

## **SESSION 1: THE JOURNEY**

**Following is a summary of the main points presented in the video.**

- God, who is infinitely perfect and blessed in himself, did not create us to increase his own happiness. He freely chose to create us out of his own love and goodness, so that we could share in his blessed life (CCC 1, 293).
- We were created by the God who is love and we are made for his love. As St. Augustine says, "Our hearts are restless until they rest in him" (CCC 27–30). • At every moment of our lives, God draws near to us, calling us to seek him, to know him and to love him (CCC 1).
- There is only one God (CCC 200–202), but this one God has revealed himself as a communion of three persons: Father, Son, and Holy Spirit (CCC 221).
- By sending the Son and the Holy Spirit to us, God has revealed his "inmost secret"—that his very being is a communion of love. As the *Catechism* teaches, "God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined us to share in that exchange" (CCC 221).
- God expresses the one divine nature in three personal ways. As the *Catechism* teaches, "We worship one God in the Trinity and the Trinity in unity, without either confusing the persons or dividing the substance; for the person of the Father is one, the Son's is another and the Holy Spirit's another; but the Godhead of the Father, Son, and the Holy Spirit is one, their glory equal, their majesty coeternal" (CCC 266).
- Faith is our response to God who has made himself known to us. Faith has two key aspects—on one hand, it is an assent of our minds to all that he has revealed. On the other hand, it is a personal adherence to God in which we entrust our lives to him (CCC 150).