

## Heidelberg Catechism Lord's Day #1:

**Question #1: What is your only comfort in life and death?**

**Answer:** That I am not my own,<sup>1</sup> but belong with body and soul, both in life and in death,<sup>2</sup> to my faithful Savior Jesus Christ.<sup>3</sup>

He has fully paid for all my sins with His precious blood,<sup>4</sup> and has set me free from all the power of the devil.<sup>5</sup>

He also preserves me in such a way<sup>6</sup> that without the will of my heavenly Father not a hair can fall from my head;<sup>7</sup>

Indeed, all things must work together for my salvation.<sup>8</sup>

Therefore, by His Holy Spirit, He also assures me of eternal life<sup>9</sup> and makes me heartily willing and ready from now on to live for Him.<sup>10</sup>

**Question #2: What do you need to know in order to live and die in the joy of this comfort?**

**Answer:** First, how great my sins and misery are;<sup>11</sup> second, how I am delivered from all my sins and misery;<sup>12</sup> third, how I am to be thankful to God for such deliverance.<sup>13</sup>

→ That I am not my own, but belong...to my faithful Savior Jesus Christ.

**How is the knowledge that you belong to Christ, not to you, a comfort?**

→ with body and soul, both in life and in death,

**In what ways do I belong to Him?**

**Read:** 1 Corinthians 6:19; Romans. 14:7

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<sup>1</sup> 1 Corinthians 6:19, 20.

<sup>2</sup> Romans 14:7-9.

<sup>3</sup> 1 Corinthians 3:23; Titus 2:14.

<sup>4</sup> 1 Peter 1:18, 19; 1 John 1:7; 2:2.

<sup>5</sup> John 8:34-36; Hebrews 2:14, 15; 1 John 3:8.

<sup>6</sup> John 6:39,40; 10:27-30; 2 Thessalonians 3:3; 1 Peter 1:5.

<sup>7</sup> Matthew 10:29-31; Luke 21:16-18.

<sup>8</sup> Romans 8:28.

<sup>9</sup> Romans 8:15, 16; 2 Corinthians 1:21, 22; 5:5; Ephesians 1:13,14.

<sup>10</sup> Romans 8:14.

<sup>11</sup> Romans 3:9, 10; 1 John 1:10.

<sup>12</sup> John 17:3; Acts 4:12; 10:43.

<sup>13</sup> Matthew 5:16; Romans 6:13; Ephesians 5:8-10; 1 Peter 2:9, 10.



# ☪ Sunday School

→He has fully paid for all my sins with His precious blood,

**What has the Christ who owns you done?**

**What was the debt that was owed?**

**With what did He pay the price?**

**How comprehensive is this payment?**

→and has set me free from all the power of the devil.

**What else has He done along with forgiveness**

**Read:** Titus 2:14; 1 Peter 1:18-19; Hebrews. 2:14

→He also preserves me in such a way...

**What has He done along with saving you?**

→that without the will of my heavenly Father

**What determines God's preservation of me?**

→not a hair can fall from my head;

**To what degree/extent does God preserve the saint?**

→indeed, all things must work together for my salvation.

**What is the Result of such preserving power?**

**Read:** John 6:39-40; Matthews 10:29-31; Romans 8:28

→Therefore, by His **Holy Spirit** He also assures me of eternal life

**What else does God do for His people?**

→and makes me heartily willing and ready from now on to live for Him.

**Read:** Romans 8:15-16; Ephensians1:13-14; Romans 8:14. -

