

# A Simple Catechism of the Orthodox Faith



St. Herman Orthodox Church  
*Littleton, Colorado*

1. *Who created us?*

God did.

2. *Who loves us more than anyone else loves us?*

God does.

3. *Who is God?*

God is the Holy Trinity: Father, Son, and Holy Spirit

4. *Who is Jesus Christ?*

God the Son Who became man for our salvation

5. *What is the goal of the Christian life?*

Theosis or union with God

6. *What is theosis?*

Becoming holy, God-like

7. *How do we become holy?*

Through the Holy Mysteries and asceticism.

8. *What are Holy Mysteries?*

God's transforming gifts of grace, the Sacraments

9. *What is grace?*

The power of the Holy Spirit

10. *What are the first three Holy Mysteries?*

Baptism, Chrismation, and Holy Communion

11. *What do these accomplish?*

The forgiveness of our sins and they unite us to Christ.

12. *What must we do if we sin after Baptism?*

Repent and go to Confession.

13. *What is the greatest Sacrament?*

Holy Communion

14. *What is asceticism?*

Spiritual exercise; obeying the commandments of Christ.

15. *What are the two greatest commandments of Christ?*

To love God with all our heart, soul, mind and strength, and to love our neighbor as ourselves.

16. *Name three spiritual exercises.*

Prayer, fasting and spiritual reading

17. *Why do we go to Church?*

To worship God and to receive the Holy Mysteries.

18. *What is worship?*

Praising and thanking God for Who He is and all that He does for us.

19. *What attitude must we have as Christians?*

Humility and gratitude.

20. *What happens when we die?*

Jesus Christ will judge us by His commandments, if we really loved God and others, or not.

21. *Then what?*

Then those who love God will experience eternal peace and joy in God's Kingdom, and those who do not love God will experience sorrow and misery.