

Heidelberg Catechism LORD'S DAY 33

Q88. What is involved in genuine repentance or conversion?

A. Two things: the dying-away of the old self,¹ and the rising-to-life of the new.

I. Rom. 6:4–6 – “Therefore we were buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we also might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, so we might no longer be enslaved to sin.”

Eph. 4:22–24 – “to put away your former way of life, your old self, corrupt and deluded by its lusts, and to be renewed in the spirit of your minds, and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.”

Col. 3:5–10 – “Put to death, therefore, whatever in you is earthly: sexual immorality, impurity, passion, evil desire, and greed (which is idolatry). On account of these the wrath of God is coming on those who are disobedient. These are the ways you also once followed, when you were living that life. But now you must get rid of all such things: anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator.”

I Cor. 5:7 – “Clean out the old yeast so that you may be a new batch of dough, as you really are unleavened. For our paschal lamb, Christ, has been sacrificed.”

Q89. What is the dying-away of the old self?

A. To be genuinely sorry for sin and more and more to hate and run away from it.¹

I. Rom. 8:13 – “for if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.”

Joel 2:13 – “rend your hearts and not your clothing. Return to the Lord your God, for he is gracious and merciful, slow to anger, abounding in steadfast love, and relenting from punishment.

Q90. What is the rising-to-life of the new self?

A. Wholehearted joy in God through Christ¹ and a love and delight to live according to the will of God by doing every kind of good work.²

I. Rom. 5:1 – “Therefore, since we are justified by faith, we[a] have peace with God through our Lord Jesus Christ,”

Rom. 14:17 – “For we do not live to ourselves, and we do not die to ourselves.”

Isa. 57:15 – “For thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place and also with those who are contrite and humble in spirit, to revive the spirit of the humble and to revive the heart of the contrite.”

2. Rom. 6:10–11 – “The death he died, he died to sin once for all, but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.”

Gal. 2:20 – “and it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by the faith of the Son of God, who loved me and gave himself for me.”

Q91. What are good works?

A. Only those which are done out of true faith,¹ conform to God's law,² and are done for God's glory;³ and not those based on our own opinion or human tradition.⁴

I. Rom. 14:23 – “But those who have doubts are condemned if they eat because they do not act from faith, for whatever does not proceed from faith is sin.”

2. I Sam. 11

I Sam. [15]:22 – “And Samuel said, ‘Has the Lord as great delight in burnt offerings and sacrifices as in obedience to the voice of the Lord? Surely, to obey is better than sacrifice and to heed than the fat of rams.’”

Eph. 2:10 – “For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand so that we may walk in them.”

3. I Cor. 10:31 – “So, whether you eat or drink or whatever you do, do everything for the glory of God.”

4. Deut. 12:32 – “You must diligently observe everything that I command you; do not add to it or take anything from it.”

Ezek. 20:18–19 – “I said to their children in the wilderness, ‘Do not follow the statutes of your parents, nor observe their ordinances, nor defile yourselves with their idols. I the Lord am your God; follow my statutes, be careful to observe my ordinances.’”

Isa. 29:13 – “The Lord said: Because these people draw near with their mouths and honor me with their lips, while their hearts are far from me and their worship of me is a human commandment learned by rote,”

Matt. 15:9 – “in vain do they worship me, teaching human precepts as doctrines.”