

Heidelberg Catechism

Lord's Day 1
Question and Answer 1

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Question 1 :

What is your only comfort in life and in death?

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What people turn to for Comfort:

Food

Alcohol, drugs

Movie, TV, media

Friends and family

Faith in God

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The term *comfort food*:

"Adults, when under severe emotional stress, turn to what could be called 'comfort food'—food associated with the security of childhood, like mother's chicken soup.."

Palm Beach Post-1966

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⁷ No one shall break bread for the mourner, to comfort him...Jeremiah 16:7a



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76 Let your steadfast love comfort me according to your promise to your servant. ⁷⁷ Let your mercy come to me, that I may live; for your law is my delight.

Psalm 119:76-77

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¹³ As one whom his mother comforts,
so I will comfort you... **Isaiah 66:13**



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²⁸ Come to me, all who labor and are heavy laden, and I will give you rest.

²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.” **Matthew 11:28-30**

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Lord's Day 1

Answer 1:

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

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⁸ but God shows his love for us in that while we were still sinners, Christ died for us.

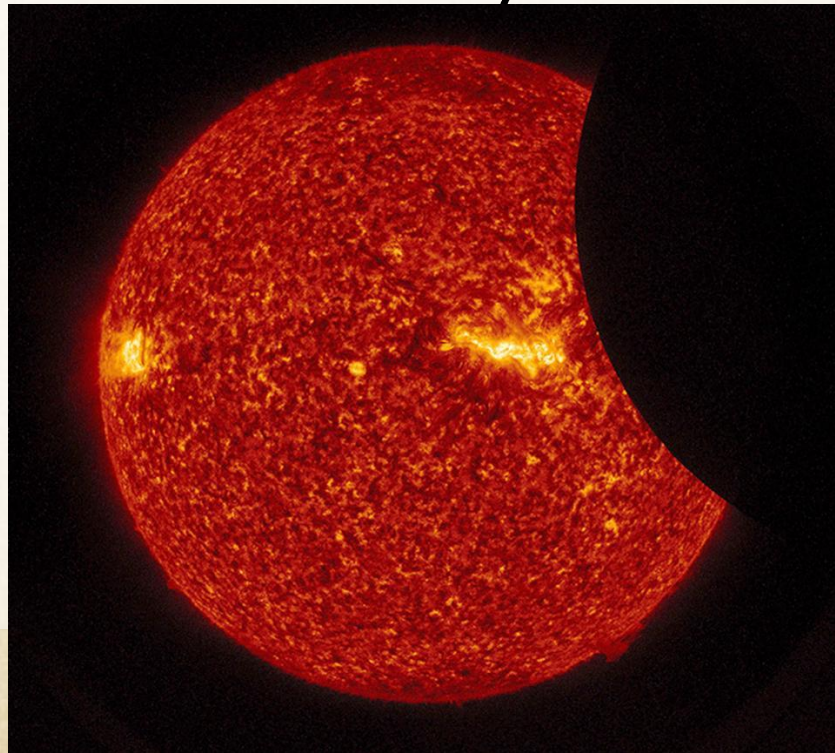
Romans 5:8

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¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body. 1 Corinthians 6:19-20

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Eclipse-People put Sunscreen
on their eyeballs.



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⁴ Because you are precious in my eyes, and honored, and I love you...

Isaiah 43:4

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**“LET YOUR RELIGION BE LESS OF A THEORY AND
MORE OF A LOVE AFFAIR.”**

GILBERT K. CHESTERTON

© Lifehack Quotes

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³ The LORD appeared to him from far away. I have loved you with an everlasting love; therefore I have continued my faithfulness to you.

Jeremiah 31:3

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¹ See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him.

1 John 3:1

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Dear God, I understand that I have broken your Law and sinned against you. Please forgive my sins. Thank you that Jesus suffered on the cross in my place and rose from the dead. I now place my trust in Him as my Savior and Lord. In Jesus' name I pray, Amen.

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord - Acts 3:19

Yet to all who received him, to those who believed in his name, he gave the right to become children of God - John 1:12

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