest and pastor of a diocese; to guard the faith, unity, and discipline of the whole Church; to proclaim the word of God; to act in Christ's name for reconciliation of the world and the building up of the Church; and to ordain others to continue Christ's ministry.

80. What is the ministry of a priest or presbyter?

The ministry of a priest is to represent Christ and his Church, particularly as pastor to the people; to share with the bishop in overseeing of the Church; to proclaim the gospel; to administer the sacrament; and to bless and declare pardon in the name of God.

81. What is the ministry of a deacon?

The ministry of a deacon is to represent Christ and his Church, particularly as a servant of those in need; and to assist bishops and priests in the proclamation of the gospel and the administration of the sacraments.

82. What is the duty of all Christians?

The duty of all Christians is to follow Christ; to come together week by week for corporate worship; and to work, pray, and give for the spread of the kingdom of God.

To this end your life-style as a Christian should include these responses to God's love for you:
to:

come to God in personal prayer every day

read the bible daily

receive Holy Communion frequently and in expectant faith

follow the example of Jesus in daily life

speak about Jesus openly, as the Lord whom you know

work for justice and reconciliation

uphold Christian standards in marriage

bring up children to love and serve the Lord

give money for God's work and to consider the claims of tithing

give personal service to the Church and to your neighbour

let your life be marked with self-denial and simplicity

Stewardship

83. What is Christian Stewardship?

Christian stewardship is the way in which Christians exercise their duty to administer what God has entrusted to them and to serve him gladly in his Church.

84. What has God entrusted to human beings to administer?

God has entrusted to human beings material possessions, time and talents and made us stewards of his creation.

Prayer and Worship

85. What is prayer?

Prayer is responding to God, by thought and by deeds, with or without words.

86. What is Christian prayer?

Christian prayer is response to God the Father, through Jesus Christ, in the power of the Holy Spirit.

87. What prayer did Christ teach us?

Our Lord gave us the example of prayer known as the Lord's Prayer.

88. Recite the Lord's Prayer.

Our Father in heaven
hallowed be your Name
your kingdom come
your work be done
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are your, now and forever.
Amen.

89. What are the principle kinds of prayer?

The principle kinds of prayer are adoration, praise, thanksgiving, penitence, oblation, intercession, petition, meditation and contemplation.

90. What is adoration?

Adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence.

91. Why do we praise God?

We praise God, not to obtain anything, but because God's Being draws praise from us.

92. For what do we offer thanksgiving?

Thanksgiving is offered to God for all the blessings of this life, for our redemption, and for whatever draws us closer to God.

93. What is penitence?

In penitence, we confess our sins and make restitution where possible, with intention to mend our lives.

94. What is prayer of oblation?

Oblation is an offering of ourselves, our lives and labours, in union with Christ, for the purposes of God.

95. What are intercession and petition?

Intercession brings before God the needs of others; in petition we present our own needs, that God's will may be done.

96. What is corporate worship?

In corporate worship, we unite ourselves with others to acknowledge the holiness of God, to hear God's word, to offer prayer, and to celebrate the sacraments.

97. What is meditation?

Meditation is a form of prayer in which we reflect on a portion of Scripture, or some truth or experience, and ponder it in our hearts.

98. What is contemplation?

Contemplation is a form of prayer in which we keep our hearts and minds still and attentive to God, allowing him to work in us as he will.

Fasting

99. What is fasting?

Fasting is a voluntary act of denying oneself food for a certain length of time.

100. Why do Christians fast?

Fasting is a means of self-denial, repentance, intercession and identification with the needy, and a way of listening to what God has to tell his people.

101. Why is fasting often associated with prayer?

Our Lord's example and other scriptural sources teach us that this form of self-discipline is an aid to prayer.

102. What is abstinence?

Abstinence is a voluntary act of lessening the quantity of food one eats or denying oneself other pleasures.

103. When do Christians fast?

Provincial Synod enacted the following:

Days of Fasting and Self-denial

Fast Days

Ash Wednesday and Good Friday are Fast Days, when the amount of food eaten is reduced.

Days of Self-denial

The weekdays of Lent.

Other Fridays of the year (except Christmas Day, the Fridays following Christmas, Easter and Ascension Day, and also public holidays falling on a Friday).

On these days remembrance is made of the suffering and death of our Lord.

They may be observed in one or more of these ways:

By giving more time to prayer, Bible study, or spiritual reading;

By eating less or simpler food;

By giving up some pleasure or luxury, and using the money saved to help other people.

(Act of Provincial Synod)

Many Christians keep a fast at other times in response to a call from their Bishop. Christians also fast at other times, such as before receiving Holy Communion or on Fridays.

The Sacraments

104. What are the sacraments?

The sacraments are outward and visible signs of inward and spiritual grace, given by Christ as sure and certain means by which we receive that grace.

105. What is grace?

Grace is God's favour towards us, unearned and undeserving; by grace God forgives our sins, enlightens our minds, stirs our hearts, and strengthens our wills.

106. What are the two great sacraments of the gospel?

The two great sacraments given by Christ to his Church are Baptism and the Holy Eucharist.

Baptism

107. What is Baptism?

Baptism is the sacrament by which God adopts us as his children and makes us members of Christ's body, the Church, and inheritors of the kingdom of God.

108. What is the outward and visible sign in baptism?

The outward and visible sign in baptism is water, in which a person is baptised in the name of the Father, and of the Son, and of the Holy Spirit.

109. What is the inward and spiritual grace in baptism?

The inward and spiritual grace in baptism is union with Christ in his death and resurrection, birth into God's family the Church, forgiveness of sins, and new life in the Holy Spirit.

110. What is required of us at baptism?

It is required that we renounce Satan, repent of our sins, and accept Jesus as our Lord and Saviour.

