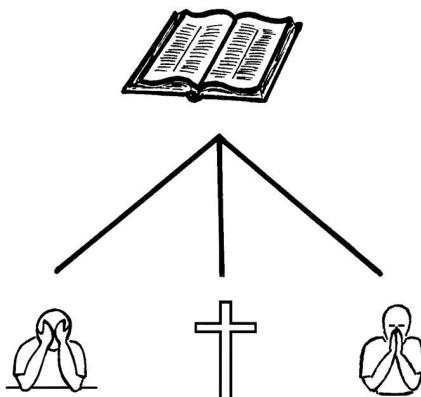


The Teachings of the Bible



The Simplified Catechism

(Heidelberg Catechism)

INTRODUCTION

The Teachings of the Bible - The Simplified Catechism came about as a result of an effort to teach the Heidelberg Catechism to a group of people who wanted to be instructed in the doctrines of the Word of God and wanted to commit their lives to the LORD. These people lived in the jungles of Irian Jaya (now called Papua), Indonesia, and had limited or no experience with formal education. Yet, through the preaching of the Word, the Holy Spirit moved them to seek this instruction.

The Simplified Catechism was set up as the second part of an extensive Bible Program. The first part is *The Story of the Bible - The History of Salvation* which teaches about God's creation, man's fall and God's salvation of man through the promised Redeemer, in whom the curse of sin is removed, through whom His chosen people are cleansed in His blood and Spirit, and by whom they will be taken up into eternal glory on that final Day.

The Simplified Catechism goes through the teachings of the Bible in an orderly and simple way. It is based on the Heidelberg Catechism which was written by Zacharius Ursinus and Caspar Olevianus in 1563.

The Simplified Catechism was written originally in the Indonesian language in 1980. It was developed because the Heidelberg Catechism (which was also available in the Indonesian language) was much too difficult for the people to understand. The question and answer format of the original catechism was followed. The illustrations enhanced their understanding and memory of the lessons since many could not read. Those who successfully followed the entire course (*The History of Salvation* and *The Simplified Catechism*) and sincerely committed their lives to the LORD were baptized and became living members of the church. Some also became instructors of this course. It was found that these programs were not only beneficial for those who could not read very well or not at all, but also for those who were blessed with more education because the doctrines of Scripture were explained in simple day to day terms.

Since *The Simplified Catechism* is based on the Heidelberg Catechism, there are references to the Heidelberg Catechism on the top left or right corners of most lessons. The teachings of the Heidelberg Catechism are based totally on the teachings of Scripture. Therefore, many proof texts can be found in the footnotes. *The Simplified Catechism* on its own would never do justice to the Word of God. It should be used by the instructor alongside the

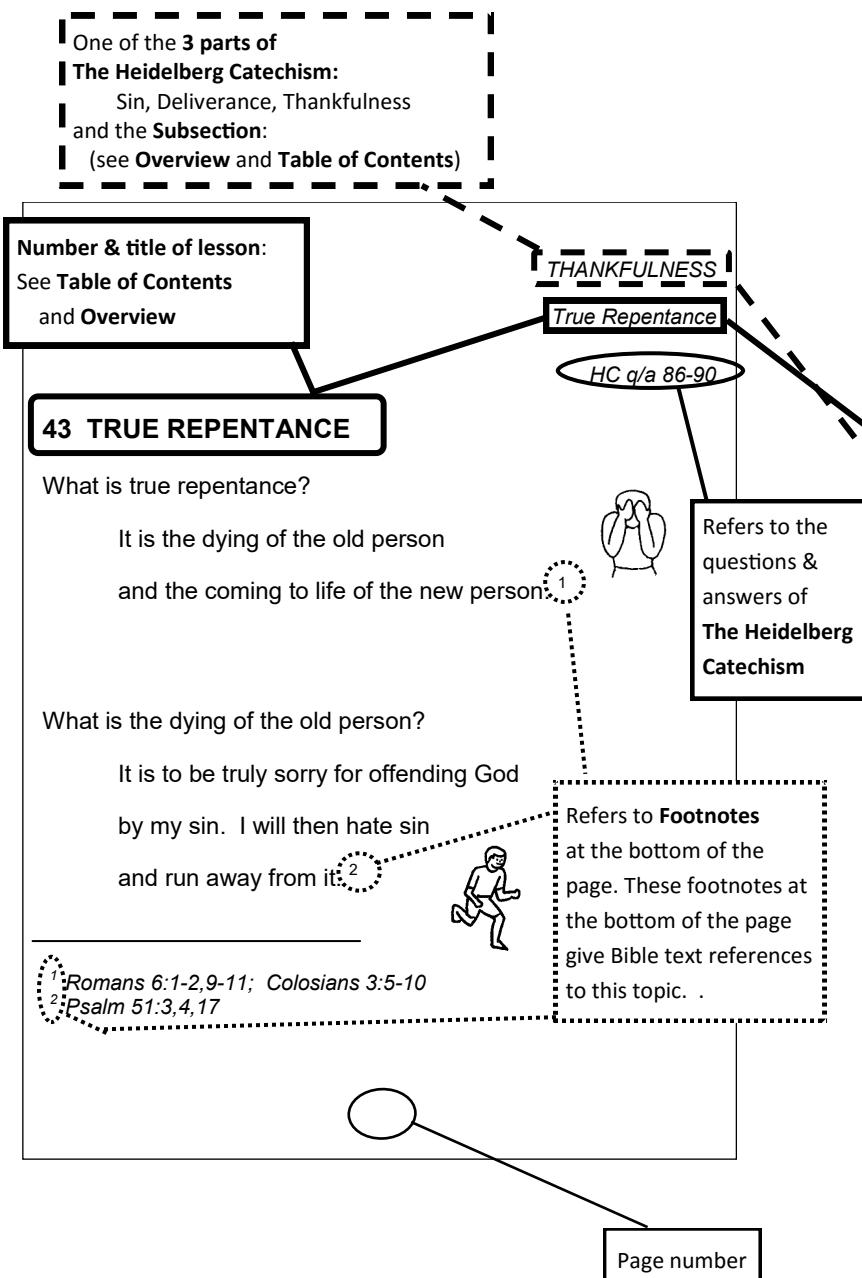
Scriptures as well as the official complete translation of the Heidelberg Catechism.

The Simplified Catechism and *The History of Salvation* have been translated into English in order to make it more widely available to others who wanted to use it or translate it again into a different language to aid them in their teaching of the history of salvation and the doctrines of God's Word. A number of churches have also found *The Teachings of the Bible—The Simplified Catechism* to be helpful in teaching specially challenged individuals. As a third printing was requested in Papua, Indonesia, the author took the opportunity to make some further improvements to the book which is also carried over in this printing.

It is our hope and prayer that *The Simplified Catechism* may be helpful in the instruction of the doctrines of Scripture so that strong churches of our Lord Jesus Christ may grow on a strong firm foundation to the glory of God the Father!

Port Moresby, PNG,
February 2012,
May 2016,
Henderik Versteeg (author),
Rita Versteeg (illustrator)

GUIDE TO UNDERSTANDING THE PAGE LAYOUT



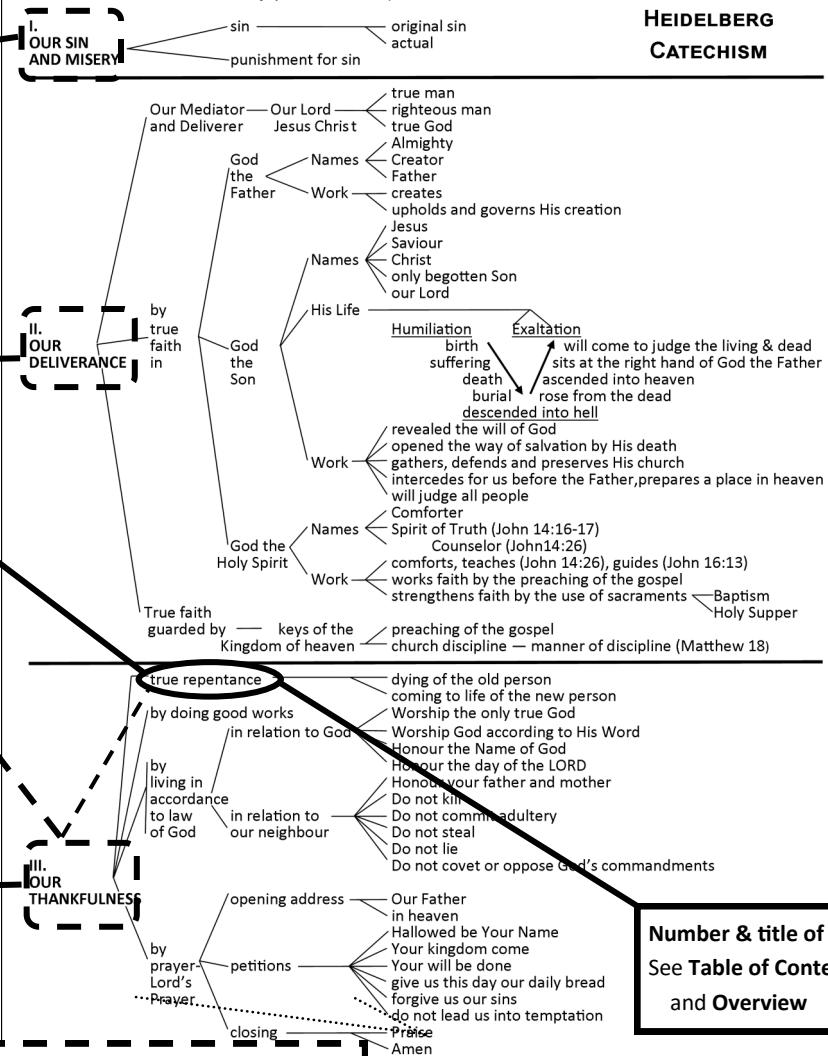
GUIDE TO UNDERSTANDING THE PAGE LAYOUT

My only comfort in life and in death is that I am not my own,
but belong with body and soul, both in this life and in death,
to my faithful Saviour Jesus Christ.

In order to live and die in the joy of this comfort, we need to know:

OVERVIEW

HEIDELBERG CATECHISM



**Number & title of lesson:
See Table of Contents
and Overview**

One of the 3 parts of
The Heidelberg Catechism:
Sin, Deliverance, Thankfulness
and the Subsection:
(see Overview and Table of Contents)

TEACHING THE LESSONS

The author encourages the teacher who uses this book to consider the following:

1. Before going to class, prepare well for teaching the material. This includes praying for God's guidance and reading carefully the Bible texts associated with the question and answers of the catechism you will teach. It also includes reading these questions and answers in the original Heidelberg Catechism so that you have a good understanding of the context from which these questions and answer come.
Further, determine which text you will read at the beginning of your teaching session.
2. After opening with reading from Scripture and prayer, the teacher will do a review of the previously learned lessons with the students before teaching the new lesson. There should be two types of review; a thorough review of the previous lesson and a quick review of the two lessons prior to the previous lesson.
3. A thorough review means to ask all the questions to which each student individually must give all the answers. A quick review means to ask all the questions to which the students can answer in turn until the review lessons are completed.
4. Thus, the teaching sessions would go as follows:
Day 1 - teach the new lesson for the day
Day 2 - quick review of day 1's lesson and then teach the new lesson for the day.
Day 3 - quick review of day 1's lesson, then thorough review day 2's lesson, and then teach the new lesson for that day.
Day 4 - quick review of day 1 and 2's lesson, then thoroughly review day 3's lesson, and then teach the new lesson for that day.
Day 5 - quick review of day 2 and 3's lesson, then thoroughly review day 4's lesson, and then teach the new lesson for that day.

In a diagram it would look like this:

Day	quick review	thoroughly review	teach the new lesson
Day 1			Lesson 1
Day 2		Lesson 1	Lesson 2
Day 3	Lesson 1	Lesson 2	Lesson 3
Day 4	Lesson 1 and 2	Lesson 3	Lesson 4
Day 5	Lesson 2 and 3	Lesson 4	Lesson 5
Day 6	Lesson 3 and 4	Lesson 5	Lesson 6

5. It is of utmost importance to have frequent reviews. Through repetitively answering the questions, the student will retain the material well.
6. Professing one's faith is expressing one's faith in words and deeds. The catechism instruction is primarily concerned with expressing the doctrine of faith. Thus, the students need to personally answer the questions addressed to him/her.
7. It is good to stop and do a section review each time you have completed a certain section such as sin, the life of Christ, sacraments, etc.
8. Refer frequently to the Overview of the Heidelberg Catechism with the students so that they can see where each particular teaching fits in with the of the doctrines of God for man's salvation.
9. If the students have not been able to answer the questions well, it is important not to continue to the new lesson but to reteach the previous lesson.
10. The whole program can take up to two years. However, the result will be knowledgeable Christians. They and their office bearers will reap much benefits and joy. There are less discipline cases among those who have been taught well. That is understandable as the Holy Spirit strengthens faith through the preaching and teaching of the Word of God. Poor teaching leaves weak Christians and churches as the Lord said via Hosea "*through lack of knowledge My people are destroyed*" Hosea 4:6. Nobody gains by rushing through the program and the Lord is not pleased.

This method has proven to build strong churches under the gracious blessings of the Lord. May we teachers be faithful for as James wrote "*you know that we who teach will be judged more strictly*", James 3:1. Nevertheless, "*Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up*", Galatians 6:9.

May God bless the teaching of His Word for the furtherance His Kingdom and glory to His Name!

Rev. H. Versteeg

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My only comfort in life and in death is that I am not my own ,
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In order to live and die in the joy of this comfort, we need to know:

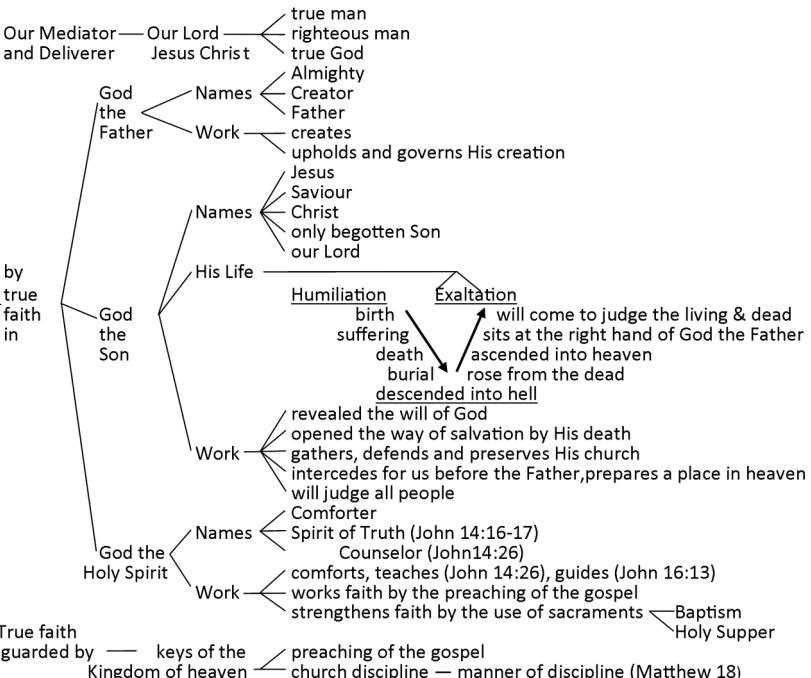
OVERVIEW

HEIDELBERG CATECHISM

I. OUR SIN AND MISERY



II. OUR DELIVERANCE



1 THE COMFORT OF THE CHRISTIAN

What is your only comfort in life and death?

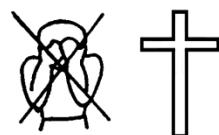
That I belong to Jesus Christ.

This makes my heart joyful.¹



Why do you want to belong to Jesus Christ?

Because Jesus Christ is my Saviour
who frees me from my misery and fear.
He gives me eternal life.²



What do you need to know in order to belong to Jesus Christ?

I need to know:

1. how great my sins and misery are,³
2. how I am to be delivered
from my sins and misery,⁴
3. how I am to be thankful to God
for this deliverance.⁵



¹ Galatians 2:20; 1 Corinthians 3:23; 2 Corinthians 1:3, 4; Romans 14:7-8

² John 8:36

³ Romans 3:9,10

⁴ Hebrew 2:14-15;

⁵ Ephesians 5:8-10; 1 Peter 2:9,10

2 THE FIRST PART – OUR SIN AND MISERY

From where do you know your sins and misery?

From the Law of God.¹

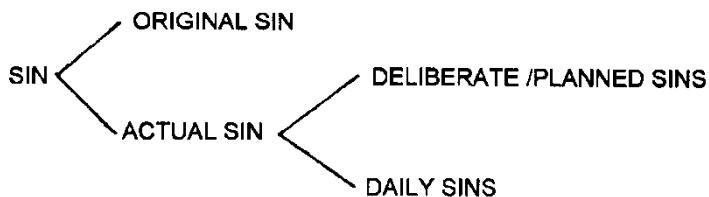


What is sin?

Sin is not obeying the Law of God.²

Who was the first to sin?

Adam and Eve in the garden of Eden.³



¹ Romans 3:20

² Psalm 51:4; Romans 8:7-8; 1 John 3:4

³ Romans 5:12; Genesis 3:1-13

3 ORIGINAL SIN

Does the sin of Adam and Eve affect us?

