

Heidelberg Catechism Q&A, Week 2

Part I: Misery

LORD'S DAY 2

4.003 3 Q. How do you come to know your misery?

A. The law of God tells me.1

1. Rom. 3:20

For no human will be justified before him by deeds prescribed by the law, for through the law comes the knowledge of sin.

4.004 4 Q. What does God's law require of us?

A. Christ teaches us this in summary in Matthew 22:37–40:

“‘You shall love the Lord your God

with all your heart,

and with all your soul,

and with all your mind.’

This is the greatest and first commandment.

“And a second is like it:

‘You shall love your neighbor as yourself.’

“On these two commandments hang
all the law and the prophets.”

4.005 5 Q. Can you live up to all this perfectly?

A. No.1

I have a natural tendency to hate God and my neighbor.2

1. Rom. 3:10; 3:23;

as it is written:

“There is no one who is righteous, not even one;

since all have sinned and fall short of the glory of God;

1 John 1:8

If we say that we have no sin, we deceive ourselves, and the truth is not in us.

2. Rom. 8:7; Eph. 2:3

For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed, it cannot,

All of us once lived among them in the passions of our flesh, doing the will of flesh and senses,
and we were by nature children of wrath, like everyone else,