

Who is Jesus?

Everything starts with a person.

In short. The Church teaches that Jesus Christ is true God and true man: the Son of God who, without ceasing to be God, became a man and our brother.^{1,2} He came to save us by reconciling us with God, and his Resurrection is the crowning truth of our faith in him.^{3,4}

Key points

- Jesus is true God and true man, not part God and part man.¹
- The Word became flesh to save us and so that we might know God's love.^{3,5}
- Christ died for our sins and rose again; the Resurrection is a real event.^{6,7}
- Faith is a personal act: the free response of the human person to God who reveals himself.⁸

Try this, this week

1. **Read one Gospel slowly.** Mark is the shortest. One chapter a day is plenty.
2. **Ask his question out loud.** Read Mark 8:29 and answer it honestly, even if your answer is "I don't know yet."
3. **Write down your questions.** Keep a short list. Every question is welcome.
4. **Bring the list to someone.** A priest or a Catholic friend will be glad to talk it through.

"Jesus saith to them: But whom do you say that I am? Simon Peter answered and said: Thou art Christ, the Son of the living God."

Matthew 16:15–16, Douay–Rheims

Common questions

Was Jesus just a good teacher?

The Church confesses that Jesus is inseparably true God and true man.² He said of himself, "I and the Father are one."⁹

How do we know he rose from the dead?

The Catechism calls the Resurrection a real event, with manifestations that were historically verified, as the New Testament bears witness.⁷ Peter and the Twelve were the primary witnesses, and Paul speaks of more than five hundred others to whom Jesus appeared.^{10,11} It also remains at the very heart of the mystery of faith, as something that transcends and surpasses history.¹²

Remember: Start with the person, not the rules.

Sources

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| 1. CCC 464 | 7. CCC 639 |
| 2. CCC 469 | 8. CCC 166 |
| 3. CCC 457 | 9. John 10:30 (Douay–Rheims) |
| 4. CCC 638 | 10. CCC 642 |
| 5. CCC 458 | 11. 1 Corinthians 15:5–6 (Douay–Rheims) |
| 6. CCC 619 | 12. CCC 647 |

Quotation above: Matthew 16:15–16, Douay–Rheims. Catechism: official text on vatican.va.

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