**SEALED. 1 Session 8: I Believe – The Creed**

**Reflection Questions**

*Parents and teens, please respond separately to the following questions and discuss your responses with one another. Teens bring a hard copy of your responses to hand to their Core team leader at our next meeting.*

1. Based on Matthew Kelly’s Session 9.2 video, in your own words, briefly explain the four marks of the Church.
   * The Church is one.
   * The Church is Holy.
   * The Church is Catholic.
   * The Church is Apostolic.
2. What mark of the Church most resonates in your faith and in your life?
3. What makes you proudest to be Catholic?
4. What questions or doubts do you ask God to help you with?