Yes, because Adam and Eve sinned,
all children, including us, are born in sin.¹



Does that mean that babies are also sinners
even though they themselves have not yet sinned?

Yes, babies are also sinners, even though
they themselves have not yet sinned.²



What is the name of that sin?

Original sin.

What other kind of sin is there?

Sin that we ourselves do every day.³

What is the name of that sin?

Actual sin.

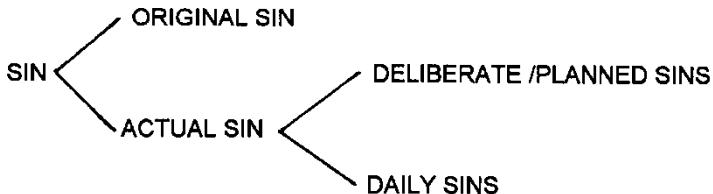


¹ Genesis 3:14-24; Job 14:4; Romans 5:12

² Psalm 51:5; Romans 5:14

³ Galatians 5:18-21; Ephesians 2:3

4 ACTUAL SIN



Are actual sins only the sins that we deliberately do?

No, there are also unintentional sins.¹



Why do we sin daily?

We cannot do any good and always do evil.²

Did God not create man good?

Yes, God created man good and in His image.

But, because of our original sin,

we are no longer able to do what is good

as perfectly as God wants us to do.³

Because we sin daily, what must we do daily?

Every day we must pray to God
to ask for forgiveness of our sins.⁴



¹ Galatians 5:17; Leviticus 4:27

² Romans 7:15-19; James 1:13-15

³ Genesis 1:31

⁴ Psalm 51; 1 John 1:8-9; Psalm 32:5-6

5 PUNISHMENT FOR SIN

Is God pleased with our sins and that we can no longer do any good?

No, God is terribly angry and will punish
our sins with a heavy punishment.¹

How does God punish our sins?

1. Fear and much trouble on this earth.
2. Death at the end of our lives.
3. Everlasting hell.²



1.



2.



3.

Which punishment is the heaviest?

Everlasting hell because it is forever.³

Is God not merciful?

God is merciful, but He is also just.

He warned man that there would
be a punishment for disobedience.

Therefore, He must do what He says.⁴

¹ Psalm 5:4,6; Galatians 3:10

² Romans 1:18; Hebrews 9:27

³ Matthew 10:28; Matthew 25:41,46a; Mark 9:47

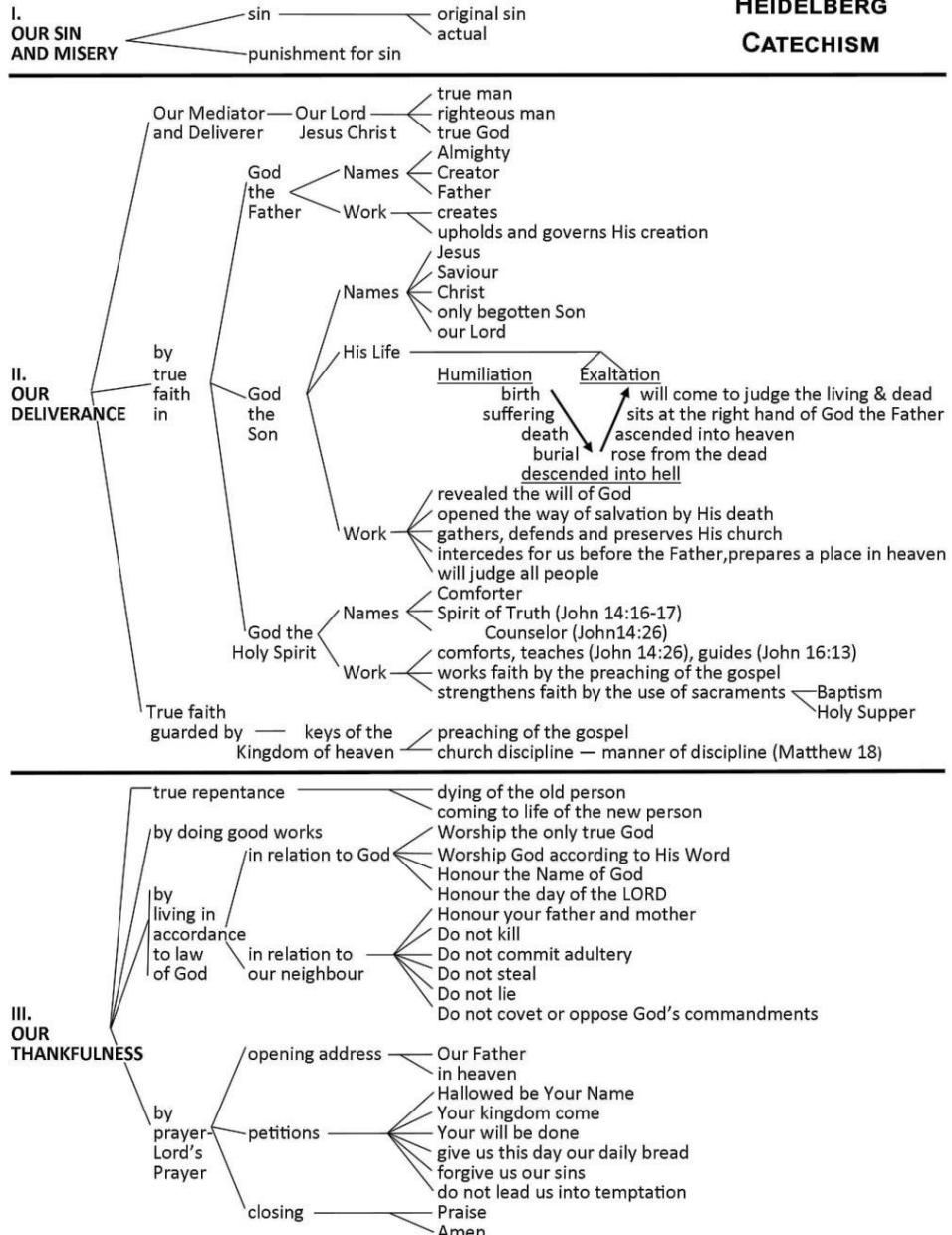
⁴ Exodus 34:6-7; Deuteronomy 7:9-11

My only comfort in life and in death is that I am not my own,
but belong with body and soul, both in this life and in death,
to my faithful Saviour Jesus Christ.

In order to live and die in the joy of this comfort, we need to know:

OVERVIEW

HEIDELBERG CATECHISM



THE SECOND PART – OUR DELIVERANCE

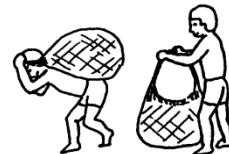
6. PAYMENT FOR SINS

What does God demand as payment for our sins?

Man must pay for the sins of man.¹

Can we pay for the sins of man?

We cannot pay for the sins of man.²



Why not?

Because of our daily sins

we only add to our debt with God.³



If we cannot pay our debt, who can pay?

The Lord Jesus Christ, our Saviour.⁴



¹ Ezekiel 18:4; Romans 5:12,15

² Psalm 49:7-9; Romans 2:10-12; Psalm 130:3

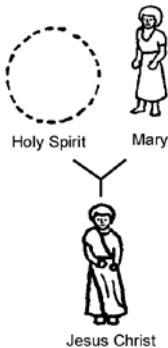
³ Romans 2:5-6

⁴ 1 Corinthians 1:30; 1 Timothy 2:5

7 THE LORD JESUS PAYS FOR OUR SINS

How is it that the Lord Jesus can pay for the sins of man?

Because the Lord Jesus is
a man who has no sin.
He is a righteous man.¹



Why does the Lord Jesus not sin?

Because the Lord Jesus is the Son of God.²

Why must our Savior be true God?

Because no man can bear
the terrible anger of God against sin.³

How do we know that the Lord Jesus is true God?

Because His mother Mary
conceived through the Holy Spirit.⁴

Is the Lord Jesus a true man?

Yes, the Lord Jesus is also a true man.



How do we know that the Lord Jesus is also a true man?

The Lord Jesus was born from his mother
Mary, just as we are, flesh from flesh.⁵

¹ Hebrews 7:26-27; 1 Peter 3:18

² Luke 1:35; 2 Corinthians 5:21

³ Nahum 1:6

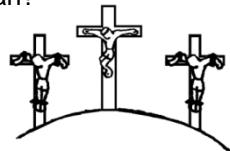
⁴ Matthew 1:20

⁵ Romans 1:3; Matthew 1:1; Philippians 2:6-8

8 OUR DELIVERANCE FROM SIN

How did our Lord Jesus Christ pay for the sins of man?

He took the death penalty upon Himself.¹



From what does this payment free us?

From the punishment of sin, from God's anger.²



Do all men receive deliverance from Christ,
just as all men receive the punishment of sin because of Adam's sin?

No, only those who truly believe in Christ.³

What is salvation?

1. Forgiveness of sin

(deliverance from the punishment of sin)⁴

2. Life everlasting⁵

From where do we know this?

From the Holy Gospel. Already in Paradise,

God promised that He would send a Saviour.⁶



¹ *Isaiah 53:5; Hebrews 2:14-15; Galatians 3:13*

² *Colossians 1:13; 1 Peter 2:24*

³ *John 1:12; John 3:36*

⁴ *Acts 10:43*

⁵ *Philippians 3:20,21; Hebrews 12:22*

⁶ *Genesis 3:15; Isaiah 53*

9 TRUE FAITH

How do we receive the salvation
that Christ has already prepared for those who believe?

By true faith.¹



What is true faith?

True faith is:

1. a sure knowledge of the Word of God²
2. a firm belief that God's promises are for me also.³

What does God promise to those who believe?

Forgiveness of sin and life everlasting.⁴



From where does true faith come?

True faith is a gift of God.⁵

Who works this faith in our hearts?

The Holy Spirit works this faith
in our hearts by the gospel.⁶

¹ John 1:12

² Hebrews 11:1-3

³ Galatians 2:20

⁴ John 3:16

⁵ Ephesians 2:8-10; Romans 6:23

⁶ John 3:5; Titus 3:6; Romans 10:14,17

10 THE CONTENT OF TRUE FAITH

What is it that we must know and believe so that we may be saved?

All that is promised to us in the gospel.

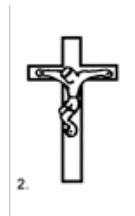
This is summarized in the Confession of Faith of all true Christians.
(Apostles' Creed)¹



How is the Confession of Faith divided?

Into three parts:

1. about God the Father who created us.
2. about God the Son who saved us.
3. about God the Holy Spirit who renews us.



Does that mean there are three Gods?

No, there is only one true and eternal God who exists in three persons.²

¹ John 20:30-31

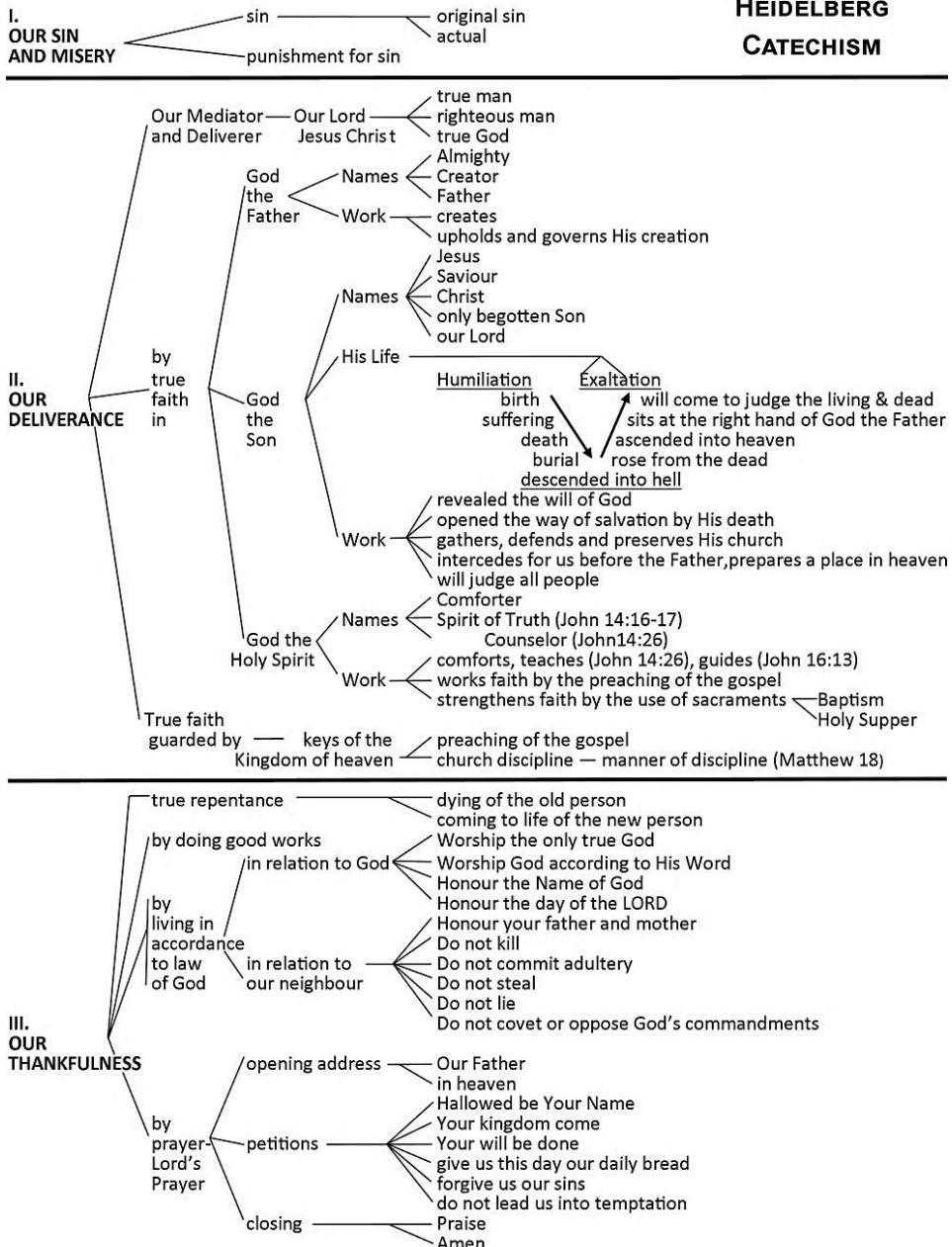
² Deuteronomy 6:4; Matthew 28:19-20; 1 Peter 1:2

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OVERVIEW

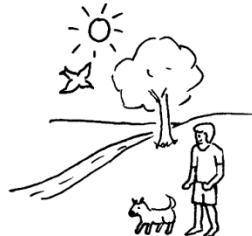
HEIDELBERG CATECHISM



11A THE NAMES OF GOD THE FATHER

List a number of names of God the Father.

1. Almighty¹
2. Creator of heaven and earth²
3. Father³



What does it mean that *God is Almighty*?⁴

That God governs all things and is all powerful.⁴

Does God also govern the deeds of the devil?

Yes, God also rules over the deeds of the devil.⁵

Does God know when we are in trouble?

Yes, God knows everything
that happens in our lives.⁶

¹ Genesis 17:1; Isaiah 47:4

² Genesis 14:19; Psalm 124:8

³ Deuteronomy 32:6; John 20:17

⁴ Psalm 104 – read the whole psalm (24)

⁵ Job 1:12; Act 10:38; Luke 8:32

⁶ John 2:25; Romans 8:28; Psalm 121:5

11B

Why does God sometimes allow trouble in our lives?

God tests our hearts with trouble
so that we depend on Him and
praise Him for His help.¹

What must we do when we have times
of trouble or sorrow?

We must pray and be patient
in times of trouble.²



What does it mean that God is the Creator
of heaven and earth?

That God has created the heaven and earth
and everything in it.³



What does it mean that God is our Father?

That God takes care of us
just as our father and mother do.⁴



¹ Romans 8:28; James 1:2-3

² Psalm 55:22, 121:2, 37:5

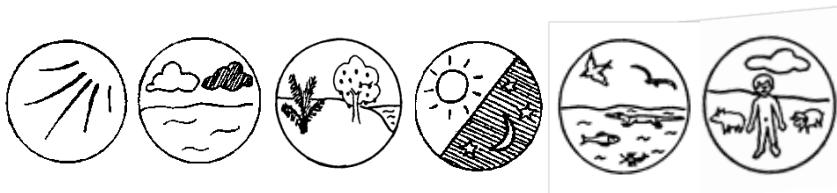
³ Psalm 33:6; Isaiah 44:24

⁴ Jeremiah 3:19; Galatians 4:4-7

12 THE WORK OF GOD THE FATHER

What work has God the Father done?

*God the Father created
the heaven and the earth.¹*



Does God the Father still work?

Yes, God the Father still works.²

What does God the Father do now?

God the Father takes care
of the whole creation.³



¹ Genesis 1:1 (*Genesis chapter 1 and 2*), Hebrews 11:3

² John 5:17

³ Psalm 104:27-30, 121:4-8; Matthew 10:29

13A THE NAMES OF GOD THE SON

List a number of names of God the Son.

