

Heidelberg Catechism

Part 2: Deliverance

Lord's Day 17

Question and Answer 45

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Question 45:

How does Christ's resurrection benefit us?

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¹ After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. ² There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. ³ His appearance was like lightning, and his clothes were white as snow. ⁴ The guards were so afraid of him that they shook and became like dead men.

Matthew 28:1-4

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⁵The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. ⁶He is not here; he has risen, just as he said. Come and see the place where he lay. ⁷Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

Matthew 28:5-7

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⁸ So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. ⁹ Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. ¹⁰ Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

Matthew 28:8-10

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³For what I received I passed on to you as of first importance[£]: that Christ died for our sins according to the Scriptures, ⁴that he was buried, that he was raised on the third day according to the Scriptures, ⁵and that he appeared to Peter, and then to the Twelve.

1 Corinthians 15:3-5

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Answer 45:

First, by his resurrection he has overcome death, so that he might make us share in the righteousness he obtained for us by his death.

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²⁵ He was delivered over to death for our sins
and was raised to life for our justification.

Romans 4:25

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¹⁶For if the dead are not raised, then Christ has not been raised either. ¹⁷And if Christ has not been raised, your faith is futile; you are still in your sins. ¹⁸Then those also who have fallen asleep in Christ are lost. ¹⁹If only for this life we have hope in Christ, we are to be pitied more than all men. ²⁰But Christ has indeed been raised from the dead, the firstfruits of those who have fallen asleep.

1 Corinthians 15:16-20

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³Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴and into an inheritance that can never perish, spoil or fade—kept in heaven for you, ⁵who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

1 Peter 1:3-5

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Answer 45:

Second, by His power we too are already raised to a new life.

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⁵If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. ⁶For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin— ⁷because anyone who has died has been freed from sin.

Romans 6:5-7

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⁸Now if we died with Christ, we believe that we will also live with him. ⁹For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. ¹⁰The death he died, he died to sin once for all; but the life he lives, he lives to God. ¹¹In the same way, count yourselves dead to sin but alive to God in Christ Jesus.

Romans 6:8-11

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¹ Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory.

Colossians 3:1-4

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Answer 45:

Third, Christ's resurrection is a sure pledge to us of our blessed resurrection.

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¹²But if it is preached that Christ has been raised from the dead, how can some of you say that there is no resurrection of the dead? ¹³If there is no resurrection of the dead, then not even Christ has been raised. ¹⁴And if Christ has not been raised, our preaching is useless and so is your faith. ¹⁵More than that, we are then found to be false witnesses about God, for we have testified about God that he raised Christ from the dead. But he did not raise him if in fact the dead are not raised.

1 Corinthians 15:12-15

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²⁰But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, ²¹who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

Philippians 3:20-21