

Heidelberg Catechism Curriculum for Families

TO BEGIN:

Turn in this study guide to Unit 1, “Why and How to Use This Learning Tool,” while listening to the corresponding audio for Unit 1 on:

**www.start.URClearning.org
(or on the CD provided you)**

**For help, send an email to:
info@start.urclearning.org**

.....

Table of Contents

Unit 1 • Why and How to Use This Learning Tool.	5
Unit 2 • The Bible and the Heidelberg Catechism...	6
Unit 3 • Lord's Day 1 • Q & A 1-2.....	7
Unit 4 • Lord's Day 2 • Q & A 3-5.....	8
Unit 5 • Lord's Day 3 • Q & A 6-8.....	9
Unit 6 • Lord's Day 4 • Q & A 9-11.....	11
Unit 7 • Lord's Day 5 • Q & A 12-15.....	12
Unit 8 • Lord's Day 6 • Q & A 16-19.....	14
Unit 9 • Lord's Day 7 • Q & A 20-23.....	15
Unit 10 • Lord's Day 8 • Q & A 24-25.....	17
Unit 11 • Lord's Day 9 • Q & A 26.....	18
Unit 12 • Lord's Day 10 • Q & A 27-28.....	20
Unit 13 • Lord's Day 11 • Q & A 29-30.....	21
Unit 14 • Lord's Day 12 • Q & A 31-32.....	22
Unit 15 • Lord's Day 13 • Q & A 33-34.....	24
Unit 16 • Lord's Day 14 • Q & A 35-36.....	25
Unit 17 • Lord's Day 15 • Q & A 37-39.....	26
Unit 18 • Lord's Day 16 • Q & A 40-44.....	27
Unit 19 • Lord's Day 17 • Q & A 45.....	29
Unit 20 • Lord's Day 18 • Q & A 46-49.....	30
Unit 21 • Lord's Day 19 • Q & A 50-52.....	32
Unit 22 • Lord's Day 20 • Q & A 53.....	33
Unit 23 • Lord's Day 21 • Q & A 54-56.....	34
Unit 24 • Lord's Day 22 • Q & A 57-58.....	35
Unit 25 • Lord's Day 23 • Q & A 59-61.....	36
Unit 26 • Lord's Day 24 • Q & A 62-64.....	38

Unit 27 • Lord's Day 25 • Q & A 65-68.....	40
Unit 28 • Lord's Day 26 • Q & A 69-71.....	42
Unit 29 • Lord's Day 27 • Q & A 72-74.....	43
Unit 30 • Lord's Day 28 • Q & A 75-77.....	45
Unit 31 • Lord's Day 29 • Q & A 78-79.....	47
Unit 32 • Lord's Day 30 • Q & A 80-82.....	48
Unit 33 • Lord's Day 31 • Q & A 83-85.....	50
Unit 34 • Lord's Day 32 • Q & A 86-87.....	52
Unit 35 • Lord's Day 33 • Q & A 88-92.....	53
Unit 36 • Lord's Day 34 • Q & A 93-95.....	56
Unit 37 • Lord's Day 35 • Q & A 96-98.....	58
Unit 38 • Lord's Day 36 • Q & A 99-100.....	59
Unit 39 • Lord's Day 37 • Q & A 101-102.....	60
Unit 40 • Lord's Day 38 • Q & A 103.....	61
Unit 41 • Lord's Day 39 • Q & A 104.....	62
Unit 42 • Lord's Day 40 • Q & A 105-107.....	63
Unit 43 • Lord's Day 41 • Q & A 108-109.....	65
Unit 44 • Lord's Day 42 • Q & A 110-111.....	66
Unit 45 • Lord's Day 43 • Q & A 112.....	67
Unit 46 • Lord's Day 44 • Q & A 113-115.....	68
Unit 47 • Lord's Day 45 • Q & A 116-119.....	69
Unit 48 • Lord's Day 46 • Q & A 120-121.....	71
Unit 49 • Lord's Day 47 • Q & A 122.....	72
Unit 50 • Lord's Day 48 • Q & A 123.....	73
Unit 51 • Lord's Day 49 • Q & A 124.....	74
Unit 52 • Lord's Day 50 • Q & A 125.....	75
Unit 53 • Lord's Day 51 • Q & A 126.....	76
Unit 54 • Lord's Day 52 • Q & A 127-129.....	77
Summary of Children's Faith.....	79

**Heidelberg Catechism
Curriculum for Families**



Unit 1 ~ Why and How to Use This Learning Tool

1. This is a catechism curriculum for “families,” meaning for church families and for families with young children.
2. This curriculum seeks to remove three obstacles to faithful Christian parenting: ignorance of our parental duty, ignorance of the content and method for this duty, and lack of an accountability means for parents to their church elders in this duty.
3. This curriculum is used in our church in conjunction with our children and adult Sunday church school/catechism program, but it can be used in any number of other ways.
4. Scripture and catechism memorization, along with daily application of the curriculum content, is key to successful catechism. Recommended catechism and Scripture memorization is found in bold throughout this study guide.

Deuteronomy 11:19 ¹⁹ Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up.

Unit 2 ~ The Bible and the Heidelberg Catechism

1. To “catechize” someone means to instruct them in basic religious truths; a “catechism” is a document designed for that training.

2. The Heidelberg Catechism was written primarily by theology professor and pastor Zacharius Ursinus, who preached and taught at the university in Heidelberg, Germany in the 16th century. It has stood the test of time as the preeminent Reformed catechism.

3. This catechism is not inerrant, but is a reliable, faithful summary of God’s Word. It is foolish to reject creeds and catechisms unless they are in conflict with the Word of God. All good creeds, catechisms, and confessions exalt the Word of God.

4. Ursinus himself wrote a commentary on this catechism, in which he gives nine reasons why catechism is necessary. We may then say that he feels the Heidelberg Catechism is suitable to be used for these purposes.

And for our young children:

Everything the Bible says is true. The Heidelberg Catechism helps me to understand the Bible.

II Timothy 3:16-17 ¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and

.....

training in righteousness, ¹⁷ so that the man of God may be thoroughly equipped for every good work.

Unit 3 ~ Lord's Day 1, Questions & Answers 1-2

Q #1: What is your only comfort in life and in death?