1. Lord
- 2 Jesus
3. Christ
4. Saviour
5. Only-begotten Son¹

What does the name Lord mean?

Lord means head or master.²



What does it mean that God the Son is our Lord?

The Son of God is my head.

I belong to Him because He paid for me.³



¹ *Acts 10:36; Luke 1:31; Matthew 16:16; Luke 1:47; Hebrews 1:5; John 20:31*

² *Isaiah 26:13; Colossians 2:10; Ephesians 1:22; John 13:14*

³ *1 Corinthians 6:20; Colossians 1:13,14; Ephesians 5:22-33*

⁴ *Matthew 1:21*

13B

what does the name Jesus mean?

Jesus means Saviour.¹



What does the name Saviour mean?

Saviour means that He is the only one
who is able to deliver us from all our sins.²



¹ Matthew 1:21

² 1 Timothy 2:5; Acts 4:12; Titus 3:5-6; Hebrews 7:24-25

13C

What does the name Christ mean?

Christ means Anointed.

God the Father ordained God the Son
to be our chief Prophet,
only High Priest and eternal King.
He anointed Him with the Holy Spirit.¹

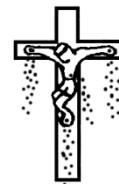


What does it mean that Christ is our chief Prophet?

Christ tells us about
the will of the Father to save us.²

What does it mean that Christ is our only High Priest?

Christ sacrificed His body to save us.
He continues to defend us before the Father.³



What does it mean that Christ is our eternal King?

Christ governs us by His Word and Spirit.⁴



¹ Luke 3:21,22; Luke 4:18,19 (Isaiah 61:1,2)

² Acts 3:22 (Deuteronomy 18:15)

³ Hebrews 9:11,12

⁴ Luke 1:32,33; Matthew 28:18-20

13D

What does the name *only-begotten Son* mean?

The only-begotten Son means that God the Father has only one eternal, natural Son.¹

Are we also children of God?

Yes, we are also children of God.²



How is Christ the Son of God different from us who are also called children of God?

Christ is the natural Son of God.

We are adopted children.³



How do we become adopted children?

Christ has bought us with His blood.⁴

Before we became children of God, whose children were we?

We were children of the devil because of sin.⁵



What are children of God called?

Christians.⁶

¹ John 1:1-3, 12-18

² Romans 8:14, 16

³ John 1:12

⁴ Galatians 3:26-4:7

⁵ 1 John 3:1-10

⁶ 1 Peter 2:9-12; Acts 11:2

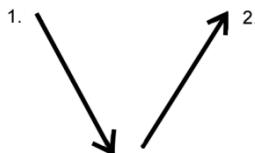
14 THE LIFE OF JESUS, THE SON OF GOD

How many parts are there in the life of Jesus?

There are two parts in the life of Jesus.

What are these two parts?

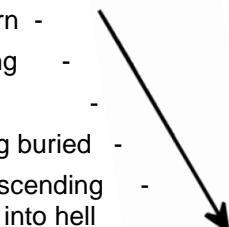
1. Humiliation¹
2. Exaltation²



How was the Son of God humiliated?

The Son of God was humiliated by:

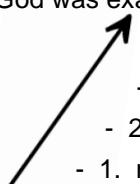
1. being born -
2. suffering -
3. dying -
4. being buried -
5. descending into hell -



How was the Son of God exalted?

The Son of God was exalted by:

- 4. returning as the Great Judge
- 3. sitting at the right hand of God the Father
- 2. ascending into heaven
- 1. rising from the dead



¹ *Philippians 2:6-8; Jon 10:8; Hebrews 5:8*

² *Philippians 2:9-11; Acts 2:32-33, 36*

15 BIRTH OF JESUS, THE SON OF GOD

Humiliation of Jesus

birth -
suffering -
death -
burial -

descended into hell

Exaltation of Jesus

- returns as the Great Judge
- sits at the right hand of God the Father
- ascended into heaven
- rose from the dead

What is humiliating about the *birth* of Jesus?

It is humiliating that the
Son of God was born as a man.¹



Why did the Son of God become man?

The Son of God became man
because God the Father demanded that
man must pay for the sins of man.²

¹ Luke 2:11-12 (1-20); Philippians 2:7; Hebrews 2:14-17

² 2 Corinthians 5:21; Romans 8:3

16 THE SUFFERING OF JESUS, THE SON OF GOD

When did the Lord Jesus suffer?

The Lord Jesus suffered while He lived on
this earth, but especially at the end of His life.¹

How did the Lord Jesus suffer while He lived on this earth?

The Lord Jesus suffered
when people rejected Him.²



How did the Lord Jesus suffer at the end of His life?

Towards the end of His life the Lord Jesus suffered when:

1. Pontius Pilate condemned the

Lord Jesus as a sinner,³

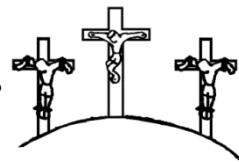


2. He suffered on the cross,⁴



3. He was rejected by

God the Father Himself.⁵



What is humiliating about *the suffering of Jesus*?

It is humiliating that Jesus received the
death penalty which we sinners deserve.⁶

¹ *Isaiah 53*

² *Luke 19:47,48*

³ *Luke 23:13-25*

⁴ *Philippians 2:8*

⁵ *Luke 22:42-44; Mark 15:34*

⁶ *Romans 6:23; Hebrews 2:18*

17A THE DEATH OF JESUS, THE SON OF GOD

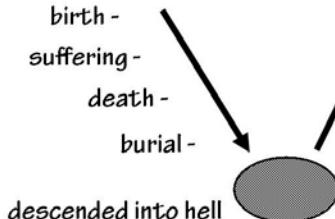
Humiliation of Jesus

birth -
suffering -
death -
burial -

descended into hell

Exaltation of Jesus

- returns as the Great Judge
- sits at the right hand of God the Father
- ascended into heaven
- rose from the dead



How did the Lord Jesus die?

The Lord Jesus died on the cross.¹



What is humiliating about *the death of Jesus*?

Death on the cross is cursed by God.²



Why did the Lord Jesus have to die this death?

The Lord Jesus had to die this death

so that He could remove the curse

that laid on us because of our sins.³

¹ Luke 23:33 (26-49)

² Matthew 27:45-46; Galatians 3:13

³ Genesis 2:17; Isaiah 53:4-6; 2 Corinthians 5:21; 1 Peter 2:24; Romans 8:3; Hebrews 2:9

17B

If Christ already died for us, why do we still have to die?

The death of Jesus is the payment for our sins.

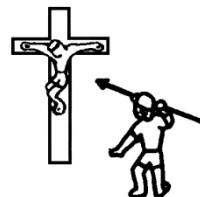
Our death is the end of this life and the
beginning of eternal life.¹

What other way must Christ's death affect us today?

We must do away with evil desires,
thoughts, words and actions.²

Did the Lord Jesus truly die or did He almost die
or only fall asleep?

The Lord Jesus truly died.



How do we know this for sure?

We know that the Lord Jesus surely died
because water and blood came from His body.³
(This means that His body
was already starting to decay)

¹ John 5:24; Philippians 1:21-23

² Romans 6:11-14

³ John 19:31-37

18 THE BURIAL OF JESUS, THE SON OF GOD

Humiliation of Jesus

birth -
suffering -
death -
burial -
descended into hell

Exaltation of Jesus

- returns as the Great Judge
- sits at the right hand of God the Father
- ascended into heaven
- rose from the dead



Why was the Lord Jesus buried?

The Lord Jesus was buried so
that it would prove that He truly died.¹



What is humiliating about *the burial of the Lord Jesus*?

It is humiliating that the Lord Jesus,
the Son of God, entered the grave just as
we who have sinned must enter the grave.²

¹ John 19:38-42; Acts 13:29; Matthew 27:59-60

² Isaiah 53:7-9; 1 Thessalonians 5:9-10

19 JESUS, THE SON OF GOD, DESCENDS INTO HELL

What does it mean that
the *Lord Jesus descended into hell?*

Descended into hell means that
the Lord Jesus experienced
the suffering of hell.¹

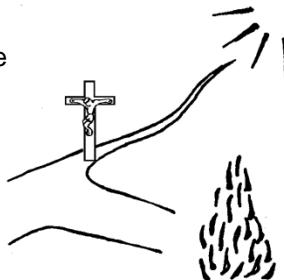
When did the Lord Jesus experience the suffering of hell?

When the Lord Jesus was rejected
by God the Father during
the three hours of darkness on the cross.²



What does it mean for us that our Lord Jesus
experienced the suffering of hell?

We do not need to suffer hell because
our Lord Jesus did that for us
when He died.³



Does God the Father still reject us because of our sins?

No, the Lord Jesus was rejected
so that we who believe would
not be rejected by God the Father.⁴



¹ *Isaiah 53: 10-12*

² *Mark 15:33-34*

³ *Hebrews 5:7-10*

⁴ *Romans 5:8,9*

20A THE RESURRECTION OF JESUS, THE SON OF GOD

Humiliation of Jesus

birth -
suffering -
death -
burial -

descended into hell

Exaltation of Jesus

- returns as the Great Judge
- sits at the right hand of God the Father
- ascended into heaven
- rose from the dead

When did the Lord Jesus rise from the grave?

The Lord Jesus rose on the third day.¹

Which day was that?

The Lord Jesus rose on
the first day of the week, Sunday.²



What did the Lord Jesus prove when
He rose from the grave?

By His resurrection from the grave,
the Lord Jesus won over
death and the devil.³

¹ Matthew 20:18-19; Acts 10:39,40

² Luke 24:1-6 (1-49)

³ Romans 4:24,25; 6:9; 2 Timothy 1:10

20B RESURRECTION OF THE BODY

What does the resurrection of Christ mean for us?

Just as Christ rose from the grave,
we also will rise from the grave.¹



What happens when we die?

Our spirit goes to be with Jesus Christ.
Our bodies are buried.²



When will we rise from the grave?

Our bodies will rise from the grave when
the Lord Jesus returns from heaven
and will be united with our spirit.³



Who will rise on that day?

All people will rise,
Christians as well as non-Christians.⁴

¹ Romans 6:5; John 6:39-40; 1 Corinthians 15:56-57

² Ecclesiastes 12:7; Luke 23:43; Revelation 14:13

³ 1 Thessalonians 4:13-18 (16)

⁴ Matthew 25:41-46; Daniel 12:2.; Acts 24:15; John 5:28-29

20C

Did the Lord Jesus rise from the grave only with His Spirit?

No, the Lord Jesus rose from the grave
with His body and Spirit.¹

How do we know that the Lord Jesus rose
with the same body?

We know that the Lord Jesus rose
with the same body because He Himself
showed the scars from the nails
that were put into His body.²

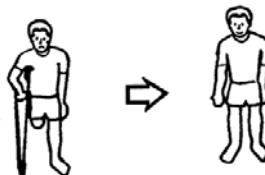


What does it mean for us that
the Lord Jesus rose with His body?

Just as the Lord Jesus rose with His body,
so also our bodies will rise.³

Will we rise with all our handicaps?

No, at that time the Lord Jesus
will make our imperfect bodies perfect.⁴



¹ Luke 24:38-39

² John 20:27-29

³ Romans 8:11; 1 Corinthians 15:53

⁴ 1 Corinthians 15:42-43; Philippians 3:20,21

21A EXALTATION OF JESUS, THE SON OF GOD

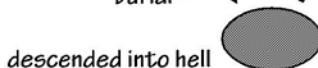
Humiliation of Jesus

birth -
suffering -
death -
burial -

descended into hell

Exaltation of Jesus

- returns as the Great Judge
- sits at the right hand of God the Father
- ascended into heaven
- rose from the dead



How did the *Lord Jesus ascend into heaven?*

The disciples saw the Lord Jesus
being lifted from earth to heaven.¹



Does that mean that the Lord Jesus is not
with us now?

As man, the Lord Jesus ascended into heaven,
but as God, the Lord Jesus is still with us.²

How is the Lord Jesus still with us?

The Lord Jesus is still with us in His Spirit.³

¹ Acts 1:9-11; Mark 16:19

² John 14:16-21

³ Romans 8:9-11; John 16:13

21B

Will the Lord Jesus stay in heaven forever?

No, at the end of this earth
the Lord Jesus will return.¹



What does the Lord Jesus do in heaven now?

The Lord Jesus is preparing
a place for us in heaven.²

How does the Lord Jesus do this?

The Lord Jesus tells God the Father
that He has paid for our sins.³



What is God the Father's response?

God the Father sees our sin no more and
receives us to live with Him in peace forever.⁴

¹ Matthew 24:30,31; 1 Thessalonians 4:16-17; Acts 1:11

² John 14:1-3

³ Romans 8:34; 1 John 2:1,2

⁴ 2 Corinthians 5:18,19

22 THE LORD JESUS, THE SON OF GOD, SITS AT THE RIGHT HAND OF GOD THE FATHER

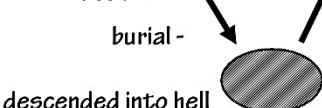
Humiliation of Jesus

birth -
suffering -
death -
burial -

descended into hell

Exaltation of Jesus

- returns as the Great Judge
- sits at the right hand of God the Father
- ascended into heaven
- rose from the dead



What does it mean that the Lord Jesus
sits at the right hand of God the Father?

When the Lord Jesus sits at the right hand
of God the Father, it means that
the Lord Jesus receives the Highest position.¹



What is this Highest position?

1. The Lord Jesus is King above all kings.²
2. The Lord Jesus is Head of His Church.³



Does that mean that God the Father does not
govern us anymore?

God the Father still governs us
but through Jesus Christ.⁴

¹ *Mark 16:19; Matthew 28:18; Eph 1:20-22; 1 Peter 3:21-22*

² *Revelation 17:14; 1 Corinthians 15:27-28*

³ *Colossians 1:17-18*

⁴ *John 5:21-22*

23A THE LORD JESUS, THE SON OF GOD, RETURNS AS JUDGE

When will the Lord Jesus return from heaven?

The Lord Jesus will return from heaven
at the end of this world.¹



Does anyone know the day the Lord Jesus will return?

No one knows the day.

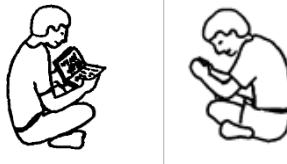
The angels and the Lord Jesus also do not know.

Only God the Father knows that day.²

What must we therefore do?

We must always be ready for
the return of Jesus Christ.

Every day we must prepare for that day.³



¹ Matthew 24:30-31; Revelation 1:7

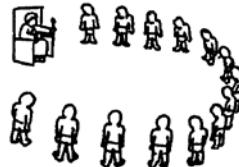
² Matthew 24:36 (36-51); Acts 7:7; Matthew 24:44

³ 2 Peter 3:10-14; Luke 21:34-36

23B

What will the Lord Jesus come back as?

The Lord Jesus will return as Judge.¹



Whom will the Lord Jesus judge?

He will judge all people who still live
and those who have already died.²

With what measure will the Lord Jesus judge all people?

The Lord Jesus will judge all people with the
Word of God and by their witness about Him.³



Will all Christians or all those who have been baptized enter the new earth?

No, only true Christians.⁴

Who is a true Christian or a true believer?

A true Christian is one who believes, obeys
and is faithful to the Word of God and
gives a good witness about our Lord Jesus.⁵



¹ Matthew 25:31-46

² Acts 10:42; 2 Thessalonians 1:8; Rev 20:12

³ Matthew 12:36-37; Matthew 16:27

⁴ John 3:18

⁵ Colossians 3:1-17; 1 John 5:3-4

23C

Where will those who do not believe
and do not live according to the Word of God
and do not give a good witness about the Lord Jesus go?

They will go to hell.¹



Where will those who believe
and live according to the Word of God
and give a good witness of the Lord Jesus go?

They will live on the new earth.



What happens in hell?

All people in hell will weep all the time
because their suffering will be so great.²



Will the fire in hell be put out?

That is not possible.

The fire of hell will burn forever.³

¹ 2 Thessalonians 1:8-9; Revelation 20:15
² Matthew 25:46; Daniel 12:1, 2; Matthew 13:41-43
³ Revelation 14:9-11

24 THE WORK OF THE SON OF GOD

What is the work of the Son of God?

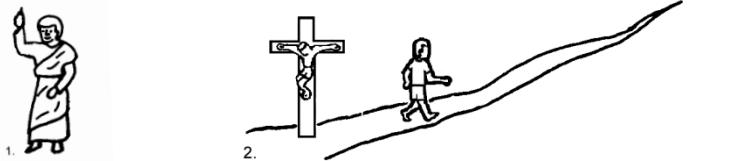
We can divide the work of the Son of God into three parts:

1. The time the Lord Jesus walked on this earth (past)
2. The time the Lord Jesus is in heaven (present)
3. The time the Lord Jesus returns from heaven (future)

What was the work of the Son of God when He walked on this earth?

The work of the Son of God when He walked on this earth was:

1. to make known the will of God¹
2. to open the way of salvation by His death.²



What does the Son of God do in heaven now?

Now the Lord Jesus:

1. gathers all believers into His Church³
2. prepares a place in heaven for all true believers.⁴



What will the Lord Jesus do when He returns from heaven?

