

# Heidelberg Catechism

Lord's Day 1  
Question and Answer 1

# Heidelberg Catechism

Lord's Day 1

Question 1:

What is your only comfort in life and in death?

Answer 1:

That I am not my own, but belong—body and soul, in life and in death—to my faithful Savior, Jesus Christ.

# Heidelberg Catechism

<sup>19</sup> Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your body.

1 Corinthians 6:19-20

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<sup>15</sup> And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

2 Corinthians 5:15

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## Answer 1:

He has fully paid for all my sins with his precious blood, and has set me free from the tyranny of the devil.

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<sup>18</sup> For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, <sup>19</sup> but with the precious blood of Christ, a lamb without blemish or defect.

1 Peter 1:18-19

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<sup>14</sup> Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death—that is, the devil—<sup>15</sup> and free those who all their lives were held in slavery by their fear of death.

Hebrews 2:14-15

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“One day the angels came to present themselves before the LORD, and Satan also came with them...<sup>8</sup> Then the LORD said to Satan, “Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil.”

Job 1:6, 8



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<sup>9</sup>“Does Job fear God for nothing?” Satan replied. <sup>10</sup>“Have you not put a hedge around him and his household and everything he has? You have blessed the work of his hands, so that his flocks and herds are spread throughout the land. <sup>11</sup>But stretch out your hand and strike everything he has, and he will surely curse you to your face.”

Job 1:9-11

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<sup>12</sup>The LORD said to Satan, "Very well, then, everything he has is in your hands, but on the man himself do not lay a finger." Then Satan went out from the presence of the LORD.

Job 1:12

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<sup>20</sup>At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship <sup>21</sup>and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised." <sup>22</sup>In all this, Job did not sin by charging God with wrongdoing.

Job 1:20-22

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<sup>1</sup> On another day the angels came to present themselves before the LORD, and Satan also came with them to present himself before him... <sup>3</sup> Then the LORD said to Satan, "Have you considered my servant Job? There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil. And he still maintains his integrity, though you incited me against him to ruin him without any reason." Job 2:1, 3

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<sup>4</sup>“Skin for skin!” Satan replied. “A man will give all he has for his own life. <sup>5</sup>But stretch out your hand and strike his flesh and bones, and he will surely curse you to your face.”  
<sup>6</sup>The LORD said to Satan, “Very well, then, he is in your hands; but you must spare his life.” <sup>7</sup>So Satan went out from the presence of the LORD and afflicted Job with painful sores from the soles of his feet to the top of his head.

Job 2:4-7

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<sup>9</sup>His wife said to him, "Are you still holding on to your integrity? Curse God and die!"

<sup>10</sup>He replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?" In all this, Job did not sin in what he said.

Job 2:9-10

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## Answer 1:

He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation.

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<sup>29</sup> Are not two sparrows sold for a penny?  
Yet not one of them will fall to the ground  
apart from the will of your Father. <sup>30</sup> And  
even the very hairs of your head are all  
numbered. <sup>31</sup> So don't be afraid; you are  
worth more than many sparrows.

Matthew 10:29-31



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<sup>11</sup>For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. <sup>12</sup>Then you will call upon me and come and pray to me, and I will listen to you. <sup>13</sup>You will seek me and find me when you seek me with all your heart. <sup>14</sup>I will be found by you," declares the LORD,

Jeremiah 29:11-14a

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<sup>1</sup>Then Job replied to the LORD: <sup>2</sup>“I know that you can do all things; no plan of yours can be thwarted. <sup>3</sup>You asked, ‘Who is this that obscures my counsel without knowledge?’ Surely I spoke of things I did not understand, things too wonderful for me to know.

Job 42:1-3

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<sup>4</sup>“You said, ‘Listen now, and I will speak; I will question you, and you shall answer me.’ <sup>5</sup>My ears had heard of you but now my eyes have seen you. <sup>6</sup>Therefore I despise myself and repent in dust and ashes.”

Job 42:4-6

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<sup>1</sup> Now there were some present at that time who told Jesus about the Galileans whose blood Pilate had mixed with their sacrifices. <sup>2</sup> Jesus answered, "Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way? <sup>3</sup> I tell you, no! But unless you repent, you too will all perish.

Luke 13:1-3

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<sup>4</sup> Or those eighteen who died when the tower in Siloam fell on them—do you think they were more guilty than all the others living in Jerusalem? <sup>5</sup> I tell you, no! But unless you repent, you too will all perish.”

Luke 13:4-5

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## Answer 1:

Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him.

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<sup>13</sup>We know that we live in him and he in us, because he has given us of his Spirit. <sup>14</sup>And we have seen and testify that the Father has sent his Son to be the Savior of the world. <sup>15</sup>If anyone acknowledges that Jesus is the Son of God, God lives in him and he in God. <sup>16</sup>And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him.

1 John 4:13-16

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<sup>11</sup> And this is the testimony: God has given us eternal life, and this life is in his Son. <sup>12</sup> He who has the Son has life; he who does not have the Son of God does not have life. <sup>13</sup> I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.

1 John 5:11-13



# Heidelberg Catechism

Only one life,  
It will soon be past;  
Only what's done  
For Christ will last.

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Answer 1:

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my faithful Savior, Jesus Christ.