A: That I, with body and soul, both in life and in death, am not my own, but belong to my faithful Savior Jesus Christ, who with His precious blood has fully satisfied for all my sins, and redeemed me from all the power of the devil; and so preserves me that without the will of my Father in heaven not a hair can fall from my head; indeed, that all things must work together for my salvation. Wherefore, by His Holy Spirit, He also assures me of eternal life, and makes me heartily willing and ready from now on to live unto Him.

Q #2: How many things are necessary for you to know, that in this comfort you may live and die happily?

A: Three things: First, the greatness of my sin and misery. Second, how I am redeemed from all my sins and misery. Third, how I am to be thankful to God for such redemption.

1. If you belong to Christ, and are thereby at peace with God, your future will be comfortable and happy. If you do not belong to Christ, you remain

.....

God's enemy, and any comforts that you may enjoy now will someday be taken from you.

2. Those who will enjoy a happy and comfortable future know the greatness of their sin and misery, how they have been redeemed from their sin and misery, and how they are to be thankful for such redemption.

And for our young children:

Even though I am bad, Jesus loves me. He died for my sins, and I thank Him everyday by obeying His commandments.

Deuteronomy 31:8 ⁸**The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.**

Unit 4 ~ Lord's Day 2, Questions & Answers 3-5

Q #3: From where do you know your misery?
A: From the Law of God.

Q #4: What does the Law of God require of us?
A: Christ teaches us in sum, Matthew 22: "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. This is the first and great

.....

commandment. And the second is like unto it, you shall love your neighbor as yourself. On these two commandments hang all the law and the prophets.”

Q #5: Can you keep all this perfectly?

A: No, for I am prone by nature to hate God and my neighbor.

1. The law of God is anything that He commands in His Word. Sometimes we also use the word “law” to mean different things.
2. God gives us His law in the first place to show us our deep-rooted tendency to hate God and our neighbor, not merely to show us how to live.

And for our young children:

God tells me what to do, but I do not always do it like I should, so I know I am a sinner.

Romans 3:20 ²⁰ **Therefore no one will be declared righteous in his sight by observing the law; rather, through the law we become conscious of sin.**

Unit 5 ~ Lord’s Day 3, Questions & Answers 6-8

Q #6: Did God create man thus, wicked and perverse?

A: No, but God created man good and after His own image, that is, in righteousness and true holiness, that he might rightly know God his Creator, heartily love Him, and live with Him in eternal blessedness, to praise and glorify Him.

Q #7: From where, then, does this depraved nature of man come?

A: From the fall and disobedience of our first parents, Adam and Eve, in Paradise, whereby our nature became so corrupt that we are all conceived and born in sin.

Q #8: But are we so depraved that we are completely incapable of any good and prone to all evil?

A: Yes, unless we are born again by the Spirit of God.

1. Adam is our true first father. He was good, but then he fell, and we are his corrupt progeny.
2. The consequence of Adam's fall is that mankind is rotten to the core, in spite of the outwardly "good" actions we see unbelievers doing.

And for our young children:

"In Adam's fall, sinned we all."

Genesis 3:6 ⁶When the woman saw that the fruit of the tree was good for food and pleasing to the eye,

.....

and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

Unit 6 ~ Lord's Day 4, Questions & Answers 9-11

Q #9: Does not God, then, do injustice to man by requiring of him in His Law that which he cannot perform?

A: No, for God so made man that he could perform it; but man, through the instigation of the devil, by willful disobedience deprived himself and all his descendants of this power.

Q #10: Will God allow such disobedience and apostasy to go unpunished?

A: Certainly not, but He is terribly displeased with our inborn as well as our actual sins, and will punish them in just judgment in time and eternity, as He has declared: "Cursed is everyone that continues not in all things which are written in the book of the law to do them."

Q #11: But is not God also merciful?

A: God is indeed merciful, but He is likewise just; His justice therefore requires that sin which is committed against the most high majesty of God, be

punished with extreme, that is, with everlasting punishment both of body and soul.

1. God is fair to require perfect obedience of Adam and his posterity.
2. God is fair to render everlasting punishment of body and soul to people for their disobedience.

And for our young children:

God is terribly angry with me because of who my first father is and because of my own sins.

Galatians 3:10 ¹⁰ **All who rely on observing the law are under a curse, for it is written: "Cursed is everyone who does not continue to do everything written in the Book of the Law."**

Unit 7 ~ Lord's Day 5, Questions & Answers 12-15

Q #12: Since, then, by the righteous judgment of God we deserve temporal and eternal punishment, how may we escape this punishment and be again received into favor?

A: God wills that His justice be satisfied; therefore, we must make full satisfaction to that justice, either by ourselves or by another.

Q #13: Can we ourselves make this satisfaction?

A: Certainly not; on the contrary, we daily increase our guilt.

Q #14: Can any mere creature make satisfaction for us?

A: None; for first, God will not punish any other creature for the sin which man committed; and further, no mere creature can sustain the burden of God's eternal wrath against sin and redeem others from it.

Q #15: What kind of mediator and redeemer, then, must we seek?

A: One who is a true and righteous man, and yet more powerful than all creatures, that is, one who is also true God.

1. God wills that His justice be satisfied, but you cannot satisfy His justice, nor can any other mere creature.

And for our young children:

My only hope is to ask God to forgive me for my sins, even though I don't deserve it.

Hebrews 2:14-15 ¹⁴ Since the children have flesh and blood, he too shared in their humanity so that by his death he might destroy him who holds the power of death-- that is, the devil-- ¹⁵ and free those

who all their lives were held in slavery by their fear of death.

Unit 8 ~ Lord's Day 6, Questions & Answers 16-19

Q #16: Why must He be a true and righteous man?

A: Because the justice of God requires that the same human nature which has sinned should make satisfaction for sin; but one who is himself a sinner cannot satisfy for others.

Q #17: Why must He also be true God?

A: That by the power of His Godhead, He might bear in His manhood the burden of God's wrath, and so obtain for and restore to us righteousness and life.

Q #18: But who now is that Mediator, who in one person is true God and also a true and righteous man?

A: Our Lord Jesus Christ, who is freely given unto us for complete redemption and righteousness.

Q #19: From where do you know this?

A: From the Holy Gospel, which God Himself first revealed in Paradise, afterwards proclaimed by the holy patriarchs and prophets, and foreshadowed by

the sacrifices and other ceremonies of the law, and finally fulfilled by His well-beloved Son.

