

ANCIENT ANSWERS

modern questions

The Heidelberg Catechism in the 21st Century

LORD'S DAY ONE

1 Q. What is your only comfort in life and in death?

A. That I am not my own,¹
but belong—;
body and soul,
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 the tyranny of the devil.⁵
He also watches over me in such a way⁶
that not a hair can fall from my head
without the will of my Father in heaven:⁷
in fact, all things must work together for my salvation.⁸

Because I belong to him,
Christ, by his Holy Spirit,
assures me of eternal life⁹
and makes me wholeheartedly willing and ready

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 1:7-9; 2:2

⁵ John 8:34-36; Hebrews 2:14-15; 1 John 3:1-11

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

from now on to live for him.¹⁰

2 Q. What must you know to live and die in the joy of this comfort?

A. Three things:

first, how great my sin and misery are;¹¹

second, how I am set free from all my sins and misery;¹²

third, how I am to thank God for such deliverance.¹³

Sermon Notes

What is _____ only comfort in life and in death?

Who does your life _____ to?

How can I have that _____?

¹⁰ Romans 8:1-17

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; 2 Timothy 2:15; 1 Peter 2:9-10