

# Heidelberg Catechism Question One

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

**A.** *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 Saviour 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>*

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

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

<sup>3</sup> 1 Cor 3:23; Tit 2:14.

<sup>4</sup> 1 Pet 1:18, 19; 1 Jn 1:7; 2:2.

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

<sup>6</sup> Jn 6:39, 40; 10:27-30; 2 Thess 3:3; 1 Pet 1:5.

<sup>7</sup> Mt 10:29-31; Lk 21:16-18.

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

<sup>9</sup> Rom 8:15, 16; 2 Cor 1:21, 22; 5:5; Eph 1:13, 14.

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