1. Jesus meets three specific qualifications to be our Mediator: He is true man, He is righteous man, and He is true God.

And for our young children:

Jesus loves me so much that He died for my sins, taking my punishment away.

John 14:6 ⁶ Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

Unit 9 ~ Lord's Day 7, Questions & Answers 20-23

Q #20: Are all men, then, saved by Christ as they have perished in Adam?

A: No, only those who by true faith are ingrafted into Him and receive all His benefits.

Q #21: What is true faith?

A: True faith is not only a sure knowledge whereby I hold for truth all that God has revealed to us in His Word, but also a hearty trust, which the Holy Spirit works in me by the Gospel, that not only to others, but to me also, forgiveness of sins, everlasting

righteousness, and salvation are freely given by God, merely of grace, only for the sake of Christ's merits.

Q #22: What, then, is necessary for a Christian to believe?

A: All that is promised us in the Gospel, which the articles of our catholic, undoubted Christian faith teach us in summary.

Q #23: What are these articles?

A: I believe in God the Father Almighty, Maker of heaven and earth.

And in Jesus Christ, His only begotten Son, our Lord: who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sits at the right hand of God the Father Almighty; from there He shall come to judge the living and the dead.

I believe in the Holy Spirit, a holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

1. Faith has three parts: knowledge, assent to that knowledge, and trust in the promise of Christ to forgive us. That trust is a necessary part of true faith should not scare you.

.....

2. The Apostle's Creed was not written by the apostles themselves, but reflects the apostolic doctrine. We define what we mean by the expressions in the Apostle's Creed throughout the next section of the catechism.

And for our young children:

God spoke through the apostles in the Bible.
The Bible tells me that Jesus promised to
forgive me for all my sins.

Unit 10 ~ Lord's Day 8, Questions & Answers 24-25

Q #24: How are these articles divided?

A: Into three parts: the first is of God the Father and our creation; the second, of God the Son and our redemption; the third, of God the Holy Spirit and our sanctification.

Q #25: Since there is but one Divine Being, why do you speak of three persons: Father, Son, and Holy Spirit?

A: Because God has so revealed Himself in His Word, that these three distinct persons are the one, true, eternal God.

1. Though the catechism, following the creed, rightly ascribes to each person of the Trinity a chief role, all three persons are active in every role.

.....

2. Coming to believe in the mysterious doctrine of the Trinity is a clear example of how our knowledge of God must conform to the Scripture, and not to our own vain speculations.

And for our young children:

God tells me that He is one God and three persons—Father, Son, and Holy Spirit.

Deuteronomy 6:4 ⁴ **Hear, O Israel: The LORD our God, the LORD is one.**

Matthew 28:18-19 ¹⁸ **Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.**

Unit 11 ~ Lord’s Day 9, Question & Answer 26

Q #26: What do you believe when you say: “I believe in God the Father Almighty, Maker of heaven and earth?”

A: That the eternal Father of our Lord Jesus Christ, who of nothing made heaven and earth with all that in them is, who likewise upholds, and governs the same by His eternal counsel and providence, is for the sake of Christ, His Son, my God and my Father, in whom I so trust as to have no doubt that He will provide me with all things necessary for body and

soul; and further, that whatever evil He sends upon me in this troubled life, He will turn to my good; for He is able to do it, being Almighty God, and willing also, being a faithful Father.

1. God made everything “out of nothing.”
2. Notice that the explanation of the Father’s work in the catechism follows the biblical pattern of Him creating His world, sustaining His world, and directing everything that happens in His world.

And for our young children:

God always was, and He made everything in the universe.

Acts 17:24-28 ²⁴ "The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by hands. ²⁵ And he is not served by human hands, as if he needed anything, because he himself gives all men life and breath and everything else. ²⁶ From one man he made every nation of men, that they should inhabit the whole earth; and he determined the times set for them and the exact places where they should live. ²⁷ God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each one of us. ²⁸ 'For in him we live and move and have our being.'

Unit 12 ~ Lord's Day 10, Question & Answer 27-28

Q #27: What do you understand by the providence of God?

A: The almighty, everywhere-present power of God, whereby, as it were by His hand, He still upholds heaven and earth with all creatures, and so governs them that herbs and grass, rain and drought, fruitful and barren years, meat and drink, health and sickness, riches and poverty, indeed, all things come not by chance, but by His fatherly hand.

Q #28: What does it profit us to know that God created, and by His providence upholds, all things?

A: That we may be patient in adversity, thankful in prosperity, and for what is future have good confidence in our faithful God and Father, that no creature shall separate us from His love, since all creatures are so in His hand, that without His will they cannot so much as move.

1. God plans everything that happens and makes sure that everything happens according to His plan, usually through the use of "secondary causes." God's will and man's will coalesce in every thought, word, and action in history.

2. We must believe the providence of God, or else we have no real reason to expect that God can do anything for us.

.....

And for our young children:

God loves me and He makes everything that happens to me work out for my good.

Genesis 50:19-20 ¹⁹ But Joseph said to them, "Don't be afraid. Am I in the place of God? ²⁰ You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

Unit 13 ~ Lord's Day 11, Questions & Answers 29-30

Q #29: Why is the Son of God called "Jesus," that is, Savior?

A: Because He saves us from all our sins, and because salvation is not to be sought or found in any other.

Q #30: Do those also believe in the only Savior Jesus, who seek their salvation and welfare from "saints," themselves, or anywhere else?

A: No; although they make their boast of Him, yet in their deeds they deny the only Savior Jesus; for either Jesus is not a complete Savior, or they who by true faith receive this Savior, must have in Him all that is necessary to their salvation.

1. Praying to "saints" or trusting in your own or somebody else's works to get you to heaven is

.....

offensive to God and shows that you don't really trust Jesus to forgive your sins.

And for our young children:

I only pray to God because nobody loves me as much as He does, and nobody is as powerful to help me as He is.

Isaiah 43:11-12 ¹¹I, even I, am the LORD, and apart from me there is no savior. ¹²I have revealed and saved and proclaimed-- I, and not some foreign god among you. You are my witnesses," declares the LORD, "that I am God.

Unit 14 ~ Lord's Day 12, Questions & Answers 31-32

Q #31: Why is He called "Christ," that is, Anointed?

