



iBelieve Resources

Exploring the Apostles Creed

Notes for Leaders



Thank you for downloading these materials. We hope you find them to be useful and you enjoy exploring the sessions with your young people.

Overview

This resource is comprised of nine sessions, seven of which explore particular aspects of the Apostles' Creed. The first and last sessions help to introduce and tie-up the ideas in the programme.

Each session contains relevant scripture, prayer and a song. These are followed by one or two activities which help to break open the theme of the session, and a tool for incorporating aspects of the theme into prayer and life.

It is designed broadly to be used with 13-17s, although some activities will appeal more to the younger age, and some to those who are older.

How to use the resources

The sessions are designed to be stand-alone i.e. you do not have to do session 3 in order to do session 4. This means that you are not 'tied in' to doing the whole programme, and are free to select particular sessions if you desire. The only possible exception is the final session, which goes some way to summarising the whole programme, but could still be used as a stand-alone session if your group are already confident on the teaching of the Creed.

These materials are also designed so that you can pick and choose which elements of the individual sessions you want to use – it is not expected that you will necessarily follow each one from beginning to end with no variation. It is likely that you will at times have to adapt and expand the activities to suit the needs of your group. You may particularly want to spend more time with some of the tools, which can be used as sessions in themselves.

Preparation

Most of the activities require some sort of preparation and gathering of materials, although we have tried to keep the resources required to a minimum. Where film clips or multimedia are suggested, there are also ideas for a low-tech option.

The main preparation required is for the leaders delivering the sessions, ensuring that you know what you're going to do and how you're going to do it.

Try not to be too worried about knowing the answers to everything, but have in mind sources of information you can turn to if you become stuck – whether that's a person, a book or other assistance. Think about if there are others in your parish community who you can draw on to support you e.g. parish priest or deacon, pastoral workers, liturgy committees, prayer group members etc.