REFLECTION UPON LIVING OUT THE CREED

FIVE INNER DISPOSITIONS:

- 1. **SPEED**: That hurriedness which brings a type of violence into relationships and experiences.
- 2. **VOLUME**: The sheer multiplicity of events that makes us insensitive, that breaks off the antennae of our hearts, minds, and senses.
- 3. **SUPERFICIALITY**: The inability or unwillingness to live at a depth that brings with it a certain amount of suffering and pain.
- 4. **FEAR**: Constant apprehension and anxiety about possible tragedy.
- 5. **ENCULTURATION**: Being sucked into certain value systems and lifestyles that are foreign to human growth.

As you read and reflect on the above dispositions, how do you see these in conflict with

living out the concepts put forth in the Nicene Creed? Which disposition creates more conflict within your personal faith life?

My Creed

Bring to mind all that you value in life, all that is of high importance, all that you believe in. Think about what makes this list so important to you? If you were to write a Personal Creed of what you believe in what would it say? This is your chance; write your Creed on the lines below.