A: Because He is ordained of God the Father and anointed with the Holy Spirit to be our chief Prophet and Teacher, who has fully revealed to us the secret counsel and will of God concerning our redemption; and our only High Priest, who by the one sacrifice of His body, has redeemed us, and ever lives to make intercession for us with the Father; and our eternal King, who governs us by His Word and Spirit, and defends and preserves us in the redemption obtained for us.

Q #32: But why are you called a Christian?

.....

A: Because by faith I am a member of Christ and thus a partaker of His anointing, in order that I also may confess His Name, may present myself a living sacrifice of thankfulness to Him, and with a free conscience may fight against sin and the devil in this life, and hereafter in eternity reign with Him over all creatures.

1. Instead of a typical last name, Jesus (which name is derived from the word “salvation”) is given the title “Christ,” meaning “anointed,” as He is the fulfillment of the Old Testament offices of prophet, priest, and king.

2. As Christ’s subjects, we also have been appointed to exercise prophetic, priestly, and kingly duties by His power and in His honor.

And for our young children:

“Christ” is not Jesus’ last name, but is a title, like “Mr.,” which reminds me that He knows everything, that He died for my sins and prays for me, and that He, my King, fights against and conquers all of my enemies.

Hebrews 12:2 ²Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Unit 15 ~ Lord's Day 13, Questions & Answers 33-34

Q #33: Why is He called God's "only begotten Son," since we also are the children of God?

A: Because Christ alone is the eternal, natural Son of God, but we are children of God by adoption, through grace, for His sake.

Q #34: Why do you call Him "our Lord?"

A: Because not with silver or gold, but with His precious blood, He has redeemed and purchased us, body and soul, from sin and from all the power of the devil, to be His own.

1. Jesus was, is, and always will be true God.
2. Jesus was, is, and always will be the only-begotten Son of God.
3. As before we were slaves to sin and condemnation, now having been redeemed by Jesus, we belong to Him.

And for our young children:

Jesus is God. Nobody created Jesus, He always was.

John 1:18 ¹⁸ **No one has seen God at any time; the only begotten God who is in the bosom of the Father, He has explained Him.**

.....

Unit 16 ~ Lord's Day 14, Questions & Answers 35-36

Q #35: What is the meaning of “conceived by the Holy Spirit, born of the virgin Mary?”

A: That the eternal Son of God, who is and continues true and eternal God, took upon Himself the very nature of man, of the flesh and blood of the virgin Mary, by the operation of the Holy Spirit; so that He might also be the true seed of David, like unto His brethren in all things, except for sin.

Q #36: What benefit do you receive from the holy conception and birth of Christ?

A: That He is our Mediator, and with His innocence and perfect holiness covers, in the sight of God, my sin, wherein I was conceived.

1. The Holy Spirit enacted the virgin birth of Jesus, which was necessary to preserve His holiness as He became incarnate.

And for our young children:

I was a sinful baby, even in my mother's womb, but Jesus was a perfect baby.

Luke 1:35 ³⁵ The angel answered, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.

Unit 17 ~ Lord's Day 15, Questions & Answers 37-39

Q #37: What do you understand by the word "suffered?"

A: That all the time He lived on earth, but especially at the end of His life, He bore, in body and soul, the wrath of God against the sin of the whole human race; in order that by His suffering, as the only atoning sacrifice, He might redeem our body and soul from everlasting damnation, and obtain for us the grace of God, righteousness, and eternal life.

Q #38: Why did He suffer "under Pontius Pilate" as judge?

A: That He, being innocent, might be condemned by the temporal judge, and thereby deliver us from the severe judgment of God, to which we were exposed.

Q #39: Is there anything more in His having been "crucified" than if He had suffered some other death?

A: Yes, for thereby I am assured that He took upon Himself the curse which lay upon me, because the death of the cross was accursed of God.

1. Jesus' death was so horrific that it was sufficient to atone for the sins of every human being that ever lived; but it was efficient, by design, only for us.

.....

2. Pontius Pilate was an unwitting picture of God's condemnation of Christ in our place.

And for our young children:

God punished innocent Jesus instead of punishing me.

Isaiah 53:5 ⁵ But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.

Unit 18 ~ Lord's Day 16, Questions & Answers 40-44

Q #40: Why was it necessary for Christ to suffer "death?"

A: Because the justice and truth of God required that satisfaction for our sins could be made in no other way than by the death of the Son of God.

Q #41: Why was He "buried?"

A: To show thereby that He was really dead.

Q #42: Since, then, Christ died for us, why must we also die?

A: Our death is not a satisfaction for our sin, but only a dying to sin and an entering into eternal life.

Q #43: What further benefit do we receive from the sacrifice and death of Christ on the cross?

A: That by His power our old man is with Him crucified, slain, and buried; so that the evil lusts of the flesh may no more reign in us, but that we may offer ourselves unto Him a sacrifice of thanksgiving.

Q #44: Why is it added: "He descended into hell?"

A: That in my greatest temptations I may be assured that Christ my Lord, by His inexpressible anguish, pains, and terrors, which He suffered in His soul on the cross and before, has redeemed me from the anguish and torment of hell.

1. After Jesus died, His body went into the grave, and His soul went immediately to be with His and our Father. He did not go to hell after the cross, but he suffered the anguish of hell in His life and on the cross.

And for our young children:

There was no more suffering for Jesus after He died.

John 19:30 ³⁰ When he had received the drink, Jesus said, "It is finished." With that, he bowed his head and gave up his spirit.

Unit 19 ~ Lord's Day 17, Question & Answer 45

Q #45: What benefit do we receive from the “resurrection” of Christ?

A: First, by His resurrection He has overcome death, that He might make us partakers of the righteousness which He has obtained for us by His death. Second, by His power we are also now raised up to a new life. Third, the resurrection of Christ is to us a sure pledge of our blessed resurrection.

1. Jesus actually rose from the dead, guaranteeing our actual resurrection.
2. The power that worked to raise Jesus from the dead is the same power that made our dead, rebellious hearts alive to God, so that we might now serve Him.

And for our young children:

Jesus was dead and buried in the tomb, but He came back to life. When I get old and die someday, God will raise me from the dead, just like Jesus, and I will live forever.

Romans 6:10-11 ¹⁰The death he died, he died to sin once for all; but the life he lives, he lives to God. ¹¹**In the same way, count yourselves dead to sin but alive to God in Christ Jesus.**

Unit 20 ~ Lord's Day 18, Questions & Answers 46-49

Q #46: What do you understand by the words "He ascended into heaven?"

