The foundation of all Catholic faith: who God is, who you are, and why you exist

There are truths that are not merely studied: they uphold an entire life.

The first article of the Creed is not simply a phrase learned in childhood or repeated mechanically at Holy Mass. It is the cornerstone of every Catholic worldview. It is the beginning of all theology, all true anthropology, all morality, and all hope.

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

In these few words, atheism collapses, materialism is corrected, modern chaos is answered, the meaning of suffering is illuminated, and the dignity of man is revealed.

Today we live in an age in which many know how to use technology, but do not know who created them. Progress is discussed, but origin is ignored. Freedom is idolized, but its purpose is unknown.

That is why returning to the Creed is not nostalgia: it is spiritual survival.

I. “I BELIEVE”: THE MOST REVOLUTIONARY ACT IN A SKEPTICAL WORLD

To say “I believe” does not mean “I think.”

It is not a vague emotion.
It is not a cultural preference.
It is not an inherited tradition accepted without thought.

To believe, in the Catholic sense, means to adhere with intelligence and will to the Truth revealed by God.

Faith does not destroy reason: it elevates it.

Reason and faith: two wings toward God

Traditional catechism teaches:

We know that God exists because reason demonstrates it and faith confirms it.

This is crucial.

The Church has never taught an irrational faith. From the Fathers of the Church to Saint Thomas Aquinas, Christianity has defended that creation itself cries out for the existence of a Creator.

How does reason demonstrate it?

1. The order of the universe requires an ordering intelligence

There can be no design without a Designer.

2. Every effect has a cause

Nothing can arise absolutely from nothing by itself.

3. The interior moral law points to a Lawgiver

Conscience is not a chemical accident.

4. The contingency of the world requires a Necessary Being

If everything depended on something else, nothing would exist.

In other words:

Not believing in God requires more irrational faith than believing in Him.

II. GOD IS ONE: AGAINST ANCIENT POLYTHEISM AND MODERN IDOLS

The Catholic faith proclaims an absolute truth:

There is only one God.

Not many.
Not impersonal energies.
Not “the universe.”
Not “mother earth.”
Not “my truth.”

One true God: eternal, infinite, perfect, pure spirit.

The new idols did not disappear; they only changed names

Before, Baal was worshipped.
Today, money is worshipped.

Before, incense was offered to statues.
Today, souls are sacrificed to pleasure, power, public image, and ideology.

Man always worships something.
The question is not whether he worships, but what he worships.

And when he ceases to worship God, he ends up worshipping lesser things… even himself.

III. “FATHER”: DIVINE PATERNITY THAT GIVES

MEANING TO ALL EXISTENCE

Calling God Father is not sentimental metaphor.

It is a profoundly deep truth.

God is Father in three ways:

1. Eternal Father of the Son

From all eternity, the Father begets the Son.
Not created.
Not later.
But consubstantial.

Here we enter the sublime mystery of the Holy Trinity.

2. Father of all humanity by creation

He made us.
He preserves us.
He governs us.

We are not biological accidents.
We are not products of chance.
We are creatures loved by God.

3. Father by grace of Christians

Through Baptism we are adoptive children.

This changes everything.

We do not pray to a cosmic force.
We pray to our Father.

The modern crisis of fatherhood is also spiritual

When the figure of the father is destroyed in society, it becomes more difficult to understand God.
And when God the Father is rejected, culture becomes orphaned.

A civilization without a Father ultimately becomes lost.

IV. “ALMIGHTY”: GOD CAN DO ALL THINGS… BUT NOT AS MAN IMAGINES

Divine omnipotence does not mean arbitrariness.

God can do all that corresponds to His perfect nature.

Then why can He not sin?

Because sin is not power.
It is weakness.

Lying does not perfect.
It corrupts.

Dying does not elevate.
It limits.

God cannot cease to be God.

His power consists not in contradiction, but in absolute perfection.

This has immense spiritual consequences:

- No sin is greater than His mercy.
- No chaos surpasses His providence.

- No enemy defeats His plan.

The world often seems out of control.
But it is not outside the government of God.

V. “CREATOR OF HEAVEN AND EARTH”: EVERYTHING COMES FROM GOD

To create means to make something from nothing.

Only God creates.

Man transforms.
God creates.

This destroys two modern errors:

Materialism:

Matter is not eternal.

Pantheism:

God is not the universe; God created the universe.

Heaven and earth include:

- Angels
- Matter
- Time
- Space
- Natural laws
- Man

Nothing exists outside dependence upon Him.

