

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit. Born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day he rose again from the dead. he ascended into heaven and is seated at the right hand of God the Father almighty. Form there he will come to judge the living and the dead?

What does this mean?

I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the virgin Mary, is my Lord.