A: That Christ, in the sight of His disciples, was taken up from the earth into heaven, and continues there in our behalf until He shall come again to judge the living and the dead.

Q #47: But is not Christ with us even unto the end of the world, as He has promised?

A: Christ is true man and true God. According to His human nature He is now not on earth, but according to His Godhead, majesty, grace, and Spirit, He is at no time absent from us.

Q #48: But are not, in this way, the two natures in Christ separated from one another, if the manhood is not wherever the Godhead is?

A: Not at all, for since the Godhead is incomprehensible and everywhere present, it must follow that it is indeed beyond the bounds of the manhood which it has assumed, but is yet nonetheless in the same also, and remains personally united to it.

Q #49: What benefit do we receive from Christ's ascension into heaven?

A: First, that He is our Advocate in the presence of His Father in heaven. Second, that we have our flesh in heaven as a sure pledge, that He as the Head, will also take us, His members, up to Himself. Third, that He sends us His Spirit as an earnest, by whose power we seek those things which are above, where Christ sits at the right hand of God, and not things on the earth.

1. After Jesus rose from the dead, He remained a true man, though now He is glorified and in heaven, wherever that is.
2. Question & Answer 48, which teaches the *extra-calvinisticum*, is especially relevant to our doctrine of the Lord's Supper.

And for our young children:

Jesus is in heaven right now and He is still,
and always will be, a real man.

Matthew 28:19-20 ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Unit 21 ~ Lord's Day 19, Questions & Answers 50-52

Q #50: Why is it added: "And sits at the right hand of God?"

A: Because Christ ascended into heaven for this end, that He might there appear as the Head of His Church, by whom the Father governs all things.

Q #51: What does this glory of Christ, our Head, profit us?

A: First, that by His Holy Spirit He pours out heavenly gifts upon us, His members; then, that by His power He defends and preserves us against all enemies.

Q #52: What comfort is it to you that Christ "shall come to judge the living and the dead?"

A: That in all my sorrows and persecutions, I, with uplifted head, look for the very One, who offered Himself for me to the judgment of God, and removed all curse from me, to come as Judge from heaven, who shall cast all His and my enemies into everlasting condemnation, but shall take me with all His chosen ones to Himself into heavenly joy and glory.

1. We ought to live every day with joyful expectation that the Lord is going to return and destroy His and our enemies; and, He will at long last, glorify us.

.....

And for our young children:

Jesus will not stay in heaven forever, but He will come back to get us and I will see Him.

John 16:7 ⁷ But I tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send him to you.

Unit 22 ~ Lord's Day 20, Question & Answer 53

Q #53: What do you believe concerning the "Holy Spirit?"

A: First, that He is co-eternal God with the Father and the Son. Second, that He is also given unto me: by true faith makes me a partaker of Christ and all His benefits, comforts me, and shall abide with me forever.

1. The Holy Spirit was, is, and always will be true God.

And for our young children:

The Holy Spirit is God. Nobody created the Holy Spirit, He always was.

Isaiah 11:1-3 A shoot will come up from the stump of Jesse; from his roots a Branch will bear fruit. ² The Spirit of the LORD will rest on him-- the Spirit of wisdom and of understanding, the Spirit of

counsel and of power, the Spirit of knowledge and of the fear of the LORD-- ³ and he will delight in the fear of the LORD.

Unit 23 ~ Lord's Day 21, Questions & Answers 54-56

Q #54: What do you believe concerning the "holy catholic Church?"

A: That out of the whole human race, from the beginning to the end of the world, the Son of God, by His Spirit and Word, gathers, defends, and preserves for Himself unto everlasting life a chosen communion in the unity of the true faith; and that I am and forever shall remain a living member of this communion.

Q #55: What do you understand by the "communion of saints?"

A: First, that believers, one and all, as members of the Lord Jesus Christ, are partakers with Him in all His treasures and gifts; second, that each one must feel himself bound to use his gifts readily and cheerfully for the advantage and welfare of other members.

Q #56: What do you believe concerning the "forgiveness of sins?"

A: That God, for the sake of Christ's satisfaction, will no more remember my sins, nor the sinful nature

with which I have to struggle all my life long; but graciously imputes to me the righteousness of Christ, that I may nevermore come into condemnation.

1. By “catholic,” we mean universal—across time and throughout the world—not Roman Catholic.
2. Question & Answer 54 is referring to the “invisible” church, which is the company of the elect who have come to faith.

And for our young children:

I am part of the same Christian family no matter where or when they live or lived.

Ephesians 3:20 - 21 ²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Unit 24 ~ Lord’s Day 22, Questions & Answers 57-58

Q #57: What comfort do you receive from the “resurrection of the body?”

A: That not only my soul after this life shall be immediately taken up to Christ its Head, but also that this my body, raised by the power of Christ,

shall be reunited with my soul, and made like the glorious body of Christ.

Q #58: What comfort do you receive from the article “life everlasting?”

A: That, inasmuch as I now feel in my heart the beginning of eternal joy, I shall after this life possess complete blessedness, such as eye has not seen, nor ear heard, neither has entered into the heart of man, therein to praise God forever.

1. When we die, our bodies go into the grave, while our souls go to be with the Father in heaven. When Jesus returns, our bodies will come out of the grave and be reunited with our souls and glorified.

And for our young children:

I am looking forward to the day when Jesus will make sure that nothing bad ever happens to me anymore.

Job 19:25-27 ²⁵ I know that my Redeemer lives, and that in the end he will stand upon the earth. ²⁶ And after my skin has been destroyed, yet in my flesh I will see God; ²⁷ I myself will see him with my own eyes — I, and not another. How my heart yearns within me!

Unit 25 ~ Lord’s Day 23, Questions & Answers 59-61

.....

Q #59: What does it help you now, that you believe all this?

A: That I am righteous in Christ before God, and an heir of eternal life.

Q #60: How are you righteous before God?

A: Only by true faith in Jesus Christ: that is, although my conscience accuses me, that I have grievously sinned against all the commandments of God, and have never kept any of them, and am still prone always to all evil; yet God, without any merit of mine, of mere grace, grants and imputes to me the perfect satisfaction, righteousness, and holiness of Christ, as if I had never committed nor had any sins, and had myself accomplished all the obedience which Christ has fulfilled for me; if only I accept such benefit with a believing heart.

