

## The Heidelberg Catechism

**69. How is it signified and sealed to you in Holy Baptism that you have part in the one sacrifice of Christ on the cross?**

Thus: that Christ instituted this outward washing with water <sup>1</sup> and joined to it this promise, that I am washed with His blood and Spirit from the pollution of my soul, that is, from all my sins, as certainly as I am washed outwardly with water, whereby commonly the filthiness of the body is taken away.<sup>2</sup>

<sup>1</sup> Mt 28:19-20; Acts 2:38; <sup>2</sup> Mt 3:11; Mk 1:4; Jn 1:33; Acts 2:38; Rom 6:3-4; 1 Pt 3:21