When the Lord Jesus returns from heaven

He will judge all people.⁵



¹ Hebrews 1:1-3; 1 John 5:20

² John 3:16-17; John 17:1-5

³ John 10:27-30; Ephesians 4:11-13

⁴ John 14:1-3; Ephesians 1:13-14

⁵ Revelation 20:11-15; 2 Corinthians 5:10

25 PREPARING A PLACE IN HEAVEN

How will the Lord Jesus prepare a place for us?

The Lord Jesus prepares a place for us by defending us before God the Father.

He tells His Father for whose sins He died.¹



Is heaven only a temporary place?

No, heaven is forever.²

What happens in heaven?

There is perfect joy and happiness.

We will praise God forever.³



¹ 1 John 2:1,2; Romans 8:34

² John 17:3

³ Revelation 21:1-5 (21:1-22:6)

26A THE LORD JESUS GATHERS HIS CHURCH

List a number of characteristics of the Christian Church.

1. Holy¹
2. Catholic or universal
3. gathering of all true believers²
4. belonging to the LORD³



Who gathers all true believers?

The Lord Jesus Christ gathers His Church.⁴

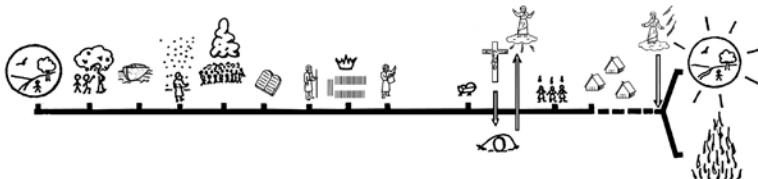
From where does the Lord Jesus gather all the true believers?

He gathers them from every nation
of the world.⁵



When will the Lord Jesus gather all true believers?

The Lord Jesus gathers true believers
from the beginning of the earth to
the end of the earth.⁶



¹ Ephesians 1:4

² Acts 2:42-47

³ 1 Peter 2:9,10; Matthew 16:18

⁴ John 10:11,27-29

⁵ Acts 10:34,35; Rev5:9

⁶ Ephesians 1:11-13

26B

How is the Lord Jesus gathering His Church together?

The Lord Jesus tells men to preach His Good News.¹

The Holy Spirit then moves people to hear
His Word and works faith in their hearts.²



If the Holy Spirit does not work in a person's heart,
can he/she understand the Word of God?

It is not possible.

We need the Holy Spirit to help us
to understand the Word of God.³

So then, what must we do?

We must pray that the Father would
give us His Holy Spirit in our hearts
to help us understand the Word of God.⁴



¹ *Mark 16:15*

² *Acts 16:14*

³ *John 16:13-15*

⁴ *Ephesians 1:17-18*

26C COMMUNION OF SAINTS

With whom do all members of the Church have fellowship?

They share the same faith in Jesus Christ.

They have fellowship with one another.¹



How can this be?

There is only one head of the Church,
Jesus Christ.

His Holy Spirit unites us together to be
one people under Christ by His Word.



How can we see this fellowship of believers?

We love our brothers and sisters in the faith
so much that we help and care about them
and how they live.²



This is a part of living
in the communion of saints.

¹ Ephesians 2:13, 18-22

² 1 Cor 1:4-9; 1 Cor 12:4-7, 12, 13; Roms 12:4-8

26D ONE HOLY CHRISTIAN CHURCH

If there is only one holy, Catholic, Christian Church,
why are there so many churches on this earth?

There are many churches on this earth
because the devil also works deception and discord.
Therefore, there are many false churches.¹



What is a true Church?

A true Church is one that:

1. teaches the whole Bible, the Word of God,²



2. uses the sacraments according to the Word of God,³



3. admonishes or disciplines according to the
Word of God when there are wrong doings/sins.⁴



3.

What must all Christians do?

We must all come together in a true Church.

We may not remain in a church that is false.

¹ 2 Cor 11:3-4, 13-14; 1 John 4:1; Galatians 1:6-8

² 2 Timothy 4:2; Luke 24:27; Romans 15:4

³ Acts 2:38-39; 1 Corinthians 11:23-26

⁴ Matthew 18:15-18

27A FORGIVENESS OF SINS

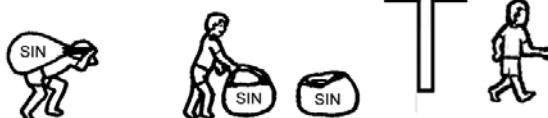
What does “*forgiveness of sins*” mean?

Forgiveness of sins means that
God the Father does not
remember our sins.¹



Why?

Our sins are washed away in Christ's blood.²



Will God the Father possibly remember our sins in the future?

No, when God forgives sin, it means that
God the Father forgets our sins and will not
remember them anymore.³



Will God the Father forgive all people?

No, God the Father will forgive only those
who believe and ask for forgiveness of their
sins in prayer.⁴

So what must we do daily?

We must daily ask for forgiveness
of our sins because we sin daily.



¹ Psalm 103:3-4,10

² 2 Corinthians 5:18-19

³ Micah 7:18-19, Psalm 103:12. Jeremiah 31:34

⁴ 1 John 1:9; Psalm 32:5-6;

27B LIFE EVERLASTING

What does it mean when you say that God will give you *life everlasting*?

That this new life that God has given me will
continue even after I die.¹

And by the power of Christ, my body will arise from the dead
Again and be reunited with my soul.²

I will remain with Christ and all His children forever.³

When does this new everlasting life begin?

The moment you truly believe in Jesus Christ
with a sincere heart.⁴

What is evidence of a sincere heart of belief?

One who is prepared to sacrifice for Christ
and live a life of obedience to God the Father.⁵

What will the everlasting life in eternity be like once we die?

It will be a happiness and joy beyond what
we can ever imagine or ever have
experienced on this earth.⁶



¹ Luke 23:42-43

² Philippians 3:20-21

³ John 17:24

⁴ John 5:24

⁵ Philippians 3:8; Rev 12:17; 20:4

⁶ Philippians 1:21-23; 1 Corinthians 2:9

28A RIGHTEOUS BY FAITH

What does it help you to believe all of that you have learned?

By believing all that I have learned I stand
righteous before God in Jesus Christ.¹

How can you be righteous before God?

Only if I am free from my sin and guilt.²



Since we have all fallen into sin, how then are we able to be righteous before God?

God declares that we are not guilty before
Him because Christ has washed us and
taken away all our sin.³



What must we therefore do?

We must accept this gift of righteousness
by faith only, that is, with a believing heart.⁴

Why did God make us righteousness before Him again?

It is a gift from God that we do not deserve.
God gives this gift out of grace alone.⁵

¹ Romans 1:16,17; John 1:12-13

² Psalm 15:1-2

³ Romans 5:8-9

⁴ Romans 10:6a,8-10; Ephesians 1:7-8

⁵ Ephesians 2:8-9

28B

Can our good works help us to be righteous?

No. Even our best works are stained by sin.¹



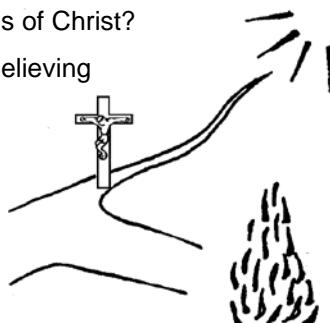
Can our good works save us?

No. Only the righteousness of Christ,
which He obtained by His obedience
and death on the cross, saves us.

Salvation is a gift of God.²

How do you receive this righteousness of Christ?

Only by a true faith, that is by believing
that Christ died for me too.³



Does that mean it does not matter if we do good works?

No. If we truly believe and have a true faith,
we will do good works that show
that we are thankful to God
for this gift of salvation.⁴

¹ *Isaiah 64:6; Romans 7:21-23; James 2:10*

² *Ephesians 2:8,9; Titus 3:4-7*

³ *Romans 10:6a,8-10*

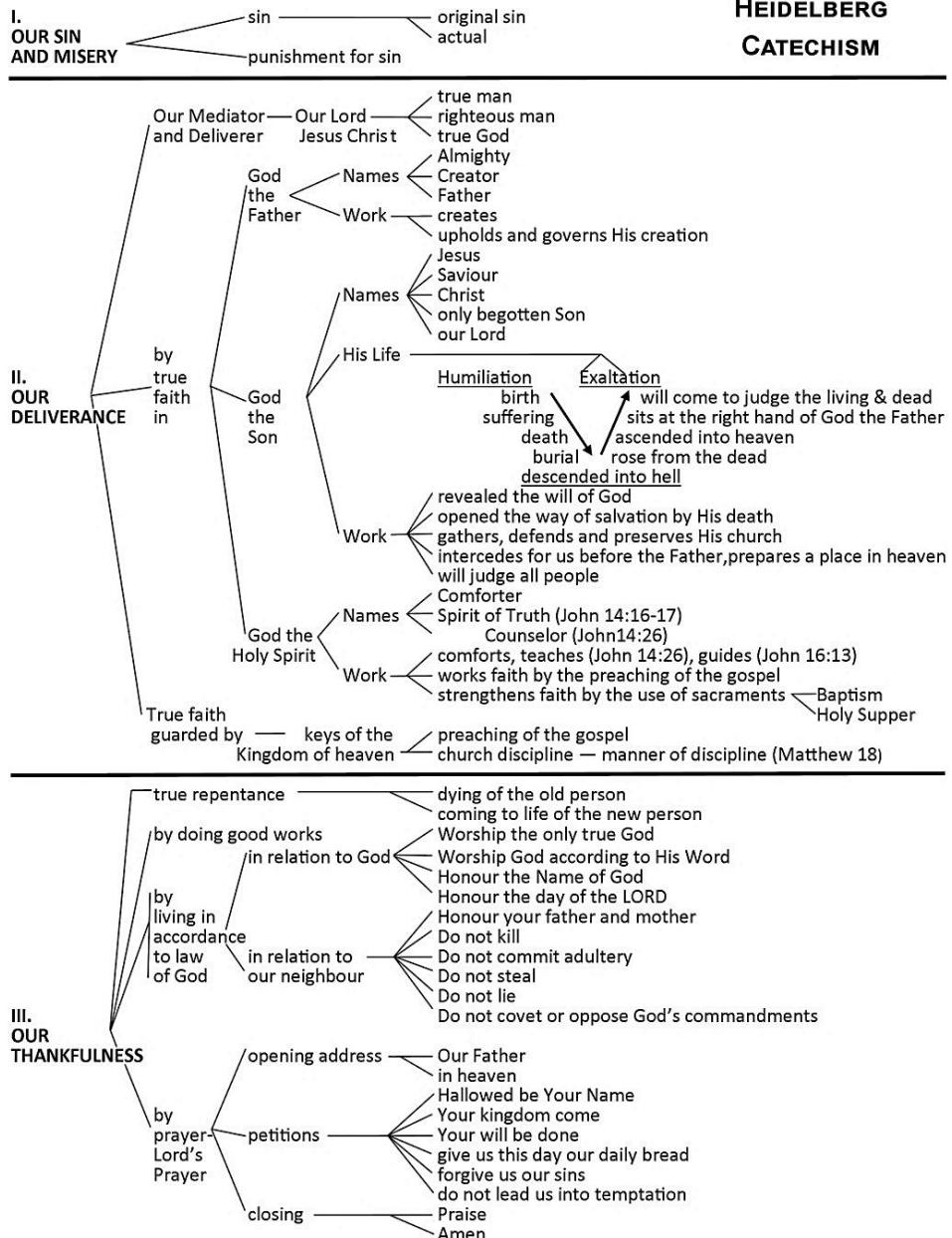
⁴ *Ephesians 2:10; Colossians 1:9-14; Luke 6:43-45; Rom 12:1-2; John 15:8*

My only comfort in life and in death is that I am not my own,
but belong with body and soul, both in this life and in death,
to my faithful Saviour Jesus Christ.

In order to live and die in the joy of this comfort, we need to know:

OVERVIEW

HEIDELBERG CATECHISM



29A THE HOLY SPIRIT

Who is the Holy Spirit?

The Holy Spirit is one true God
with the Father and the Son.

List a number of names of the Holy Spirit.

1. Comforter/ Counselor
2. Spirit of Truth



Why is the Holy Spirit called the Comforter?

The Holy Spirit is called the Comforter
because He comforts those in need.¹



Does the Holy Spirit comfort all people?

No, the Holy Spirit only comforts
those who seek comfort from God alone.²

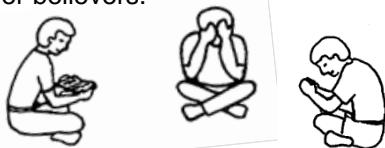
How does the Holy Spirit comfort believers?

The Holy Spirit comforts believers by
reminding them to go back to
the Word of God.³



Who does the Holy Spirit use to give comfort to believers?

The Holy Spirit can use brothers and
sisters in the Lord to comfort other believers.⁴



¹ Matthew 28:19; Acts 9:31

² John 14:23-27

³ Romans 8:15-17

⁴ 2 Corinthians 1:3-7

29B

Why is the Holy Spirit called the Spirit of Truth?

The Holy Spirit is called the Spirit of Truth
because He shows us what is truth.¹

Do we ourselves know what is truth?

No, because of sin, it is not clear to us
what is truth and what is not truth.²

How does the Holy Spirit show us what is truth?

The Holy Spirit shows us
what is truth by helping us
to understand the Word of God.³



Because of this, by which name can we also call the Holy Spirit?

Spirit of Understanding.⁴

Why is the Holy Spirit called the Counselor?

The Holy Spirit is called the Counselor
because He promises that He teaches,
leads and guides all true believers.⁵

¹ John 15:26; John 16:13-15

² Proverbs 3:5-7

³ Ezekiel 36:26-27

⁴ Isaiah 11:2,3

⁵ John 14:15-1

30A FAITH

From where does this true faith come?

The Holy Spirit works and strengthens this true faith in our hearts.

How does the Holy Spirit work this true faith in our hearts?

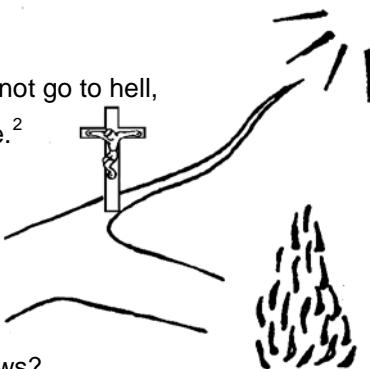
The Holy Spirit does this by enabling us to understand the Gospel of Jesus Christ.¹



What is the Gospel of Jesus Christ?

This is the Gospel of Jesus Christ:
God the Father has sent His only Son
to die for our sins

Whoever believes in Him will not go to hell,
but will receive everlasting life.²



Will all people share in this good news?

No, only those in whose heart the Holy Spirit has worked faith are able to understand and receive the Gospel of Jesus Christ.³

¹ 1 Corinthians 2:9-14; Ephesians 2:8

² John 3:16

³ John 3:5-8; 1 Corinthians 2:10-14

30B

Can the Holy Spirit work faith in the heart of a person who does not listen to the Word of God?

It is not possible. If we do not
listen well to the Word of God,
the Holy Spirit also cannot work.¹



So what must we do?

We must listen well to the Word of God
so that the Holy Spirit can help us
to understand the Word of God.²



How does the Holy Spirit strengthen our faith?

The Holy Spirit strengthens our faith
by the use of the sacraments.³



How does the Holy Spirit strengthen our faith
by the use of the sacraments?

The sacraments remind us each time
of the sacrifice of Jesus Christ.⁴



¹ Acts 7:51; Isaiah 63:10;

² Matthew 13:15-16; Luke 24:44-45

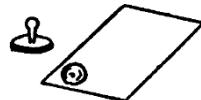
³ Matthew 28:19,20

⁴ 1 Korin 11:26

31 THE SACRAMENTS

What is a sacrament?

A sacrament is a sign and seal from God.



What does God show with the sign and seal of the sacraments?

With the sign and seal of the sacraments,
God shows the promises of the Gospel,
which are the forgiveness of sins
and life everlasting.¹



How many sacraments did the Lord Jesus give us?

The Lord Jesus gave two sacraments:

Holy Baptism and Holy Supper.²



¹ Genesis 17:11,12; Deuteronomy 16:1; Romans 4:11; Romans 6:3,4

² Mathew 28:19; 1 Corinthians 11:23-26

32A THE SIGN AND MEANING OF HOLY BAPTISM

What is the sign in Holy Baptism?

The washing with water.

For what do we use water?

We use water to wash our bodies.



Does the water of baptism wash away our sins?

No, the water of baptism does not
wash away our sins.

The water of baptism is only a sign.

Of what is the water of baptism a sign?

The water of baptism is a sign that
only the blood of Jesus Christ
can wash away our sins.¹

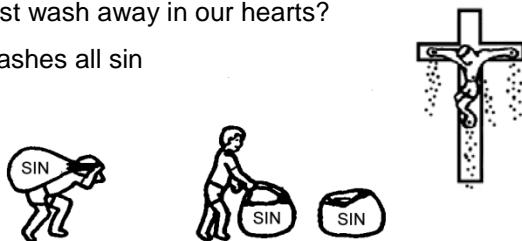


¹ 1 Peter 3:21; Mark 16:15-16; Acts 2:38-39; 1 John 1:7

32B

What does the blood of Christ wash away in our hearts?