Q #61: Why do you say that you are righteous by faith only?

A: Not that I am acceptable to God on account of the worthiness of my faith, but because only the satisfaction, righteousness and holiness of Christ is my righteousness before God; and I can receive the same and make it my own in no other way than by faith only.

1. Questions & Answers 60-63 are the catechism's most clear explanation of the doctrine of justification.

Note the reference to both the active and passive obedience of Christ.

And for our young children:

God will reward me for all the good things
Jesus did for me, as if I had done them
myself.

Ephesians 2:8-9 ⁸ For it is by grace you have been saved, through faith-- and this not from yourselves, it is the gift of God-- ⁹ not by works, so that no one can boast.

Unit 26 ~ Lord's Day 24, Questions & Answers 62-64

Q #62: But why cannot our good works be the whole or part of our righteousness before God?

A: Because the righteousness which can stand before the judgment seat of God, must be perfect throughout and entirely conformable to the divine law, but even our best works in this life are all imperfect and defiled with sin.

Q #63: Do our good works merit nothing, even though it is God's will to reward them in this life and in that which is to come?

A: The reward comes not of merit, but of grace.

Q #64: But does not this doctrine make men careless and profane?

A: No, for it is impossible that those who are implanted into Christ by true faith, should not bring forth fruits of thankfulness.

1. One of the keys to keeping clear in our minds the doctrine of justification is to meditate on God's holiness.
2. If we do not think to ask question #64 in our own consciences, we probably have not yet believed the gospel.
3. Far from making them careless and profane, those who believe in the gospel of grace alone through faith alone will do good works.

And for our young children:

God is perfect. Jesus is perfect. Only Jesus could do the perfect things that God would like.

Isaiah 6:1-4 In the year that King Uzziah died, I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple. ² Above him were seraphs, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. ³ And they were calling to one another: "Holy, holy, holy is the LORD Almighty; the whole earth is full

of his glory." ⁴ At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke.

Unit 27 ~ Lord's Day 25, Questions & Answers 65-68

Q #65: Since, then, we are made partakers of Christ and all His benefits by faith only, where does this faith come from?

A: The Holy Spirit works faith in our hearts by the preaching of the Holy Gospel, and confirms it by the use of the holy sacraments.

Q #66: What are the sacraments?

A: The sacraments are visible holy signs and seals appointed by God for this end, that by their use He may the more fully declare and seal to us the promise of the Gospel, namely, that of free grace He grants us the forgiveness of sins and everlasting life for the sake of the one sacrifice of Christ accomplished on the cross.

Q #67: Are both the Word and the sacraments designed to direct our faith to the sacrifice of Christ on the cross as the only ground of our salvation?

A: Yes, truly, for the Holy Spirit teaches in the Gospel and assures us by the holy sacraments, that

our whole salvation stands in the one sacrifice of Christ made for us on the cross.

Q #68: How many sacraments has Christ instituted in the New Testament?

A: Two: Holy Baptism and the Holy Supper.

1. The preaching of the gospel and the sacraments are the means of grace. In our age, even in Reformed circles by and large, we have either expressly or more subtly denied this truth to our own spiritual detriment.
2. There are only two ceremonies in the church that meet the definition of sacrament—baptism and the Lord’s Supper (make this the point to your young children also).

Romans 10:12-14 ¹² For there is no difference between Jew and Gentile-- the same Lord is Lord of all and richly blesses all who call on him, ¹³ for, "Everyone who calls on the name of the Lord will be saved." ¹⁴ How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?

Unit 28 ~ Lord's Day 26, Questions & Answers 69-71

Q #69: How is it signified and sealed to you in Holy Baptism that you have part in the one sacrifice of Christ on the cross?

A: Thus: that Christ instituted this outward washing with water and joined to it this promise, that I am washed with His blood and Spirit from the pollution of my soul, that is, from all my sins, as certainly as I am washed outwardly with water, whereby commonly the filthiness of the body is taken away.

Q #70: What is it to be washed with the blood and Spirit of Christ?

A: It is to have the forgiveness of sins from God through grace, for the sake of Christ's blood, which He shed for us in His sacrifice on the cross; and also to be renewed by the Holy Spirit and sanctified to be members of Christ, so that we may more and more die unto sin and lead holy and unblamable lives.

Q #71: Where has Christ promised that we are as certainly washed with His blood and Spirit as with the water of Baptism?

A: In the institution of Baptism, which says: "Go therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit. He that believes and is baptized shall be saved; but he that believes not shall be damned."

This promise is also repeated where Scripture calls Baptism the washing of regeneration and the washing away of sins.

1. In any sacrament, we need to distinguish between the “sign” and the “thing signified,” and we need to understand the relationship between them.

And for our young children:

The water in baptism is a symbol of Christ’s blood, and the dirt on my body is a symbol of my sin. The water washes away my dirt like Christ’s blood washes away my sin.

Titus 3:4-7 ⁴ But when the kindness and love of God our Savior appeared, ⁵ he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶ whom he poured out on us generously through Jesus Christ our Savior,

Unit 29 ~ Lord’s Day 27, Questions & Answers 72-74

Q #72: Is, then, the outward washing with water itself the washing away of sins?

A: No, for only the blood of Jesus Christ and the Holy Spirit cleanse us from all sin.

Q #73: Why then does the Holy Spirit call Baptism the washing of regeneration and the washing away of sins?

A: God speaks thus with great cause, namely, not only to teach us thereby that just as the filthiness of the body is taken away by water, so our sins are taken away by the blood and Spirit of Christ; but much more, that by this divine pledge and token He may assure us that we are as really washed from our sins spiritually as our bodies are washed with water.

Q #74: Are infants also to be baptized?

A: Yes, for since they, as well as their parents, belong to the covenant and people of God, and through the blood of Christ both redemption from sin and the Holy Spirit, who works faith, are promised to them no less than to their parents, they are also by Baptism, as a sign of the covenant, to be ingrafted into the Christian Church, and distinguished from the children of unbelievers, as was done in the Old Testament by circumcision, in place of which in the New Testament Baptism is appointed.

1. It is a great sin to refuse to administer the sign of entrance into the covenant community to the youngest members of the covenant.

