



In a world where convictions seem to fade and truth is relativized, the **Profession of Faith** stands as a countercultural act—a declaration of identity and belonging that is deeply rooted in the Word of God and in the living Tradition of the Church. It is not a mere formality, nor a mechanical repetition of memorized words, but a total commitment involving the mind, heart, and will. It is, ultimately, the living response of the believer to the love of God revealed in Jesus Christ.

Saint Paul expresses this with luminous clarity:

*“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved”
(Romans 10:9).*

This statement reminds us that faith is not something private to be kept in silence, but a certainty to be proclaimed, made visible, and that transforms our lives.

1. Biblical Roots of the Profession of Faith

The Profession of Faith has its origin in the very apostolic preaching. From the earliest times, Christians summarized their belief in short formulas affirming the essentials: the confession of Jesus as Lord, the proclamation of His death and resurrection, and the hope of eternal life. These formulas, transmitted orally, were used in catechesis and especially in Baptism, where the catechumen publicly declared his faith before being immersed in the regenerating waters.

The **Creed**, as we know it today, is the fruit of the development of these first confessions. The “Apostles’ Creed” and the “Nicene-Constantinopolitan Creed” arose to preserve the integrity of the faith against heresies and doctrinal confusion. Proclaiming the Creed is, therefore, entering into communion with the Church of all times—from the martyrs of the catacombs to the Christians of the 21st century.



2. Profound Theological Meaning

To confess the faith is not simply to recite a text: it is **to assent with the intellect and to adhere with one's whole being** to the truth revealed by God. Theology distinguishes between *fides qua creditur* (the act of believing) and *fides quae creditur* (the content of what is believed). The Profession of Faith unites both aspects: it expresses what we believe and, at the same time, personally involves us in that act.

In the liturgy, this profession is especially present:

- In **Baptism**, when parents and godparents respond on behalf of the child, or the adult being baptized proclaims his faith.
- In **Confirmation**, as a conscious and mature reaffirmation of that same faith.
- In the **Holy Mass**, after the homily, when the assembly recites the Creed as a sign of unity.
- In **Priestly Ordination** or **Religious Profession**, where there is a public and total adherence to the truths of the Church.
- Before assuming ecclesial offices, where the *Professio fidei* is required to guarantee doctrinal fidelity.

From a doctrinal point of view, to profess the faith means recognizing three realities:

1. **The objective truth of Revelation:** God has spoken, and His word is true.
2. **The authority of the Church to guard that truth.**
3. **The personal responsibility** to live according to that truth, with coherence and testimony.

3. The Pastoral and Contemporary Dimension of the Profession of Faith

In a cultural context marked by syncretism, relativism, and spiritual individualism, the Profession of Faith invites us to go against the current. It is not enough to believe “in my own way” or to have “my own spirituality”: the Christian faith is communal, transmitted, and lived in communion with the Church.

Today, more than ever, professing the faith means:

- **Bearing public witness:** Not being ashamed of being Catholic at work, at university,



or on social media.

- **Defending the truth with charity:** Responding with firmness and respect to distortions of the Gospel.
- **Living what we proclaim:** The inconsistency between faith and life is one of the greatest obstacles to evangelization.
- **Being formed:** Knowing the content of our faith in order to explain and defend it.

We profess the faith not only with words but also through concrete actions: the way we treat our neighbor, how we defend life, how we care for the weakest, how we face adversity.

4. The Profession of Faith as a Spiritual Weapon

In the spiritual battle, the Profession of Faith is a shield against doubt, temptation, and doctrinal confusion. When circumstances shake us, remembering and proclaiming the Creed anchors us to what is essential. This is why martyrs throughout history have made it their own even in the face of death.

Let us recall the witness of so many Christians persecuted today in various parts of the world. They, with their “Yes, I believe,” renew the whole Church and challenge us: Would we be able to publicly confess our faith if it cost us our lives?

5. How to Live and Renew the Profession of Faith Every Day

We can renew our Profession of Faith not only at Mass but also:

- **Pray the Creed daily** as part of our personal prayer.
 - **Meditate on each article** of the Creed, deepening its biblical and theological meaning.
 - **Unite it with concrete works of charity**, so that it does not remain mere words.
 - **Witness with joy:** Faith is not a burden but a light that illuminates everything.
 - **Teach it in the family**, especially to children, so that they understand and love what they profess.
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Conclusion: Confess to Transform

The Profession of Faith is not a relic of the past nor an empty formality. It is a living act that roots us in Christ, unites us to the Church, and sends us into the world as witnesses. In times of confusion, confessing the faith is an act of courage and love: courage to proclaim the truth, love to live it with coherence.

May every time we say **“I believe”**, we do so not as an automatic echo, but as a conscious heartbeat that unites with the heart of the Church and proclaims to the world that **Jesus is Lord, yesterday, today, and forever.**