The Church was able to respond to the challenges of the 16th century because the Holy Spirit is always making the Church holy and giving it life. Guided by the Holy Spirit, the bishops of the Church organized the Council of Trent to reform the Church by reexamining Catholic beliefs.

The Council of Trent was a strong response to the challenges of Martin Luther and others. It inspired the renewal of Catholic life and the founding of new communities such as the Oratorians and the Jesuits. The Council emphasized that the seven sacraments are signs, instituted by Jesus and given to the Church, through which we receive grace. The Council formed the Church into the 20th century.

Under Charles Borromeo’s guidance, a catechism based on the Council of Trent was completed. Charles restored the liturgy and established seminaries. The Catechism of the Catholic Church, published in 1992, is built on four pillars: the creed, the sacraments, the moral life, and prayer. “We believe in one God” is an example of the creed. The Eucharist is an example of the sacraments. “Love your neighbor as yourself” is an example of the moral life. The Rosary is an example of prayer.

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