And for our young children:

If I have children someday I will have them baptized.

.....

1 Corinthians 7:14 ¹⁴ For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her believing husband. Otherwise your children would be unclean, but as it is, they are holy.

Unit 30 ~ Lord's Day 28, Questions & Answers 75-77

Q #75: How is it signified and sealed to you in the Holy Supper that you partake of the one sacrifice of Christ on the cross and all His benefits?

A: Thus: that Christ has commanded me and all believers to eat of this broken bread and to drink of this cup in remembrance of Him, and has joined therewith these promises: first, that His body was offered and broken on the cross for me and His blood shed for me, as certainly as I see with my eyes the bread of the Lord broken for me and the cup communicated to me; and further, that with His crucified body and shed blood He Himself feeds and nourishes my soul to everlasting life, as certainly as I receive from the hand of the minister and taste with my mouth the bread and cup of the Lord, which are given me as certain tokens of the body and blood of Christ.

Q #76: What does it mean to eat the crucified body and drink the shed blood of Christ?

A: It means not only to embrace with a believing heart all the sufferings and death of Christ, and thereby to obtain the forgiveness of sins and life eternal; but moreover, also, to be so united more and more to His sacred body by the Holy Spirit, who dwells both in Christ and in us, that, although He is in heaven and we on earth, we are nevertheless flesh of His flesh and bone of His bone, and live and are governed forever by one Spirit, as members of the same body are governed by one soul.

Q #77: Where has Christ promised that He will thus feed and nourish believers with His body and blood as certainly as they eat of this broken bread and drink of this cup?

A: In the institution of the Supper, which says: "The Lord Jesus the same night in which He was betrayed took bread: and when He had given thanks, He broke it, and said, Take, eat: this is my body, which is broken for you: this do in remembrance of me. After the same manner also He took the cup, when He had eaten, saying, This cup is the new covenant in my blood: this do, as often as you drink it, in remembrance of me. For as often as you eat this bread, and drink this cup, you proclaim the Lord's death till He come." And this promise is also repeated by the Apostle Paul, where he says: "The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? Because there is one bread, so we being many

are one body, for we are all partakers of that one bread.”

Unit 31 ~ Lord’s Day 29, Questions & Answers 78-79

Q #78: Do, then, the bread and the wine become the real body and blood of Christ?

A: No, but as the water in Baptism is not changed into the blood of Christ, nor becomes the washing away of sins itself, being only the divine token and assurance thereof, so also in the Lord’s Supper the sacred bread does not become the body of Christ itself, though agreeably to the nature and usage of sacraments it is called the body of Christ.

Q #79: Why then does Christ call the bread His body, and the cup His blood, or the new covenant in His blood; and the apostle Paul, the communion of the body and the blood of Christ?

A: Christ speaks thus with great cause, namely, not only to teach us thereby, that like as the bread and wine sustain this temporal life, so also His crucified body and shed blood are the true meat and drink of our souls unto life eternal; but much more, by this visible sign and pledge to assure us that we are as really partakers of His true body and blood by the working of the Holy Spirit, as we receive by the mouth of the body these holy tokens in remembrance of Him; and that all His sufferings and obedience are

as certainly our own, as if we ourselves had suffered and done all in our own person.

1. Far from being a mere sacred memorial ceremony, partaking of the Lord's Supper with true faith unites us more and more with the sacred body of the Lord Jesus Christ in heaven. Understanding this "mystical union" and this "real presence" of Christ in the Lord's Supper is key to our avoiding idolatry, superstition, and the trivialization of our religion.

And for our young children:

I should learn the teachings of Jesus so I can partake of the Lord's Supper someday.

1 Corinthians 10:16 ¹⁶ Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?

Unit 32 ~ Lord's Day 30, Questions & Answers 80-82

Q #80: What difference is there between the Lord's Supper and the Pope's Mass?

A: The Lord's Supper testifies to us that we have full forgiveness of all our sins by the one sacrifice of Jesus Christ, which He Himself once accomplished on the cross; and that by the Holy Spirit we are ingrafted into Christ, who, with His true body, is now in

heaven at the right hand of the Father, and is there to be worshiped.

But the Mass teaches that the living and the dead do not have forgiveness of sins through the sufferings of Christ, unless Christ is still daily offered for them by the priests, and that Christ is bodily under the form of bread and wine, and is therefore to be worshiped in them. And thus the Mass at bottom is nothing else than a denial of the one sacrifice and suffering of Jesus Christ, and an accursed idolatry.

Q #81: Who are to come to the table of the Lord?

A: Those who are displeased with themselves for their sins, yet trust that these are forgiven them, and that their remaining infirmity is covered by the suffering and death of Christ; who also desire more and more to strengthen their faith and to amend their life. But the impenitent and hypocrites eat and drink judgment to themselves.

Q #82: Are they, then, also to be admitted to this Supper who show themselves by their confession and life to be unbelieving and ungodly?

A: No, for thereby the covenant of God is profaned and His wrath provoked against the whole congregation; therefore, the Christian Church is bound, according to the order of Christ and His Apostles, to exclude such persons by the Office of the Keys until they amend their lives.

1. The Reformed churches have “fenced” the Lord’s table for three reasons: to guard against profaning the covenant of God, to guard against His wrath being provoked against the congregation, and to guard people from furthering their condemnation.

And for our young children:

The elders of the church decide who partakes of the Lord’s Supper.

Unit 33 ~ Lord’s Day 31, Questions & Answers 83-85

Q #83: What is the Office of the Keys?

A: The preaching of the Holy Gospel and Christian discipline; by these two the kingdom of heaven is opened to believers and shut against unbelievers.

Q #84: How is the kingdom of heaven opened and shut by the preaching of the Holy Gospel?

A: In this way: that, according to the command of Christ, it is proclaimed and openly witnessed to believers, one and all, that as often as they accept with true faith the promise of the Gospel, all their sins are really forgiven them of God for the sake of Christ’s merits; and on the contrary, to all unbelievers and hypocrites, that the wrath of God and eternal condemnation abide on them so long as they are not converted. According to this testimony

of the Gospel, God will judge men both in this life and in that which is to come.

Q #85: How is the kingdom of heaven shut and opened by Christian discipline?