The blood of Christ washes all sin
from our hearts.¹



What does that mean?

It means that Christ forgives all our sins
and gives us life everlasting.²



Does God truly wash us with the blood of Christ?

Just as water washes the dirt from our
bodies, so God washes us with the blood of Christ.³

How does the Spirit of Jesus work in our hearts?

The Holy Spirit helps us to leave sinful ways
and to follow the teaching of Christ with joy.⁴

¹ Revelation 1:5, 1 John 1:9

² Ephesians 1:7

³ 1 Corinthians 6:11

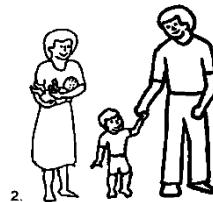
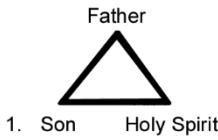
⁴ John 14:26

33A BAPTISM IS BASED ON THE COVENANT OF GOD

How many parties are there in the covenant of God?

Two parties:

1. God the Father, Son and Holy Spirit
2. those who believe along with their children¹



Therefore, in how many names is baptism done?

In three names: Father, Son and Holy Spirit.²

How many parts are there in the covenant with God?

- Two parts:
1. promise³
 2. demand⁴

¹ Genesis 17:7; Jeremiah 31:33

² Matthew 28:19

³ 1 Peter 2:9-10; Jeremiah 32:38-40

⁴ Genesis 17:7-9; 2 Corinthians 6:16b-7:1

33B

What does God the Father promise in baptism?

God the Father promises
that He will be our Father
and that He will take good care of us.¹



What does God the Son promise in baptism?

God the Son promises
to wash us from all our sins
and unites us with Him as one body.²



What does God the Holy Spirit promise in baptism?

God the Holy Spirit promises
to live in our hearts and
makes us living members of His Church.³

¹ Hebrews 8:10; Romans 8:28

² 1 Corinthians 12:12; Romans 6:4-5

³ Titus 3:4-8; Hebrews 9:14; 2 Thess 2:13b

33C

What does God demand from us?

God demands that we be OBEDIENT
to His Word.¹

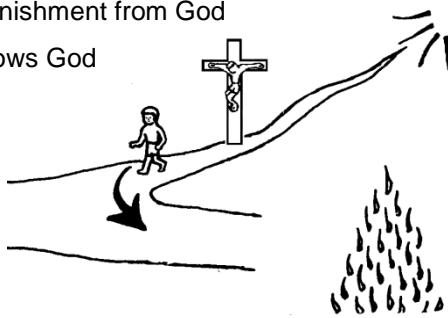


If a person does not obey God, are God's promises still there for him/her?

No, if a person is not obedient and faithful,
the promises of God
also are not for him/ her.²

Does that make the baptism meaningless?

No, but a person who has been baptized
will receive a heavier punishment from God
because that person knows God
but rejects Him.³



¹ Genesis 17:9; 2 Corinthians 6:16b-7:1

² 2 Thessalonians 1:8-10

³ Luke 12:47-48

34A WHO MAY BE BAPTIZED

Who may be baptized?

Those who profess their faith in God,
as well as their children.¹



When may adults be baptized?

Adults who have not been baptized as
children may be baptized when they
are ready to profess their faith in God
and are truly free from heathen beliefs.²



What does it mean to profess your faith in God?

To profess your faith in God means
to believe that the Lord Jesus Christ
is your only Lord and Savior.³



What does an adult become when he/she is baptized?

By professing his/her faith and being baptized,
an adult becomes a member
of Christ's Church.⁴



¹ Acts 2:39; Matthew 19:14; Acts 16:15,29-31

² Romans 12:1-2; Colossians 3:5

³ Romans 10:9-10

⁴ John 1:12; Galatians 3:26-27; Acts 8:35-38

34B

With whom did God make His covenant in the Old Testament?

God made His covenant with Abraham
and his children.

What was the sign of the covenant in the Old Testament?

Circumcised of all males was the sign
of the covenant in the Old Testament.¹

With whom does God makes His covenant today?

God makes His covenant with all believers
and their children.²

What was the sign of the covenant in the New Testament?

Holy Baptism is the sign of the covenant
in the New Testament.³



¹ Genesis 17:10-12

² Acts 2:38-39

³ Matthew 28:19

34C

Therefore, does Holy Baptism replace circumcision?

Yes, circumcision of the Old Testament is replaced by baptism in the New Testament.¹



Can a person be baptised for a second time?

A person can only be baptised once.²



Why is that?

Because baptism is a sign and seal
of the covenant of God
and this covenant is an everlasting covenant.³

Why does God say children of believers also must be baptized?

Because Christ already promised
forgiveness of sins and life everlasting to us
and to our children.⁴

¹ *Colossians 2:11-12*

² *Romans 6:4*

³ *Genesis 17:7,19, Hebrews 9:15*

⁴ *Acts 2:39*

34D

Do children have to understand the word of God before they may be baptized?

No, God receives children of believers even though they themselves do not yet understand.¹



Why?

Because they also receive God's curse even though they themselves do not yet understand.²

When a child of a believer dies before he/she is baptized, will this child be saved?

Yes, a child of a believer who dies before he/she is baptized will still receive forgiveness of sins and life everlasting.³

Why is this child still saved?

Baptism does not save.
Only God can give salvation.
God saves such a child of a believing parent based on His covenant promises to believers and their children.⁴

¹ Genesis 17:7; Isaiah 59:21; Matthew 19:13-15

² Genesis 3:14-19; Psalm 51:5

³ Psalm 22:10

⁴ 1 Corinthians 7:14; Acts 2:39; Genesis 17:10-11

35A THE RESPONSIBILITY OF CHRISTIAN PARENTS

When do Christian parents bring their child for baptism?

God wants this child to receive the sign
of the covenant as soon as possible.
Our children are also God's children.¹



What do parents promise when their child is baptized?

Parents promise that they themselves
will teach their child in the Christian faith.²



Who is responsible to teach this child in the Christian faith?

The first responsibility lies with the Christian parents.
They may seek help from the officebearers
and Christian teachers or evangelists.³



¹ Psalm 22:10; Mark 10:14-16; Acts 2:38-39

² Deuteronomy 4:9-10; Deuteronomy 6:4-7

³ Ephesians 6:4; Colossians 3:15-17

35B

How can Christian parents teach their child in the Christian faith?

1. As soon as the child can understand,
daily speak about and tell the stories of
the Bible and teach the child to pray.¹



2. When the child enters school also speak
daily about the Bible stories and Christian
teachings taught at school.²



3. Speak with the child about the sermons
heard in church after every service.³



4. Show by your own daily walk and talk
that you love the LORD.⁴

5. Encourage the child to profess his/her
faith and live a life of true repentance.⁵

¹ Deuteronomy 6:6-9

² Psalm 78:1-7

³ 2 Timothy 3:14-17

⁴ Matthew 5:14-16; Ephesians 5:1-2

⁵ 1 Timothy 6:11-14

36 THE SIGN AND MEANING OF HOLY SUPPER

What elements are used in the Holy Supper?

Bread and wine.



What do we remember when we see the bread being broken?

We remember that the body of Jesus Christ
was broken for our sins.¹



What do we remember when we see the wine being poured?

We remember that the blood of Jesus Christ
was poured out for our sins.²



Do the bread and wine become the body and blood
of Jesus Christ in the Holy Supper?

No, the bread and wine are only signs.

With these signs the LORD explains
the death of Jesus Christ.³

How sure can we be that the Lord Jesus Christ
forgives our sins with His body and blood?

Just as surely as we eat the bread
and drink the wine,
so sure is it that Christ forgives us our sins
with His body and blood.⁴

¹ Luke 22:19

² Mark 14:24; John 6:51

³ 1 Corinthians 11:23-26

⁴ 1 Corinthians 10:16-17

37 WHO MAY PARTICIPATE IN HOLY SUPPER

May all Christians participate in Holy Supper?

No, only those Christians
who are sorry for their sins
and obey the Word of God
may participate in Holy Supper.¹



Who then may not participate?

Those who have fallen into sin and
do not want to repent may not participate.²



May children participate in Holy Supper?

They may not.

Why may children not participate in Holy Supper?

Children may not participate because
they do not yet have sufficient knowledge
of what God has done for them in Christ.³

¹ 1 Corinthians 11:26-29

² 1 Corinthians 6:9,10; Psalm 50:16-17

³ 1 Corinthians 11:28-29

38 PREPARATION FOR HOLY SUPPER

What must we do each time before we participate in Holy Supper?

We must examine ourselves each time
before we participate in Holy Supper.¹

How must we examine ourselves?

1. We must think about our sins and
we must hate ourselves because of our sins.²
2. We must trust that God forgives all our sins
through the death of Jesus Christ.³
3. We must want to live a life of thanksgiving to God.⁴



What warning does God give if we do not
examine ourselves well?

If we do not examine ourselves well,
we will add judgment upon ourselves.⁵



¹ 1 Corinthians 11:28-32

² Romans 3:9-10; Psalm 51:17

³ Acts 10:36,43

⁴ Ephesians 5:8-10; 2 Timothy 2:15

⁵ 1 Corinthians 10:21-22; 1 Corinthians 11:29

39A COMMUNION

What does the word communion mean?

Communion means sharing
and having fellowship with others.¹

With whom do we have communion when we celebrate Holy Supper?

1. With Christ,²
2. With our brothers and sisters.³

How do we have communion with Christ?

By eating the bread and drinking the wine,
we share in Christ's death and resurrection.⁴



How does the Bible picture our communion with Christ?

Christ is our head.

We are His body.⁵



¹ 1 John 1:3

² 1 Corinthians 6:17

³ 1 Corinthians 10:15-17

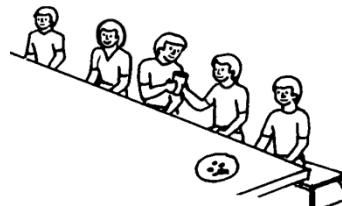
⁴ Luke 22:19-20; John 6:55-56

⁵ Rom 12:4-8; Eph 1:22-23; Eph 4:15-16; 1 Cor 12:27

39B

How is there communion with our brothers and sisters when we celebrate Holy Supper?

We eat and drink together.¹



Why do we have communion with other believers?

Because each one of us is a member of the one body of Jesus Christ.²



In this communion what must we do?

We must love our brothers and sisters so much that we help them and care about them and how they live.³



What does God ask from us with regard to our brothers and sisters?

God says that we must not hurt our brother or sister but we must build up his/her faith in God.⁴

¹ Acts 2:42; 1 John 1:3

² 1 Corinthians 12:12-14,27 (12-31)

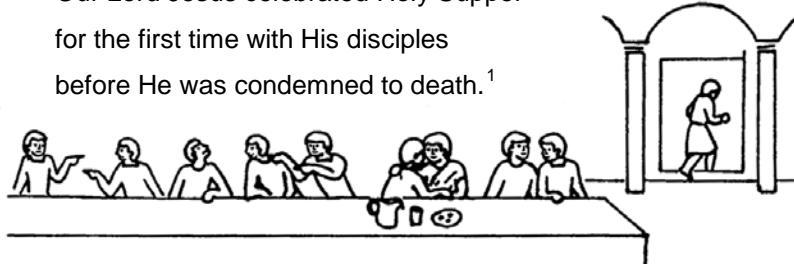
³ 1 Corinthians 12:1, 4; Philippians 2:4-8; Romans 12:4-8

⁴ Romans 12:10-13; Ephesians 4:2-5

40 UNTIL HE COMES

Where did the Lord Jesus Christ celebrate Holy Supper for the first time?

Our Lord Jesus celebrated Holy Supper
for the first time with His disciples
before He was condemned to death.¹



Where will the Lord Jesus celebrate Holy Supper again with us?

Our Lord Jesus will celebrate Holy Supper
again with us on the new earth.²



What does Jesus command us to do until then?

Jesus commands us to celebrate
Holy Supper until He comes.³



Why is it good to celebrate Holy Supper a number of times per year?

Each time we have communion with Jesus Christ
and our brothers and sisters,
we are again encouraged and reminded
of God's love and faithfulness towards us.⁴

¹ Matthew 26:17-20, 26-30

² Mark 14:25

³ 1 Corinthians 11:23-26

⁴ Acts 2:46-47; Acts 27:35-36

41A GUARDING THE FAITH – DISCIPLINE - KEYS OF THE KINGDOM

What is discipline?

Discipline is admonishing a person who has sinned using the Word of God¹.



What do we hope will be the result of discipline?

By disciplining, we hope that the person who has sinned seriously thinks about his sin and the punishment of God so that he/she repents and confesses his/her sin.²



Is the purpose of discipline to put the brother/sister who has sinned out of the congregation of the LORD?

No, the purpose of discipline is to call back the person who has sinned so that he/she will repent from his/her sin.³

How can we picture discipline?

It is like a nurse who gives a needle.



A person feels pain when the needle enters

but the purpose of giving the needle is to heal the person.

It is also that way with discipline.

At the time of discipline, the person feels pain but the purpose of discipline is that the person repents and so his/her relationship with God is restored.⁴

¹ 2 Timothy 3:16-17

² Luke 15:18-20a;

³ 1 Corinthians 5:5

⁴ Hebrews 12:5-11; 2 Corinthians 7:8-10; Hebrews 12:11

41B

What are the two keys of the kingdom of heaven?

1. Preaching of the Holy Gospel
2. Exercising church discipline¹



How is the preaching of the Gospel of Jesus Christ a key of the kingdom of heaven?

For those who hear and believe the Gospel,
the door to salvation is open.

For those who do not hear and believe the Gospel,
the door to salvation is closed.²



How is church discipline a key of the kingdom of heaven?

The Lord Jesus has said:

When the congregation of Christ rejects someone,
Christ will also rejects him.

When the congregation of Christ receives someone,
Christ also receives him.

A person who repents from sin remains in the kingdom.

A person who refuses to repent from sin
is sent out of the kingdom.³

¹ Matthew 16:19; John 20:21-23

² John 3:13-16; Luke 10:16

³ Matthew 18:15-20; James 5:19,20

41C ADMONISHING A BROTHER

How must we discipline a brother who has fallen into sin?

When we exercise discipline,
we must remember to do so
with the Word of God so that
he would repent and confess his sin to God.¹



What must we remember when we exercise discipline
with a brother/sister who has sinned?

We must love this brother or sister who has fallen into sin
and pray for him.



Why?

We are all sinful people.

We must beware that we are not prideful
and deny our own sins.²



¹ 2 Thessalonians 3:14-15

² Galatians 6:1-5; 1 Corinthians 10:12; Luke 17:3-4

41D

How do we exercise discipline when there is
a sin that is secret?

If it is a secret sin,
the person must be admonished privately.
So, discipline for secret sins may be done
by a congregation member who knows that sin.¹



How must this be done?

He/she must himself/herself admonish
the person who has sinned.²

What must be done when the person
does not want to repent?

Another person must be asked to come along
to visit the person who has sinned.³



What must happen when the person who has sinned
still does not want to repent?

A report must be brought to the elders of the church,
the consistory.⁴

¹ Matthew 18:15; James 5:19-20

² Luke 17:3

³ Deuteronomy 19:15; Matthew 18:16; John 8:17

⁴ Matthew 18:17

41E EXCOMMUNICATION

What will the consistory do?

The consistory of the church will follow
the discipline procedure according to the Church Order.

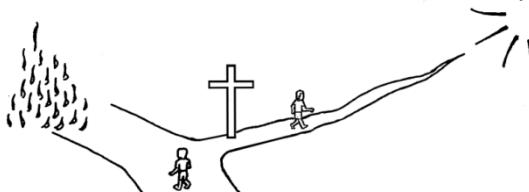


What is the last step of church discipline that needs to be done
by the congregation of the Lord?

Excommunication of that person
from the congregation of the Lord.¹

Does a person who is excommunicated from the congregation of the
Lord have a hope for salvation?

No, there is no salvation for him/her unless he/she repents.²



Can we have communion with someone who has been
excommunicated?

1. Because of his/ her sins,
communion with him/her is already broken.³
2. We cannot receive him/her
as a brother/sister in Christ as before.⁴
3. We can visit him/her with the purpose
of calling him/ her to repentance.⁵

¹ 1 Corinthians 5:3-5, 11-13

² Revelations 2:5

³ Romans 16:17

⁴ Matthew 18:17

⁵ James 5:19-20; 2 Thessalonians 3:14-15

41F READMISSION

Can a brother who has been excommunicated from the Church of Jesus Christ be received back into fellowship again?

Yes, we are to receive a brother
back into the church of Jesus Christ
when he changes his life and shows true repentance.¹

When a brother repents and is received back into the church
are we to remember his sins?

Certainly not.
The Lord has washed away all his sins
and remembers them no more.
And so we are not to remember his sins any longer
and to receive him warmly as a brother.²



What illustration has Christ given concerning this?

