

Heidelberg Catechism Lord's Day #1:

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

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

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

He also preserves me in such a way⁶ that without the will of my heavenly Father
not a hair can fall from my head;⁷

Indeed, all things must work together for my salvation.⁸

Therefore, by His Holy Spirit, He also assures me of eternal life⁹
and makes me heartily willing and ready from now on to live for Him.¹⁰

**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;¹¹
second, how I am delivered from all my sins and misery;¹²
third, how I am to be thankful to God for such deliverance.¹³

→ 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

¹ 1 Corinthians 6:19, 20.

² Romans 14:7-9.

³ 1 Corinthians 3:23; Titus 2:14.

⁴ 1 Peter 1:18, 19; 1 John 1:7; 2:2.

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

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

⁷ Matthew 10:29-31; Luke 21:16-18.

⁸ Romans 8:28.

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

¹⁰ Romans 8:14.

¹¹ Romans 3:9, 10; 1 John 1:10.

¹² John 17:3; Acts 4:12; 10:43.

¹³ 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. -