VI. PROVIDENCE: GOD DID NOT ABANDON HIS CREATION

God is not an absent watchmaker.

He did not create the world only to leave it alone.

God preserves, governs, and permits

Here lies one of the most difficult questions:

If God governs all, why does evil exist?

Catholic teaching distinguishes:

God wills good

God permits certain evils in order to bring about greater goods

The supreme example:
The Cross.

The greatest crime in history (killing the Son of God) was permitted in order to accomplish the greatest work of mercy (Redemption).

This does not trivialize suffering.
But it does affirm that nothing escapes the redemptive power of God.

VII. ANGELS: THE INVISIBLE WORLD IS REAL

Modernity mocks angels and demons as psychological symbols.

The Catholic faith teaches something radically different:

Angels exist.

They are creatures:

- Intelligent
- Spiritual
- Free

They were created to glorify God.

The rebellion of Lucifer

The angelic sin was pride:
“I will not serve.”

And that remains the essence of every rebellion against God.

Every sin repeats, in miniature, the echo of Lucifer.

VIII. DEMONS, TEMPTATION, AND SPIRITUAL WARFARE

Speaking of the devil is not medieval fanaticism.
It is Christian doctrine.

Satan hates man because man is called to a place of glory that he lost.

How does he tempt?

- Pride
- Impurity
- Despair
- Lukewarmness
- Doctrinal error

How is he conquered?

Catechism summarizes it with immortal wisdom:

Vigilance

Prayer

Mortification

There is no serious Christianity without spiritual combat.

IX. THE GUARDIAN ANGEL: YOUR INVISIBLE COMPANION

Every faithful soul has a guardian angel.

This is not pious poetry.
It is constant teaching of Tradition.

Your angel:

- Protects
- Inspires
- Warns
- Intercedes

What a modern tragedy:

Many consult horoscopes... but ignore their Guardian Angel.

X. MAN: THE IMAGE OF GOD, NOT A PRODUCT OF CHAOS

What is man?

A rational creature composed of body and soul.

Here the great anthropological crisis of today is answered.

You are not merely biology.
You are not merely desire.
You are not merely matter.

You have an immortal soul.

Human dignity does not depend on:

- Age
- Usefulness
- Health
- Productivity

It depends on having been created in the image of God.

That is why every culture that denies the soul eventually degrades the body.

XI. ORIGINAL SIN: THE WOUND THAT EXPLAINS THE WORLD

Without this doctrine, the world seems incomprehensible.

Why do there exist:

- death?
- suffering?
- concupiscence?
- injustice?
- inclination toward evil?

Because man fell.

Adam did not commit a “mythological mistake.”
He committed a real disobedience with real consequences.

Original sin explains:

We desire good… but do evil.
We seek order… but produce chaos.

Humanity is not simply “uninformed.”
It is wounded.

XII. MARY IMMACULATE: THE GLORIOUS EXCEPTION

Where Adam fell,
Christ redeems.

Where Eve was wounded,
Mary was preserved.

The Immaculate Conception

Mary was conceived without original sin by anticipation of Christ’s merits.

She did not need less of a Savior.
She received salvation in a more perfect way.

XIII. THE PROMISED MESSIAH: MERCY BEGINS IN GENESIS

After the Fall, God does not abandon.

He promises a Redeemer.

All human history changes from that moment.

The entire Old Testament is expectation.
The New is fulfillment.

Christ does not appear unexpectedly.
He is the Messiah promised from the beginning.

XIV. WHY IS THIS ARTICLE OF THE CREED SO URGENT TODAY?

Because the modern world denies precisely these truths:

Denies God → relativism

Denies the Creator → nihilism

Denies the soul → materialism

Denies sin → moral corruption

Denies the devil → spiritual naïveté

Denies the Redeemer → despair

The Creed is not a relic:
It is a map for spiritual survival.

CONCLUSION: KNOWING WHERE YOU COME FROM IN ORDER TO KNOW WHERE YOU ARE GOING

The first article of the Creed answers the most decisive questions:

Who created you?

God.

Why do you exist?

To know Him, love Him, and serve Him.

Why is the world wounded?

Because of sin.

Are you alone?

No. You have providence, grace, angels, and a Redeemer.

What is your destiny?

Heaven.

To believe in God the Father Almighty is not an empty formula:
It is recovering reality.

In times of confusion, returning to the Creed is returning home.

Because he who knows he has been created by God…
lives differently.

And he who knows he has a Father…
is never truly orphaned.