

Heidelberg Catechism Q&A with Footnotes

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

A. That I am not my own, I 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 from now on to live for him.¹⁰

1. I Cor. 6:19
2. Rom. 14:8
3. I Cor. 3:23
4. I Pet. 1:18; I John 1:7; 2:2
5. I John 3:8
6. John 6:39
7. Matt. 10:30; Luke 21:18
8. Rom. 8:28
9. 2 Cor. 1:22; 5:5; Eph. 1:14; Rom. 8:16
10. Rom. 8:14

1. I Cor. 6:19

- a. ¹⁹Or do you not know that your body is a temple^[a] of the Holy Spirit within you, which you have from God, and that you are not your own?

2. Rom. 14:8

- a. ⁸If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's.

3. I Cor. 3:23

- a. ²³and you are Christ's, and Christ is God's.

4. I Pet. 1:18; I John 1:7; 2:2

- a. ¹⁸You know that you were ransomed from the futile conduct inherited from your ancestors, not with perishable things like silver or gold
- b. ⁷but if we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.
- c. ²and he is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world.

5. I John 3:8

- a. Everyone who commits sin is of the devil, for the devil has been sinning from the beginning. The Son of God was revealed for this purpose: to destroy the works of the devil.

6. John 6:39

- a. ³⁹And this is the will of him who sent me, that I should lose nothing of all that he has given me but raise it up on the last day.

7. Matt. 10:30; Luke 21:18

- a. ³⁰And even the hairs of your head are all counted.
- b. ¹⁸But not a hair of your head will perish.

8. Rom. 8:28

- a. We know that all things work together for good for those who love God, who are called according to his purpose.

9. 2 Cor. 1:22; 5:5; Eph. 1:14; Rom. 8:16

- a. who has put his seal on us and given^[a] us his Spirit in our hearts as a down payment.
- b. this^[a] is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.
- c. it is that very Spirit bearing witness^[a] with our spirit that we are children of God,

10. Rom. 8:14

- a. For all who are led by the Spirit of God are children of God.

4.002 2 Q. What must you know to live and die in the joy of this comfort?

A. Three things: 1 first, how great my sin and misery are; 2 second, how I am set free from all my sins and misery; 3 third, how I am to thank God for such deliverance. 4

1. Luke 24:47; 1 Cor. 6:11; Tit. 3:3

2. John 9:41; John 15:[6-]7

3. John 17:3

4. Eph. 5:10

1. Luke 24:47

- a. and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem.
- b. And this is what some of you used to be. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ^[a] and in the Spirit of our God.
- c. For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, despicable, hating one another.

2. John 9:41; John 15:[6-]7

- a. Jesus said to them, "If you were blind, you would not have sin. But now that you say, 'We see,' your sin remains.
- b. Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. If you abide in me and my words abide in you, ask for whatever you wish, and it will be done for you.

3. John 17:3

- a. And this is eternal life, that they may know you, the only true God, and Jesus Christ, whom you have sent.

4. Eph. 5:10

- a. Try to find out what is pleasing to the Lord.