We must be happy when a sinner repents
just as a shepherd who has lost his sheep is happy
when he finds it back again.³

¹ *Isaiah 55:6-7; Luke 17:3; Luk 15:20-24; 2 Cor 2:6-8*

² *Hebrew 8:12; 1 John 1:7-10*

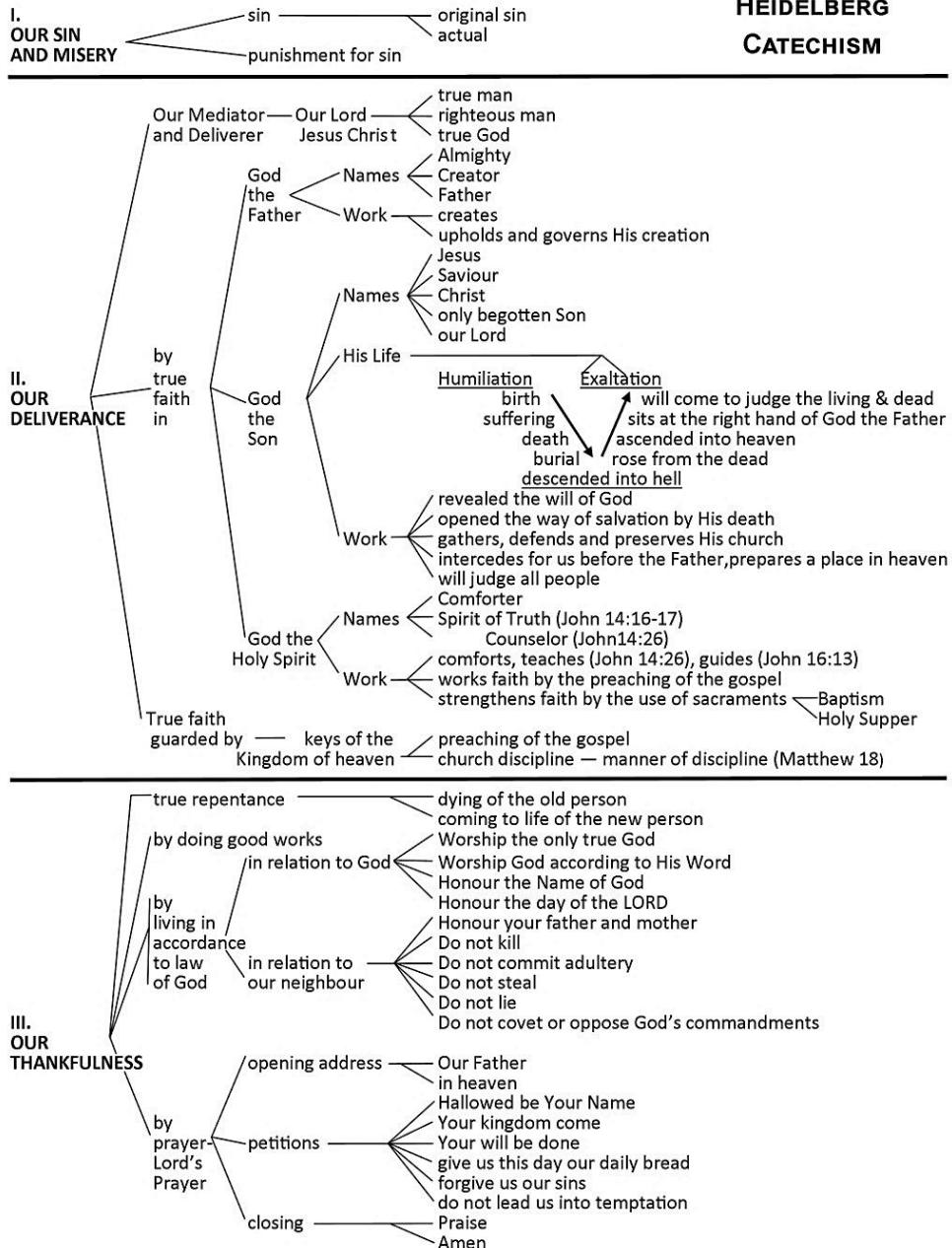
³ *Matthew 18:12-13*

My only comfort in life and in death is that I am not my own,
but belong with body and soul, both in this life and in death,
to my faithful Saviour Jesus Christ.

In order to live and die in the joy of this comfort, we need to know:

OVERVIEW

HEIDELBERG CATECHISM



42 THE THIRD PART - OUR THANKFULNESS

What do you need to know in order to belong to Jesus Christ?

I need to know:

1. how great my sins and misery are,¹
2. how I am to be delivered from my sins and misery,²
3. how I am to be thankful to God for this deliverance.³



1.



2.



3.

¹ Romans 3:9-10

² Acts 10:43

³ Ephesians 2:10; Ephesians 5:8-10; Ephesians 5:20; 1 Peter 2:9-10

43 TRUE REPENTANCE

What is true repentance?

It is the dying of the old person
and the coming to life of the new person.¹



What is the dying of the old person?

It is to be truly sorry for offending God by my sin.
I will then hate sin and run away from it.²



What is the coming to life of the new person?

I must live as a new person.
God's Holy Spirit within me helps me
to live a life of joy and thankfulness.³

If one does not live as a new person, can one be saved?

No. That person will not be saved.⁴

How does one show a spirit of thankfulness?

1. by doing good works,⁵
2. by living in accordance to the Law of God,⁶
3. by prayer.⁷



¹ Romans 6:1-2,9-11; Colossians 3:5-10

² Psalm 51:3-4,17;

³ 2 Corinthians 5:17; Colossians 3:12-13

⁴ Matthew 7:21-23

⁵ Ephesians 2:10

⁶ Leviticus 18:4; James 1:25

⁷ 1 Thessalonians 5:16-18

44 GOOD WORKS

Is it possible to do good works?

It is not possible because
all our good works are stained by sin.¹



Does that mean that we do not need to try to do good works?

No, God expects us to show a spirit of thankfulness
by fighting against our weaknesses
and trying to do as good as possible.²

What are good works?

Only those things which are done out of true faith,
that follow the law of God,
and are done to His glory.³



Can good works save us?

Not at all. Our salvation depends
only on the death of Jesus Christ.⁴



Why then must we do good works?

1. They show we are thankful to God.
2. They praise and glorify God.
3. They may win others for Christ.⁵

¹ Romans 7:23-24; Isaiah 64:6

² Romans 12:1-2; Hebrews 13:16; James 2:14,26 (14-26)

³ Hebrews 11:6; 1 Corinthians 10:31

⁴ Ephesians 2:4-7

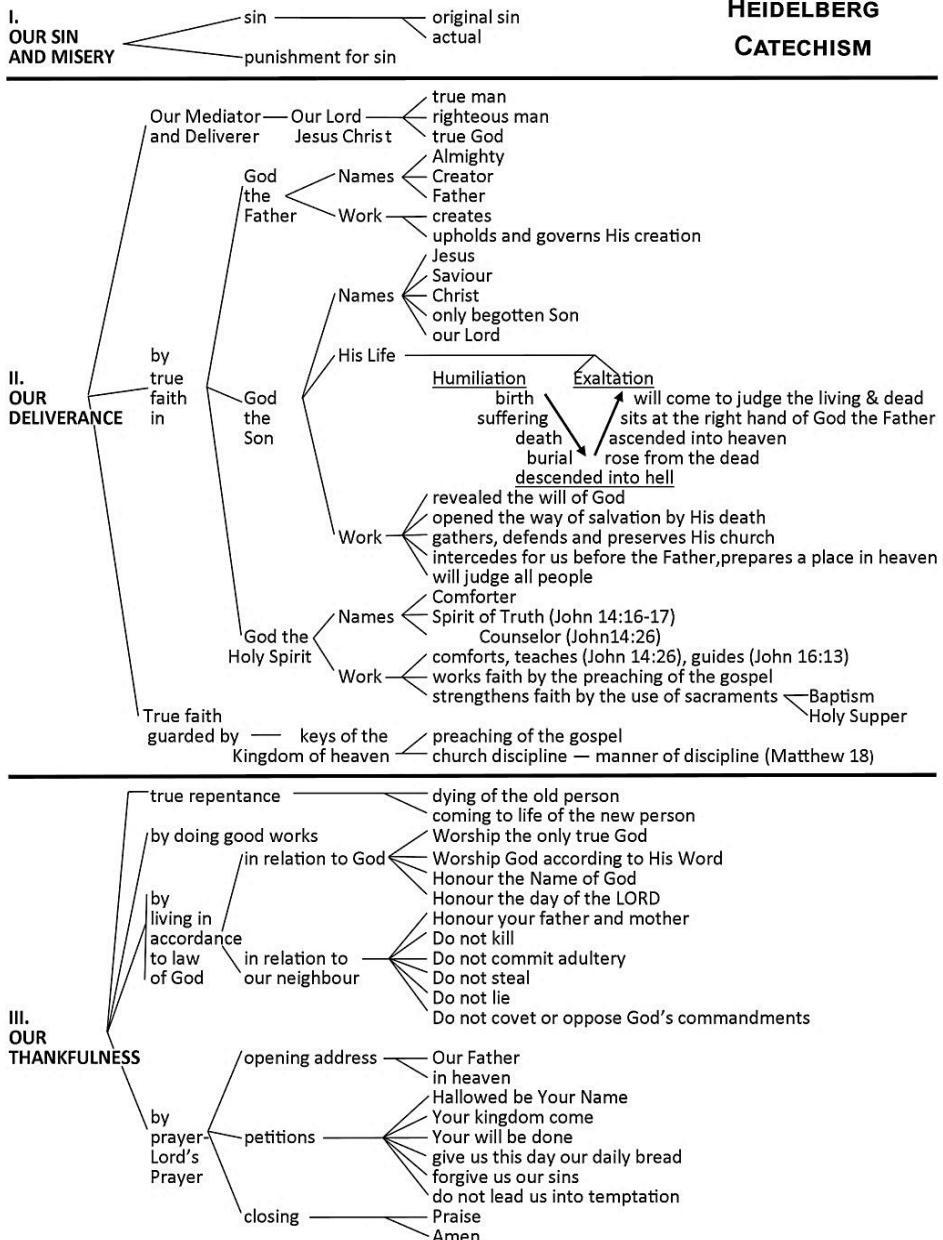
⁵ Titus 2:11-14; 1 Peter 2:9-12

My only comfort in life and in death is that I am not my own,
but belong with body and soul, both in this life and in death,
to my faithful Saviour Jesus Christ.

In order to live and die in the joy of this comfort, we need to know:

OVERVIEW

HEIDELBERG CATECHISM



45 THE LAW OF GOD

What is the Law of God?

God spoke all these words:

I am the LORD your God. You shall:

1. Worship the one only true God alone.
2. Worship God according to His Word.
3. Honour the Name of God
4. Honour the day of the LORD and keep it holy.
5. Honour your father and mother.
6. Do not murder.
7. Do not commit adultery.
8. Do not steal.
9. Do not bear false witness.
10. Do not covet or oppose God's commandments.¹



How can the 10 commandments be divided?

Into two parts:

1. How we must live in relation to God.
2. How we must live in relation to our neighbour.²

¹ Exodus 20:1-17; Deuteronomy 5:6-21

² Deuteronomy 4:13; Matthew 22:37-40; Psalm 19:7-14

46A THE FIRST COMMANDMENT

What is the first commandment?

Worship the one only true God alone.¹

What does "Worship the one only true God alone" mean?

We must believe and trust in the one only true God.

We must worship Him only.

We may not trust in our own strength,
witchcraft, other gods or superstition.²



On what other things do people put their hope and trust other than God?

People can hope and trust

medicine and people more than God.

They can make themselves or other people,

money, sports or entertainment more important than God.³



What does this mean?

We may not change the truth of God's Word

even a little because we want to enjoy

the pleasures of this world.⁴



¹ Exodus 20:3; Matthew 4:10; Jeremiah 25:6

² 1 Corinthians 8:5-6; Jeremiah 17:5,7; Deut 18:9-12

³ 1 Corinthians 10:5-7,14

⁴ Romans 1:18-21,25; Revelation 22:19

46B

If we still hope on other powers secretly,
will God save us?

No, God will only save those
who hope and believe in Him alone.¹



How does God often test our hearts in this matter?

God often tests our hearts with difficulty and illness.

We must not hope on other powers
when we are in trouble and suffer.

We must hope on God only.²



¹ Ephesians 5:5; Deuteronomy 6:13-15; Philippians 3:19

² Romans 5:3-5; James 1:2-4; 1 Peter 1:3-9

47A THE SECOND COMMANDMENT

What is the second commandment?

*Worship God according to His Word.*¹



What does it mean to worship God according to His Word?

It means that God must be worshipped
in no other way than He commands us in His Word.²

What does God forbid us to do?

God forbids us to make an idol

or choose an animal or plant or object

to help us remember God.

He also says that we may not worship God through this idol.³



What may we use when we worship God?

1. The Bible so that we hear

and read the Word of God.⁴



2. Book of Praise so that we praise God.⁵



¹ Exodus 20:4-6

² John 4:23-24; Deuteronomy 30:16-18

³ Deuteronomy 4:15-19; Isaiah 40:25; Exodus 32

⁴ 1 Timothy 4:13; 2 Timothy 3:16-4:2

⁵ Colossians 3:16-17

47B

May we mix cultural stories with the Gospel of Jesus Christ
or mix the Gospel of Jesus Christ with the cultural or ancestral stories?

No, we may not add or take away
from the Gospel of Jesus Christ.¹



What does God say about the person who does this?

God says that there is no salvation
for the person who adds or takes away
from the Word of God.²



Where do the cultural or ancestral stories come from?

Ancestral stories originate from
the descendants of Noah who forgot God.³

What did the descendants of Noah do
when they forgot God?

They exchanged God for man, birds
and animals and called them gods.⁴



¹ Revelation 22:18-19; Proverbs 30:5-6; Deuteronomy 4:2

² Revelation 22:18-19; Deuteronomy 12:30

³ Romans 1:18-25

⁴ Romans 1:25

47C

What does God demand from those who want to become Christians?

We must turn away from these empty things and return to the One who lives, the One who is God.¹



Can we say that cultural and ancestral stories only exist in mission fields where some societies have only recently heard the gospel?

No. Every society has superstitions and customs that are not based on God's Word.

We must always examine why we do things to see if we do them in accordance to His Word.²



¹ Romans 12:1-2; 1 Peter 1:18-19

² 1 Timothy 4:4-8; 2 Corinthians 13:5

48A THE THIRD COMMANDMENT

What is the third commandment?

*Honour the Name of God.*¹

How do we honour the Name of God?

We give honour to the Name of God

by using His Name with fear and reverence.

We may not use the Name of God lightly or abuse it.²

Does that mean we may not use the Name of God at all?

We may use the Name of God:

1. when we pray and worship God³
2. when we give a true witness of God⁴
3. when the government demands us to swear an oath.⁵



1.



1.



2.



3.

¹ Exodus 20:7

² Psalm 99:1-5; Psalm 29:1-2; Leviticus 19:12; Leviticus 22:32; Leviticus 24:15-16

³ Psalm 50:14-15; 1 Timothy 2:8

⁴ Matthew 10:32-33; Romans 10:9-10

⁵ Jeremiah 4:2; Hebrews 6:16

48B

May we abuse a person's name or use the name of other gods or spirits?

We may not because calling on a name means calling on the power of that name.¹

When we call on the Name of God what do we ask?

1. We ask for help from God and ²
2. We ask that God becomes a witness of our walk and talk.³

How does God weigh the sin against this commandment over against other sins?

There is no greater sin than not honouring the Name of God or blaspheming the Name of God.⁴

Therefore, how does God punish this greatest sin?

God will punish this greatest sin with the greatest punishment.⁵



¹ Exodus 23:13; Jonah 1:6; Matthew 23:16-17a,22; James 5:12

² Psalm 86:1-7, 11-12

³ Romans 1:9-10a; Romans 9:1; 2 Corinthians 1:23

⁴ Numbers 15:30-31

⁵ Leviticus 24:16

49A THE FOURTH COMMANDMENT

What is the fourth commandment?

Honour the day of the LORD.



Remember the Sabbath day by keeping it holy.¹

What does the word "Sabbath" mean,
which is also the first meaning of this commandment?



The word "Sabbath" comes from

the Hebrew word for "rest".



We are to rest from our daily work

and worship God with fellow believers.²

When did God set this day aside?

After God created all things in six days



He rested on the seventh day.³

In the Old Testament, what did the people of Israel remember
when they rested on the seventh day.

They remembered that God had freed them

from slavery in Egypt and gave them

rest in the Promised Land.⁴



¹ Exodus 20:8-11

² Hebrews 10:23-25; Exodus 31:15; Isaiah 58:13-14a; Numbers 15: 32-36

³ Genesis 2:2-3

⁴ Deuteronomy 5:12-15; Hebrew 4:9-12

49B

What do we remember of the Day of Rest today?

We remember that Christ has freed us
from the slavery under Satan
when He rose from the dead.
Because of Christ's work, we have
received true rest.¹



On which day did Israel of the Old Testament rest?

They rested on Saturday, the last day of the week.²

What is the Day of Rest for Christians today?

Sunday. The Bible calls Sunday the *Day of the Lord*
because on this day
Jesus Christ rose from the dead.³



What then must we do each Sunday?

Every one of us must rest from our work
and come to Church. We must remember
that Christ has saved us and given us true
and everlasting rest.⁴



¹ Matthew 28:1-6; Hebrews 4:8-11

² Exodus 31:15

³ Acts 20:7; Colossians 2:16-17

⁴ 1 Corinthians 16:2; Hebrews 10:25

49C

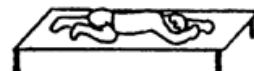
What is another meaning of this commandment?

