

## Ascension Day 2026

In a few moments we will stand and say the Creed together. In it each one will boldly proclaim, *“I believe in one God”* and then go on to describe the three persons in the one God:

*“the Father Almighty, maker of heaven and earth”*  
the *“one Lord Jesus Christ”*, and  
*“the Holy Spirit, the Lord, the giver of life”*.

Something is said about each of the three persons in the one God. Surprisingly, *“the Father Almighty”* is given the briefest description. More is said of *“the Holy Spirit, the Lord, the giver of life”* who is described as proceeding *“from the Father and the Son”* and with them *“adored and glorified.”* He is said to have *“spoken through the prophets”* and it was *“by the Holy Spirit”* that the *“Only Begotten Son of the Father”* *“was incarnate of the Virgin Mary.”*

Which brings us to the *“one Lord Jesus Christ”*. Most of the Creed concerns him. He is described as the *“Only Begotten Son of the Father”*, who was *“consubstantial with the Father”* and who *“for us men and our salvation came down from heaven”*, being *“incarnate”* or enfleshed *“by the Holy Spirit”* in the womb of the Virgin Mary, becoming man.

In his human body the Incarnate Son of the Father took on all the limitations of being human, limitations which confined him to a particular gender, time, location and mortality. In his human body he suffered and died on the cross for the forgiveness of our sins and rose from the dead on the third day to open for all of us the hope of eternal life. The Incarnation didn't end with the death of Jesus on Good Friday but continued after the resurrection when he appeared to some of his followers. Thomas could put his hand into the holes made by the nails<sup>1</sup>, Jesus could eat a piece of grilled fish<sup>2</sup> and St Peter tells Cornelius and his household that Jesus *“ate and drank with those chosen by God as his witnesses after he rose from the dead.”*<sup>3</sup>

Only with the Ascension does the Incarnation come to an end when Jesus returned to the Father with whom he remains *“consubstantial”* and ushers in the age of the Holy Spirit who is not Incarnate, but who can move freely through all times and ages.

It is these things and the very nature of God and his dealings with us that are celebrated in our feast today.

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<sup>1</sup> Jn 20:27

<sup>2</sup> Lk 24:42

<sup>3</sup> Acts 10:41