

Heidelberg Catechism

Lord's Day 1

Overview/Purpose

Exposition regarding question 1 - "The question of comfort is placed, and treated first, because it embodies the design and substance of the catechism. The design is, that we may be led to the attainment of sure and solid comfort, both in life and death. On this account, all divine truth has been revealed by God, and is especially to be studied by us. The substance of this comfort consists in this, that we are ingrafted into Christ by faith, that through him we are reconciled to, and beloved of God, that thus he may care for and save us eternally."

Exposition regarding question 2 – "This question contains the statement and division of the whole catechism and at the same time accords with the division of the Scriptures into the Law and Gospel"

"The Commentary of Dr. Zacharias Ursinus on the Heidelberg Catechism", pg 17, 20.

Method

Following the Trivium, the grammar stage calls for rote memorization. Constant drilling and recitation is absolutely necessary and will require direct parental participation.

Suggested Materials For Parents

See "The Commentary of Dr. Zacharias Ursinus on the Heidelberg Catechism", pgs 17-22.

Word Definitions

• Assures	• Belong	• Body
• Comfort	• Death	• Deliverance
• Delivered	• Devil	• Die
• Eternal Life	• Express	• Faithful
• God	• Gratitude	• Heavenly Father

• Henceforth	• Holy Spirit	• Jesus Christ
• Know	• Life	• Live
• Miseries	• My Own	• Necessary
• Power	• Precious Blood	• Preserves
• Ready	• Salvation	• Satisfied
• Savior	• Sincerely	• Sins
• Soul	• Subservient	• Willing

Suggested Activities

- Review word definitions
- Memory game to review word definitions and catechism questions
- Spelling test using the words in this catechism lesson
- Memorize key bible verses
- Service projects to reinforce the lessons found in the catechism questions
- Many opportunities for creativity!

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Question 1. What is thy only comfort in life and death?

Answer. That I with [a] body and soul, both in life and death, [b] am not my own, but belong [c] unto my faithful Savior Jesus Christ; who, with his precious [d] blood, hath fully [e] satisfied for all my sins, and delivered [f] me from all the power of the devil; and so preserves me [g] that without the will of my heavenly Father, not a hair [h] can fall from my head; yea, that all things must be [i] subservient to my salvation, and therefore, by his Holy Spirit, he also assures me [j] of eternal life, and makes [k] me sincerely willing and ready, henceforth, to live unto him.

Question 2. How many things are necessary for thee to know, that thou, enjoying this comfort, mayest live and die happily?

Answer. Three; [l] the first, how great [m] my sins and miseries are; the second, how I may be delivered [n] from all my sins and miseries; the third, how I shall express my gratitude [o] to God for such deliverance.

[a]: 1Cor. 6:19,20

[b]: Rom. 14:7,8,9

[c]: 1Cor. 3:23

[d]: 1Pet. 1:18,19

[e]: 1John 1:7

[f]: 1John 3:8; Heb. 2:14,15

[g]: John 6:39; John 10:28,29

[h]: Luke 21:18; Matt. 10:30

[i]: Rom. 8:28

[j]: 2Cor. 1:22; 2Cor 5:5

[k]: Rom. 8:14; Rom. 7:22

[l]: Luke 24:47

[m]: 1Cor. 6:10,11; John 9:41; Rom 3:10,19

[n]: John 17:3

[o]: Eph. 5:8,9,10