1. Support the preaching of the Gospel with our offerings.¹
2. Help and take care of the sick and those in need.²



What does God say about Monday through Saturday?

God says: Six days you shall work,
Monday to Saturday.³



Why is it good to work hard from Monday to Saturday?

So that we can support the preaching of the Gospel and those who are in need.⁵



¹ 1 Corinthians 9:13,14; 2 Timothy 2:2

² Acts 2:44-47; Acts 11:29-30; 1 Corinthians 16:1-2; Romans 15:25-26;
2 Corinthians 9:6-8

³ Exodus 34:21

⁴ 2 Thessalonians 3:6, 11-12; Titus 3:14

⁵ Proverbs 20:13; 2 Corinthians 8:1-9

50A THE FIFTH COMMANDMENT

What is the fifth commandment?

*Honour your father and mother.*¹



What does this mean?

We must submit to both our father and our mother,
love, respect and care for them.²



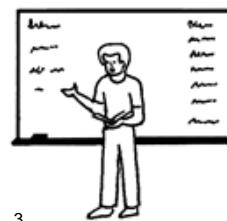
What else does this commandment speak about?

We are to honour all those whom God has
put in authority over us, such as:
government, teachers and church leaders.



If they do wrong things,
does God still expect us to honour them?

Yes, God says that we must honour them
even though they have shortcomings
because God has put them in authority over us.³



When are we not allowed to listen to them?

When they ask us to disobey the Word of God.⁴

¹ Exodus 20:12

² Leviticus 19:3; Proverbs 23:22; 1 Timothy 5:4

³ Romans 13:1; 1 Timothy 2:1-3; 1 Peter 2:18

⁴ Matthew 22:21; Acts 4:18-20

50B

Why does God tell us to submit to those in authority over us?

These are the people God puts into our lives to take care of us, teach us, and guide us in the truth of the Word of God.¹



Why is it important that fathers and mothers require children to honour them?

When children do not learn to honour their father and mother, they will also not learn to honour God and other people.²

What promise does God give to those who honour their father and mother?

They will have a good life and live a long time.³

Why does God give this promise?

Parents are to teach their children all the ways of the Lord.
If children obey God's Word
God will bless them.⁴



¹ Romans 13:1-3; Hebrew 13:17; 1 Peter 2:3;

² Ephesians 6:1-4; Colossians 3:18-21; Hebrews 12:9-11

³ Ephesians 6:1-3; Deuteronomy 5:16

⁴ Proverbs 22:6; Proverbs 3:1-2

51A THE SIXTH COMMANDMENT

What is the sixth commandment?

*Do not murder.*¹



What does this commandment speak about?

1. We may not kill, harm or injure another person in our actions, words or thoughts.²
2. We may not bring ourselves into danger recklessly.³

What does the Bible say about hating another person?

In God's eyes, cursing or hating someone is the same sin as murder.⁴



When someone wrongs us, may we take revenge?

No, we may never take revenge.⁵



If you ask someone else to harm your enemy is that a sin?

Yes. This is the same as if you kill your enemy with your own hands.⁶

¹ Exodus 20:13

² Matthew 5:21-22; Leviticus 19:17-18

³ Romans 13:12-14

⁴ 1 John 2:9-11; 1 John 3:15

⁵ Luke 6:27-31; Romans 12:19

⁶ 2 Samuel 12:9

51B

If that is so, to whom does God give the authority to avenge and punish the wrong doer?

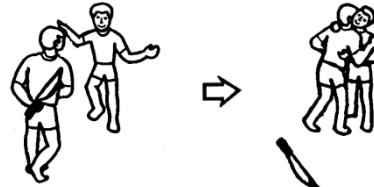
God gives full authority to those whom He has set in authority over us, that is: parents, teachers and the government.¹



What does God require us to do to others?

God says that we must love other people just as we love ourselves.

We must also be patient with their wrong doings and shortcomings.²



Why does God command us to care for all other people?

Because God has made man in His own image.³

How should we treat our own bodies?

We may not harm or injure ourselves.

We must take good care of our bodies.⁴

¹ Proverbs 13:24; Proverbs 22:15; Proverbs 23:13-14; Romans 13:1,4

² Proverbs 25:21-22; Matthew 7:12; Matthew 22:39

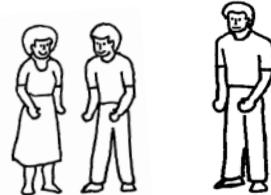
³ Genesis 1:27

⁴ Genesis 9:5b-6; Psalm 139:13-16; 1 Corinthians 6:19-20

52A THE SEVENTH COMMANDMENT

What is the seventh commandment?

*You shall not commit adultery.*¹



What is adultery?

Adultery is having a sexual relationship
with a person other than your husband or wife.²

How many wives does God mean for one man to have?

God has meant one wife for one man.³



Is this commandment only for those who
are already married?

This commandment is meant for those
who are already married as well
as those who are single.⁴



What else does this commandment speak about?

God forbids lust and looking at someone's
else's nakedness, and other shameful sins.⁵

God also forbids us to abuse children.

¹ Exodus 20:14

² Leviticus 20:10; Hebrew 13:4; Proverbs 5

³ Genesis 2:22-24; 1 Corinthians 7:2-4

⁴ Matthew 5:27-28

⁵ Leviticus 18; 1 Corinthians 6:9-10

52B

What does our Lord Jesus say about this commandment?

When we look at a woman or a man
or a girl or a boy with wrong thoughts,
we also have committed adultery.¹



Why does God want us to care for our bodies?

Because the Holy Spirit lives in our hearts.
We are temples of the Holy Spirit.²

Who began the custom of marriage?

God Himself instituted the marriage custom.³

When two people wish to get married what should they do?

They must both believe in God and share the
same faith. They must leave their parents
and get married in a public ceremony.⁴

What does God say about divorce?

God hates divorce. He wants husband
and wife to remain together for as long as they live.⁵

¹ Matthew 5:27-28; Ephesians 5:3-4

² 1 Corinthians 6:18-20; 1 Thessalonians 4:3-7

³ Genesis 2:22-24; Matthew 19:4-6

⁴ 2 Corinthians 6:14

⁵ Matthew 5:31-32; ; 1 Corinthians 7:10-11,39; Malachi 2:14-16a

53A THE EIGHTH COMMANDMENT

What is the eighth commandment?

*You shall not steal.*¹



What is stealing?

Stealing is taking something that belongs to another person without permission or that person's knowledge.²

Is taking someone's belongings openly also stealing?

Yes, it is also stealing because taking something that belongs to another person openly or in secret is the same thing.

Are there other things that are considered stealing?

Cheating is also considered stealing.³

¹ Exodus 20:15

² Leviticus 19:11; Exodus 22:1-4; Proverbs 29:24

³ Proverbs 20:17; Proverbs 22:28; Psalm 37:21

53B

Give some examples of stealing.

1. We may not use wrong weights or measures when we buy and sell.
2. We may not knowingly buy or get something someone else has stolen.
3. We may not bribe someone to do something wrong or unfair.
4. We may not frighten people in order to claim the goods or money.
5. We may not give wrong change or use false money, not repay loans, pay unfair wages, charge excess taxes.¹



What does God require us to do instead of stealing?

God tells us to work hard so that we may have everything we need.²

Why else should we work hard?

God requires that we promote our neighbour's good.³

What else does God consider stealing?

When we do not fully use the talents God has given us,
God considers it stealing.⁴



¹ Deuteronomy 5:13-16; Amos 8:5-6; James 5:4; Luke 19:8

² 2 Thessalonians 3:10-12

³ Ephesians 4:28; Galatians 6:9,10

⁴ Matthew 25:14-30; Luke 16:10-13

54A THE NINTH COMMANDMENT

What is the ninth commandment?

*You shall not give false witness.*¹



What is lying or giving false witness?

Lying is saying something that is not true.²



Is it lying when the other person does not know whether or not we speak the truth?

Even if the other person does not know that we do not tell the truth, it is truly lying and that will be punished by God.³

¹ Exodus 20:16

² Psalm 34:12-13; Exodus 23:1

³ Proverbs 19:5,9; Psalm 101:5

THANKFULNESS

Law of God

HC q/a 112

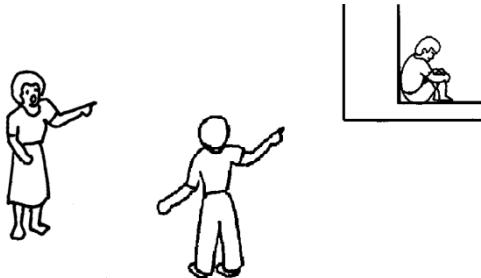
54B

What else does this commandment speak of?

We may not lie in court, gossip, slander,
twist someone's words, or dishonour
his name and reputation.¹

What does that mean?

Do not speak badly about another person.²



Instead of lying, what does God require of us?

God requires that we protect
the honour and name of other people.³

¹ Leviticus 19:17; Matthew 18:15-17

² Leviticus 19:16a; Psalm 15:1-4; Romans 12:10

³ Ephesians 4:25; Proverbs 31:8-9; Titus 3:1-2; 1 Peter 3:8-9

55A THE TENTH COMMANDMENT

What is the tenth commandment?

*You shall not covet or oppose
any of God's commandments.¹*

What does it mean to *covet*?

To covet means to not be content
with what we have and
to desire something that is not lawfully ours.²

Instead of coveting, what does God require?

He requires that we should be content
with God has given us.³

How should we treat the property of other people?

We may not damage or destroy the property of other people.
We must take good care of things that belong to others.

What does God have to say about greed?

Greed and covetousness is a terrible sin in
God's eyes and will be punished.



¹ Exodus 20:17

² Psalm 119:36-37; Luke 12:15; Matthew 6:19-2; 1 Proverbs 30:8-10

³ Philippians 4:11-13; Hebrews 13:5-6; 1 Timothy 6:6-10

55B FOLLOWING GOD'S LAW

Can we keep the laws of God perfectly?

No, not at all. We cannot keep
these commandments perfectly.¹



Why not?

Because of our original sin
and our daily sins.²



If that is so, what is the purpose of this commandment?

God wants us to continually
fight against the devil and our evil nature
so that we, as much as possible,
live according to the commandments of God.³



If we cannot keep the commandments perfectly,
why does God require this of us so strictly?

God requires that we keep His
commandments so strictly
so that we more and more see our sins
and so that we ask forgiveness for our sins
and seek help from the Holy Spirit.⁴



¹ Romans 7:14-15,21; James 1:13-15

² 1 John 1:8; Psalm 51:5

³ Psalm 19:7-14; Philippians 3:12-16

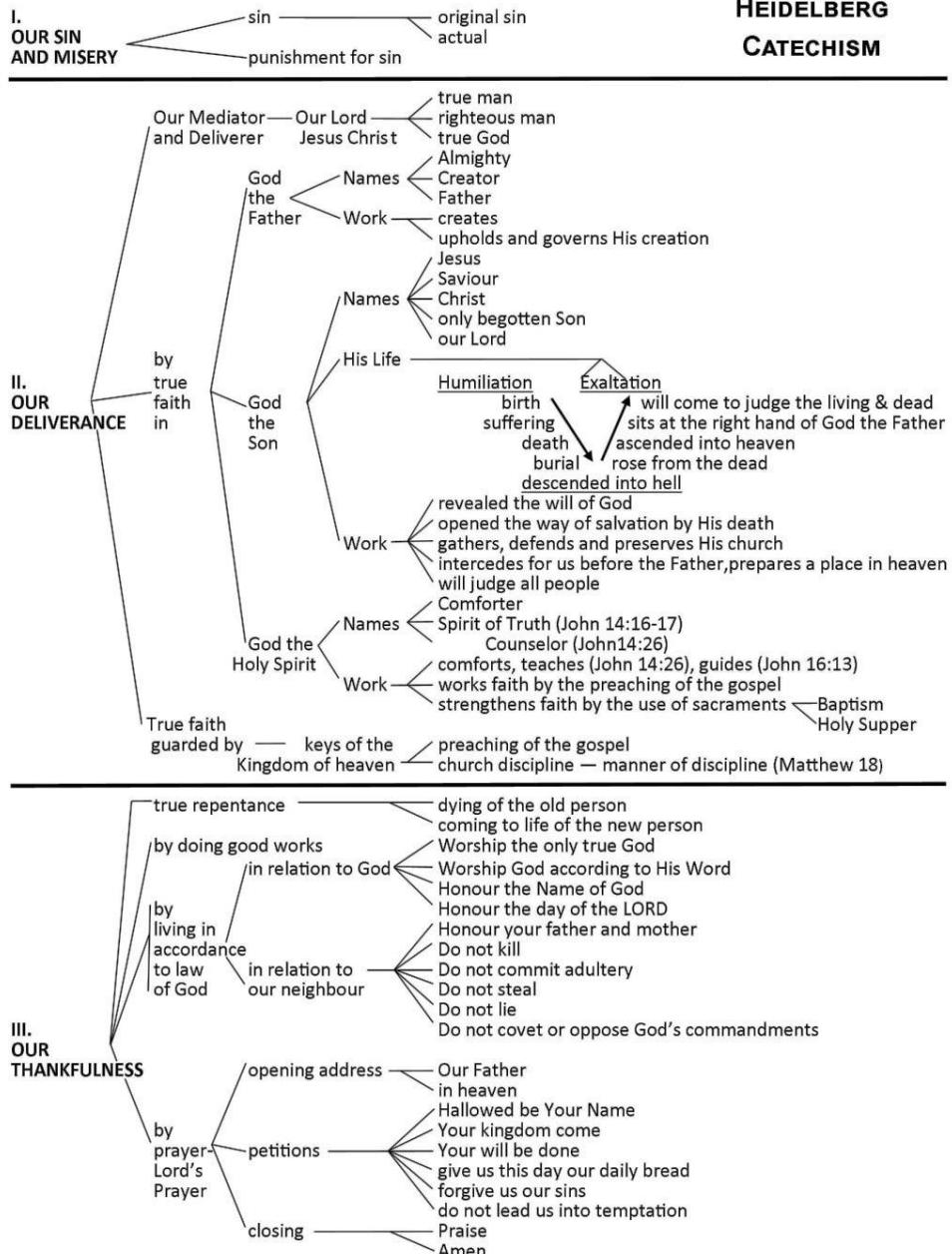
⁴ Psalm 1:1-2; 2 Peter 1:10-11

My only comfort in life and in death is that I am not my own,
but belong with body and soul, both in this life and in death,
to my faithful Saviour Jesus Christ.

In order to live and die in the joy of this comfort, we need to know:

OVERVIEW

HEIDELBERG CATECHISM



THANKFULNESS

Prayer

HC q/a 116-129

56A PRAYER

Why is prayer necessary for the Christian?

Christians need to pray because:

1. it is the most important part of showing our thankfulness;¹
2. God only grants salvation and the Holy Spirit to those who ask this of Him in prayer.²



What must be in our hearts so that God will hear our prayer?

In order that God will hear our prayer three things must be present in our hearts:

1. We must believe in the one true God only.³
2. We must know our sins and truly repent from them.⁴
3. We must truly believe that God will hear our prayer because of Christ even though we ourselves are not worthy.⁵



¹ Psalm 116:12-14; 1 Thessalonians 5:16-18

² Luke 11:9-13

³ John 17:3

⁴ 2 Chronicles 7:14; Isaiah 66:2

⁵ John 16:23-24; James 1:6-7

56B

What does God command that we ask of Him?

God says that we must ask whatever we need to serve Him.¹

Which prayer did the Lord Jesus teach us?

The Lord's Prayer:²

Our Father who is in heaven,

1. Hallowed by Your Name.
2. Your Kingdom Come.
3. Your will be done on earth as it is in heaven.
4. Give us this day our daily bread.
5. Forgive us our debts as we also have forgiven our debtors
6. and lead us not into temptation but deliver us from the evil one.

For Yours is the Kingdom and the power and the glory forever.

Amen.

So what is the basic content of this prayer?

The Lord's Prayer contains three parts:

1. opening - calling on the Name of God
2. six petitions
3. closing - praise and amen

¹ John 14:13-14; John 15:7; Philippians 4:6; Psalm 145:18-20; Matthew 6:33

² Matthew 6:9-13; Luke 11:1-4; 1 Chronicles 29:11

THANKFULNESS

Prayer

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57 OPENING OF THE PRAYER

How must we begin our prayers?

We must begin our prayers
by calling on the Name of God.¹

Which name of God does the Lord's Prayer use?

Our Father.

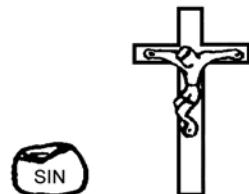
Why do we use the name, "Our Father"?

When we begin our prayer in this way,
we respect and trust our Father in heaven
just as a child respects and trusts
his/her father on earth.²



How does God become our Father?

God became our Father through Christ.
The Lord God receives us
as adopted children
because Christ has paid for our sins.³



Why is "who is in heaven" added?