111. Why then are infants baptised?

Infants are baptised so that they can share citizenship in the Covenant, membership in Christ, and redemption by God.

112. How are the promises for infants made and carried out?

Promises are made for them by their parents and sponsors, who guarantee that the infants will be brought up within the Church, to know Christ and be able to follow him.

The Holy Eucharist

113. What is the Holy Eucharist?

The Holy Eucharist is the sacrament commanded by Christ for the continual remembrance of his life, death, and resurrection, until his coming again.

114. Why is the Eucharist called a sacrifice?

Because the Eucharist, the Church's sacrifice of praise and thanksgiving, is the way by which the sacrifice of Christ is made present, and in which he unites us to his one offering of himself.

115. By what other names is this service known?

The Holy Eucharist is called the Lord's Supper, and Holy Communion; it is also known as the Divine Liturgy, the Mass, and the Great Offering.

116.

What is the outward and visible sign in the Eucharist?

The outward and visible sign in the Eucharist is bread and wine, given and received according to Christ's command.

117. What is the inward and spiritual grace given in the Eucharist?

The inward and spiritual grace given in the Holy Communion is the body and blood of Christ given to his people, and received by faith.

118. What are the benefits we receive in the Lord's Supper?

The benefits we receive are forgiveness of our sins, the strengthening of our union with Christ and one another, and the foretaste of the heavenly banquet which is our nourishment in eternal life.

119. What is required of us when we come to the Eucharist?

It is required that we should examine our lives, repent of our sins, and be in love and charity with all people.

Other Sacramental Rites

120. What other sacramental rites evolved in the Church under the guidance of the Holy Spirit?

Other sacramental rites which evolved in the Church include Confirmation, ordination, Christian Marriage, Confession and Absolution, and the Anointing of the Sick.

121. How do they differ from the two sacraments of the Gospel?

Although they are means of grace, they are not necessary for all persons in the same way that Baptism and the Eucharist are.

122. What is Confirmation?

Confirmation is the rite in which we express a mature commitment to Christ, and receive strength from the Holy Spirit through prayer and the laying on of hands by a bishop.

123. What is required of those to be confirmed?

It is required of those to be confirmed that they have been baptised, are sufficiently instructed in the Christian faith, are penitent for their sins, and are ready to affirm their confession of Jesus Christ as Saviour and Lord.

124. What is ordination?

Ordination is the rite in which God gives authority and the grace of the Holy Spirit to those being made bishops, priests and deacons, through prayer and the laying on of hands by a bishop.

125. What is Christian Marriage?

Christian Marriage, sometimes called Holy matrimony, is a lifelong union into which the woman and the man enter when they make their vows before God and the Church and receive the grace of God to help them fulfil their vows.

126. What is Confession and Absolution?

Confession and Absolution, sometimes called the Reconciliation of a Penitent, or Penance, is the rite in which those who repent of their sins may confess them to God in the presence of a priest, and receive the assurance of pardon and the grace of absolution.

127. What is the Anointing of the Sick?

The Anointing of the Sick, sometimes called Unction, is the anointing of the sick with oil. By this God's grace is given for the healing of spirit, mind and body.

128. Is God's activity limited to these rites?

God does not limit himself to these rites; they are patterns of countless ways by which God uses material things to reach out to us.

129. How are the sacraments related to our Christian hope?

Sacraments sustain are present hope and anticipate its future fulfilment.

Angels

130. What is an angel?

An angel is a spiritual creature and part of God's great unseen world.

131. Why are angels important to us?

Beyond being messengers of God they are guardians to human beings against danger and temptation, and they watch over children. They remind us that we are part of a great spiritual world that is bound up with our material world.

132. Is belief in angels scriptural?

Yes. Mention of angels is found frequently in both the Old and New Testaments. The Bible refers to cherubim, seraphim, archangels and guardian angels. Angels played a significant role in the life and teaching of Jesus Christ.

133. Are all angels good?

All angels were created good by God but some rebelled against him and became his enemies. These are called demons and their leader is Satan or the devil.

134. Have demons power to harm Christians?

The power of God is always stronger than the power of demons. Those who trust in God and call on Jesus as Lord and Saviour have the victory.

135. What is the Church called to do for people who are afflicted or possessed by evil spirits?

In the power of Jesus the Church can put to flight all forces that enslave people, so that peace and health can be fully established in people and places. The individual Christian is called to trust at all times in the protection of the blood of Jesus.

The Christian Hope

136. What is the Christian hope?

The Christian hope is to live in newness and fullness of life, and to await the coming of Christ in glory, and the completion of God's purpose for the world.

137. What do we mean by the coming of Christ in glory?

By the coming of Christ in glory, we mean that Christ will come, not in weakness but in power, and will make all things new.

138. What do we mean by heaven and hell?

By heaven, we mean eternal life in our enjoyment of God; by hell, we mean eternal death in our rejection of God.

139. Why do we remember the dead in prayer?

We remember them, because we still hold them in our love and because we trust that in God's presence those who have chosen to serve him will grow in his love, until they see him as he is.

140. What do we mean by the last judgement?

We believe that Christ will come in glory and judge the living and the dead.

141. What do we mean by the resurrection of the body?

We mean that God will raise us from death in the fullness of our being, that we may live with Christ in the communion of saints.

142. What is the communion of saints?

The communion of saints is the whole family of God, the living and the dead, those whom we love and those whom we hurt, bound together in Christ by sacrament, prayer and praise.

143. What do we mean by everlasting life?

By everlasting life, we mean a new existence, in which we are united with all the people of God, in the joy of fully knowing God and each other.

144. What, then, is our assurance as Christians?

Our assurance as Christians is that nothing, not even death, shall separate us from the love of God which is in Christ Jesus our Lord. Amen