So that we do not think too little of God our Father.⁴

¹ Psalm 62:5-8; Psalm 89:26

² Matthew 7:9-11; Ephesians 3:14-15, 20-21

³ Ephesians 1:5-6; 1 John 3:1

⁴ Jeremiah 23:23,24; Psalm 139:7-17

58 SIX PETITIONS

List the six petitions in the Lord's Prayer.

1. Hallowed be Your Name
2. Your kingdom come
3. Your will be done
4. Give us this day our daily food
5. Forgive us our sins
6. Do not lead us into temptation



How do petitions 1-3 differ from petitions 4-6?

Petitions 1-3 ask help from God
in order to give praise and honour to God.

Petitions 4-6 ask help from God
in order to live our Christian life.¹

¹ Psalm 22:1-3; Psalm 40:17; Psalm 54:4; Psalm 119:86,173; Psalm 145:18-21

59 THE FIRST PETITION

What do we ask when we say, "*Hallowed be Your Name*"?

Help us to give praise and honour to our Holy God
in all our thoughts, word and actions.¹

In short, what does that mean?

Help us so that the way we live
is a witness to others that God is Holy.²

What does Holy mean?

Holy means to be set apart, different.
God is so perfect
and different from all others.³

¹ Psalm 9:10-11; Psalm 40:16; Psalm 115:1

² Matthew 5:16; 1 Peter 1:15-16; 1 Peter 2:9-12

³ Exodus 15:11; Isaiah 40:25-26; Deuteronomy 32:4; Psalm 18:30; Revelation 15:3-4

60A THE SECOND PETITION

When we say, "Your Kingdom come", what do we ask?

We ask:

1. for help to become better Christians,¹
2. the Lord Jesus to care for and continually gather His Church,²
3. God to destroy the works of the devil.³



What does this petition mean?

We pray that the Lord Jesus will gather His Church as quickly as possible so that the end of the world can come.⁴



Why do we hope for the end of the world to come?

1. Because we hope for an end to the suffering in this world⁵
2. We hope for the happiness in the new earth.⁶



¹Psalm 119:5, 105; Psalm 143:10

² Micah 5:4-5a; Ephesians 2:13

³ 1 John 3:8; Romans 16:20

⁴ Matthew 24:14

⁵ Isaiah 60:18-19; Revelation 7:9-17; Revelation 21:1-5

⁶ Isaiah 35:1-10; 2 Thessalonians 2:13-14

THANKFULNESS

Prayer

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60B

How is God's kingdom coming now?

God's kingdom is present

wherever people hear and believe the Gospel
and follow in the Lord's ways.¹



What does God call you and me to do?

We must call others to believe in God.²



When will God's Kingdom come in all its fullness?

At the end of this world

when our Lord Jesus returns from heaven.³



¹ John 18:36-37; 2 Peter 1:10-11

² Psalm 96:3; Matthew 28:18- Mark 1:1

³ 1 Corinthians 15:22-24; Matthew 24:14,30-31

61 THE THIRD PETITION

What do we ask when we say, "Your will be done"?

Help us not to follow our own will,
but follow the will of God only.¹



What else does this petition ask for?

That God helps us to remain true to the will of God,
even if what God requires is hard for us to do.²

What does God require of us whenever
any problem comes up in our lives?

God requires that we look for God's will
in all things that come up in our lives,
such as: work, marriage, arguments, illness,
when we are blessed with much, etc.³



How must you follow the will of God?

As willingly and cheerfully as the angels
of heaven obey and do the will of God.⁴

¹ Psalm 143:10; Matthew 16:24-25;

² Romans 8:28-39; 1 Peter 4:12-13,19

³ Matthew 26:42; James 5:13-14; Romans 12:1-2; Colossians 1:9-10; Matthew 6:33

⁴ Psalm 103:20

THANKFULNESS

Prayer

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62 THE FOURTH PETITION

What is the fourth petition?

"Give us our daily bread."¹

Does this only speak of food?

No. We ask God to provide
for all the needs of our body.²



What do we believe when we ask for this?

We believe that,
without the help and blessings of God,
all our work has no meaning.³

What does it mean that our work has no meaning
without the blessings of God?

This means that we must wait for the Lord
and ask Him to bless us
so that all things turn out for good.⁴

Does that mean that things will always turn out the way we like it?

No, but it will be for our good.
For God knows best what is best for us.⁵

¹ Matthew 6:11

² Matthew 6:25-27; 1 John 5:14-15

³ Deuteronomy 8:3-4,18; Psalm 127:1,2; 1 Corinthians 15:58

⁴ Psalm 146:1-6; Proverbs 30:8-9; Hebrews 13:5-6

⁵ Romans 8:28

63A THE FIFTH PETITION

What is the fifth petition?

“Forgive us all our sins” and wrong doings.¹

What is sin?

Sin is not obeying the Word of God.²



What does this petition ask of God?

That God might take away
all my sins and wicked ways
through the shed blood of Jesus Christ.



Will God forgive our sins every time we ask it of
Him in prayer?

God will forgive our sins only
when we ask it in prayer
with a believing and repentant heart.³



¹ Matthew 6:12

² Romans 8:7-8; 1 John 3:4

³ Psalm 32:1-6a; Isaiah 55:6,7; 1 John 2:1-2; 1 John 1:7-9

THANKFULNESS

Prayer

HC q/a 126

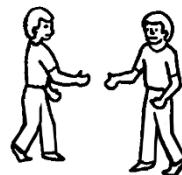
63B

Why does the fifth petition also add
"as we also have forgiven our debtors"?

We must treat others in the same way
as we ask God to treat us.

If we do not forgive another person who has wronged us, will God forgive our sins?

No, we must forgive others first before we can expect God to forgive us.¹



When we forgive others, will God forgive us?

Only when we repent from all our sins and pray with a believing heart.²



Do we only need to ask for forgiveness of sins when we know we have sinned?

No. Our sinful nature still clings to us.
Since we sin every day we also need to ask God to forgive us every day.³



How do we know for sure that God will forgive us?

God will forgive us just as surely as the Lord Jesus died for us.⁴



¹ Matthew 6:14-15; Matthew 18:21-35 (21-23,32-35); Colossians 3:13

² Psalm 32:5-6;

³ Psalm 51:3-5; Romans 7:21-23; 1 John 1:8-9

⁴ Psalm 103:8-12; Romans 7:24-25a; 1 John 2:1-2

64A THE SIXTH PETITION

What is the sixth petition?

1. *Do not lead us into temptation,*
2. *Deliver us from evil.*¹

What does this mean?

We must ask God to keep us strong when
we struggle against the forces of evil.

Why do we need to ask this of God?

Because, over against our enemy,
we ourselves are very weak.²

Who is our enemy?

Each day we must fight against.³

1. the devil,⁴
2. this world,⁵
3. our own nature.⁶



¹ Matthew 6:13

² John 15:4-5; Matthew 26:41 Romans 7:18-19

³ 1 Peter 2:11; James 4:7-8a

⁴ 1 Peter 5:8; 2 Corinthians 11:14; Ephesians 6:10-13

⁵ John 15:18-21

⁶ Galatians 5:17; Romans 8:5-8

THANKFULNESS

Prayer

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64B

How is this world our enemy?

Christians may be tempted to do many wrong things

that pull them away from serving God.¹



Give some examples.

1. Seeking money by unjust means, stealing, lying or greed²



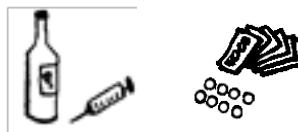
2. Marrying many wives, adultery, other sexual sins³



3. Looking for help from witchcraft doctors when very sick, depending only on doctors for healing, superstitions, astrology, etc.⁴



4. worldly entertainment⁵



¹ James 1:14-15; 1 John 2:15-17; 2 Peter 2:1-2 (1-22)

² 1 Timothy 6:9,10; Ecclesiastes 5:10

³ Galatians 5:19-21; Colossians 3:5,6

⁴ 2 Chronicles 33:2-3; Revelation 9:21; 1 Timothy 4:7

⁵ 1 Corinthians 15:33; James 4:4; Romans 13:13

64C

With this petition, from whom do we ask help to strengthen us against such trials?

We ask the Holy Spirit to help us to be strong to fight against all temptations and evil.¹



How can the Holy Spirit help us?

The Holy Spirit will help us only when we listen to God's Word and when we ourselves truly fight against our own evil nature.²



¹ Matthew 26:41; Ephesians 6:18; 2 Timothy 1:13-14; Acts 7:54-55

² Romans 8:12-17; Galatians 5:16-18; 1 Peter 2:11,12; 1 Corinthians 10:1-5,11-13

THANKFULNESS

Prayer

HC q/a 128, 129

65 THE CLOSING OF THE PRAYER

How does the Lord's Prayer end?

The Lord's Prayer ends with:

1. praise
2. amen¹

How does the Lord's Prayer praise God?

The Lord's Prayer praises God

by confessing that God is the Almighty One

who can and wants to give us every good thing.²

What does "Amen" mean?

The word "Amen"

is from the Hebrew word

which means that it is true and certain.³

Why do we end the prayer with this word?

Because God certainly will hear our prayer
when we pray with a true heart.⁴



¹ 1 Chronicles 16:36

² 1 Chronicles 29:11; Revelation 5:12-13; Psalm 115:1

³ 2 Corinthians 1:20; Numbers 5:22b; Nehemiah 5:13c

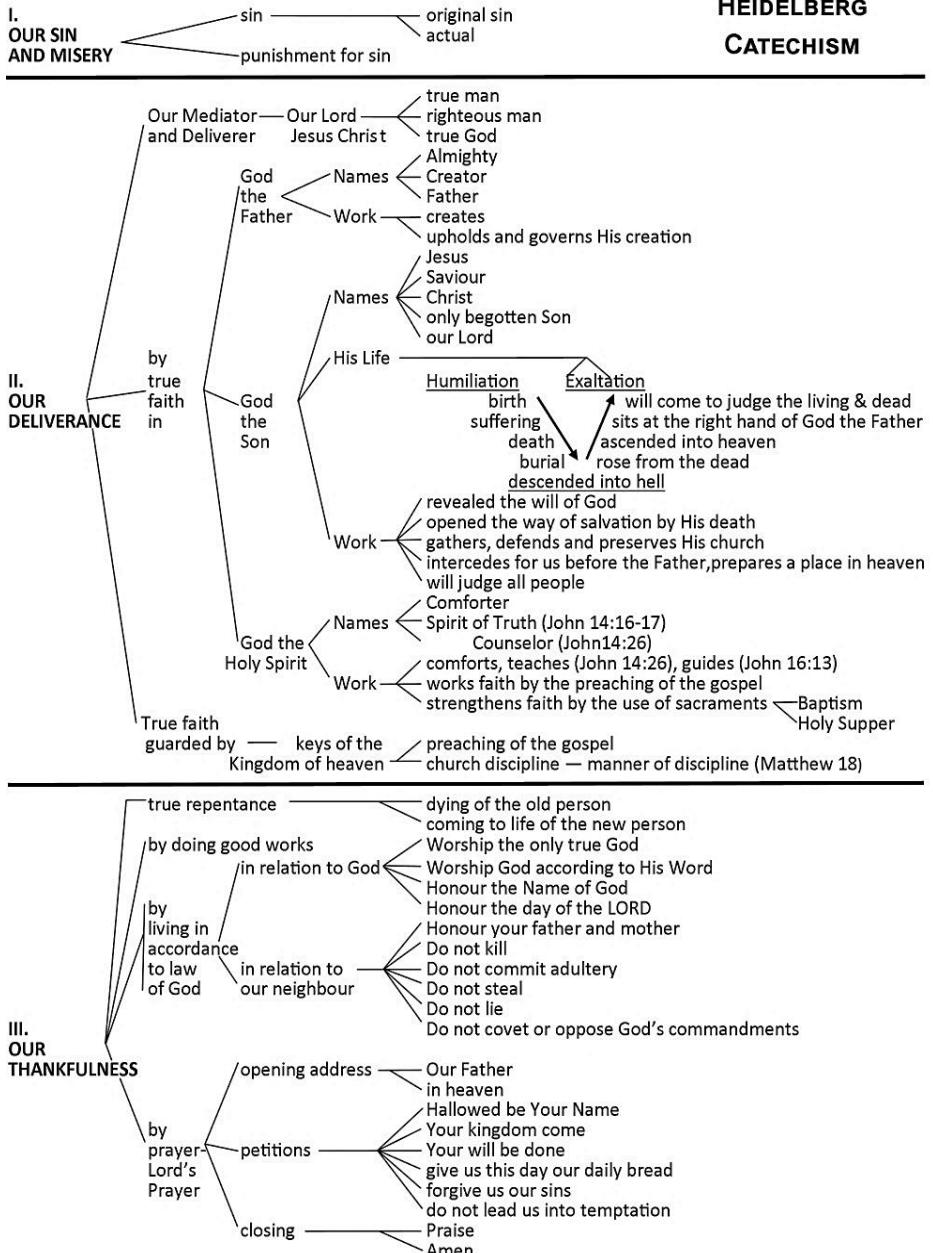
⁴ 2 Chronicles 7:14; Isaiah 65:24; John 15:7; 1 John 5:13-14; Ephesians 3:20-21

My only comfort in life and in death is that I am not my own,
but belong with body and soul, both in this life and in death,
to my faithful Saviour Jesus Christ.

In order to live and die in the joy of this comfort, we need to know:

OVERVIEW

HEIDELBERG CATECHISM



APOSTLES' CREED

Confession of Faith of all True Believers

The Apostle's Creed is a brief summary of the teachings of the Apostles of Jesus Christ. It was written in Rome about 400 A.D. and was based on a creed written 200 years earlier. All true believers through out the ages have confessed their faith with this creed.

The second part of the Heidelberg Catechism teaches what the content of true faith should be by expanding on the **Apostles' Creed** which is a summary of our catholic (*universal*) and undoubted Christian faith.

The Simplified Catechism addresses the articles of the Apostles' Creed in the lessons outlined below.

Apostles' Creed	Corresponding lesson in
I believe in God the Father almighty, Creator of heaven and earth.	11, 12
I believe in Jesus Christ, His only-begotten son, our Lord;	13, 14
He was conceived by the Holy Spirit, born of the virgin Mary;	15, (7)
Suffered under Pontius Pilate, was crucified, dead and buried; He descended into hell.	16, 17, 18, 19, 24
On the third day He arose from the dead;	20
He ascended into heaven, and sits at the right hand of the God the Father almighty;	21, 22
From there He will come to judge the living and the dead.	23, 25
I believe in the Holy Spirit;	29
I believe a holy, catholic Christian church, the communion of saints;	26
the forgiveness of sins;	27
the resurrection of the body;	20B, 20C
and the life everlasting. Amen.	27B

THE LAW OF GOD

God promised Abraham that He would be his God and the God of his descendants and that they would be His people. Therefore God brought the people of Israel out of slavery in Egypt. At Mount Sinai God gave Moses the 10 Words of the Covenant (10 Commandments) to teach the people of Israel how they must live as God's people in the promised land and in thankfulness for their deliverance from Egypt.

God also speaks to us with these words so that we may know our sins, turn from them and live a life of thankfulness today in the kingdom of God which Christ has prepared for us through his blood on the cross.

Exodus 20:1-17 (NIV 1984)

And God spoke all these words:

"I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

1. You shall have no other gods before me.

2. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below.

You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.

3. You shall not misuse the name of the LORD your God,
for the LORD will not hold anyone guiltless who misuses his name.

4. Remember the Sabbath day by keeping it holy.

Six days you shall labor and do all your work,
but the seventh day is a Sabbath to the LORD your God.

On it you shall not do any work, neither you, nor your son or daughter,
nor your manservant or maidservant, nor your animals, nor the alien within your gates.
For in six days the LORD made the heavens and the earth, the sea, and all that is in them,
but he rested on the seventh day.

Therefore the LORD blessed the Sabbath day and made it holy.

5. Honor your father and your mother,
so that you may live long in the land the LORD your God is giving you.

6. You shall not murder.

7. You shall not commit adultery.

8. You shall not steal.

9. You shall not give false testimony against your neighbor.

10. You shall not covet your neighbor's house.

You shall not covet your neighbor's wife, or his manservant or maidservant,
his ox or donkey, or anything that belongs to your neighbor."

THE LORD'S PRAYER

One day Jesus was praying in a certain place. When He had finished, one of His disciples said to Him, "Lord, teach us to pray, just as John taught His disciples. So Jesus did. Therefore this is known as the Lord's Prayer. It is a model prayer. It shows us how we must pray to our Father in heaven.

God made us and redeemed us for a relationship with Him. Prayer is an important part of our relationship with God. God speaks to us in and through His Word, the Bible. We then speak to God about Himself, ourselves, and others (other things) in this world. The Holy Spirit helps us to understand His Word and apply it to our lives.

We know that God will answer our prayers. But God knows what is best for us in a way that we do not know. The Lord's prayer puts God's glory first and makes God's Name the guide for our petitions and confessions. Therefore, we also trust that however God answers our prayers, His Name will be glorified.

Matthew 6:9-13 (New King James Version)

"In this manner, therefore, pray:

'Our Father in heaven,

Hallowed be Your name.

Your kingdom come.

Your will be done On earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And do not lead us into temptation,

but deliver us from the evil one.

For Yours is the kingdom

and the power and the glory forever.

Amen.' "