A: In this way: that, according to the command of Christ, if any under the Christian name show themselves unsound either in doctrine or in life, and after several brotherly admonitions do not turn from their errors or evil ways, they are complained of to the Church or to its proper officers; and, if they neglect to hear them also, are by them denied the holy sacraments and thereby excluded from the Christian communion, and by God Himself from the kingdom of Christ; and if they promise and show real amendment, they are again received as members of Christ and His Church.

1. The Lord uses certain visible and audible actions of sinful men to work His invisible and inaudible grace in the hearts of His people.
2. Preaching is done by God's servants ordained for that ministry.
3. "Churches" that neglect discipline neglect Christ.

And for our young children:

God wants me to be a member of His church all my life; and He wants me to listen to the preaching every week.

.....

1 Timothy 4:16 ¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

Unit 34 ~ Lord's Day 32, Questions & Answers 86-87

Q #86: Since, then, we are redeemed from our misery by grace through Christ, without any merit of ours, why must we do good works?

A: Because Christ, having redeemed us by His blood, also renews us by His Holy Spirit after His own image, that with our whole life we show ourselves thankful to God for His blessing, and that He be glorified through us; then also, that we ourselves may be assured of our faith by the fruits thereof; and by our godly walk win also others to Christ.

Q #87: Can they, then, not be saved who do not turn to God from their unthankful, impenitent life?

A: By no means, for, as Scripture says, no unchaste person, idolater, adulterer, thief, covetous man, drunkard, slanderer, robber, or the like shall inherit the kingdom of God.

1. The motivation we recognize in ourselves to do good works is given to us by the grace of God in Christ.

2. Sin is so perverse that it causes us to fall into a vicious cycle of sin against the law and the gospel.
3. Our godly obedience is a marvelous, dignified evangelistic tool.

And for our young children:

I want to do good things everyday to thank
God for loving me.

Romans 12:1 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-- this is your spiritual act of worship.

Unit 35 ~ Lord's Day 33, Questions & Answers 88-92

Q #88: In how many things does true repentance or conversion consist?

A: In two things: the dying of the old man, and the making alive of the new.

Q #89: What is the dying of the old man?

A: Heartfelt sorrow for sin, causing us to hate and turn from it always more and more.

Q #90: What is the making alive of the new man?

A: Heartfelt joy in God through Christ, causing us to take delight in living according to the will of God in all good works.

Q #91: What are good works?

A: Those only which proceed from true faith, and are done according to the Law of God, unto His glory, and not such as rest on our own opinion or the commandments of men.

Q #92: What is the Law of God?

A: God spoke all these words, saying:

First Commandment

“I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before Me.

Second Commandment

You shall not make for yourself a carved image - any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing covenant faithfulness to thousands, to those who love Me and keep My commandments.

Third Commandment

You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain.

Fourth Commandment

Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it.

Fifth Commandment

Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you.

Sixth Commandment

You shall not murder.

Seventh Commandment

You shall not commit adultery.

Eighth Commandment

You shall not steal.

Ninth Commandment

You shall not bear false witness against your neighbor.

Tenth Commandment

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbors."

1. God decides what pleases Him.
2. The Ten Commandments are one summary of God's will for our lives, but they have ceremonial features.

And for our young children:

The Bible tells me what God wants me to do.

Psalm 119:51-52 ⁵¹ The arrogant mock me without restraint, but I do not turn from your law. ⁵² I remember your ancient laws O LORD, and I find comfort in them.

Unit 36 ~ Lord's Day 34, Questions & Answers 93-95

Q #93: How are these Commandments divided?

A: Into two tables: the first of which teaches, in four commandments, what duties we owe to God; the second, in six, what duties we owe to our neighbor.

Q #94: What does God require in the first Commandment?

A: That, on peril of my soul's salvation, I avoid and flee all idolatry, sorcery, enchantments, invocation of saints or of other creatures; and that I rightly acknowledge the only true God, trust in Him alone, with all humility and patience expect all good from Him only, and love, fear, and honor Him with my whole heart; so as rather to renounce all creatures than to do the least thing against His will.

Q #95: What is idolatry?

A: Idolatry is to conceive or have something else in which to place our trust instead of, or besides, the one true God who has revealed Himself in His Word.

1. The Ten Commandments are divided into two "tables," the first of which pertains directly to our relationship with God the Father; the second, to our fellow man made in God's image.

And for our young children:

There is only one God and I only worship Him.

Exodus 20:2-3 ² "I am the LORD your God, who brought you out of Egypt, out of the land of slavery.
³ "You shall have no other gods before me.

Unit 37 ~ Lord's Day 35, Questions & Answers 96-98

Q #96: What does God require in the second Commandment?

A: That we in no way make any image of God, nor worship Him in any other way than He has commanded us in His Word.

Q #97: May we not make any image at all?

A: God may not and cannot be imaged in any way; as for creatures, though they may indeed be imaged, yet God forbids the making or keeping of any likeness of them, either to worship them or to serve God by them.

Q #98: But may not pictures be tolerated in churches as books for the people?

A: No, for we should not be wiser than God, who will not have His people taught by dumb idols, but by the lively preaching of His Word.

1. The second commandment reveals a pattern also found in other commandments—a specific sin is condemned, representing a broader law.
2. The first commandment requires that we worship the true God; the second requires that we worship Him properly. The catechism finds the regulative principle of worship in the second commandment.

.....

And for our young children:

Jesus wants me to worship Him only in the way He tells me to.

Exodus 20:4-6 ⁴ "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. ⁵ 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, ⁶ but showing love to a thousand generations of those who love me and keep my commandments.

Unit 38 ~ Lord's Day 36, Questions & Answers 99-100

Q #99: What is required in the third Commandment?

A: That we must not by cursing, or by false swearing, nor yet by unnecessary oaths, profane or abuse the name of God; nor even by our silence and connivance be partakers of these horrible sins in others; and in summary, that we use the holy name of God in no other way than with fear and reverence, so that He may be rightly confessed and worshiped by us, and be glorified in all our words and works.

Q #100: Is the profaning of God's name, by swearing and cursing, so grievous a sin that His wrath is

kindled against those also who do not help as much as they can to hinder and forbid it?

A: Yes, truly, for no sin is greater and more provoking to God than the profaning of His name; wherefore He even commanded it to be punished with death.

1. An oft-neglected application of this commandment is to avoid bad theology and false teaching.

And for our young children:

I should be serious and careful when I talk about God.

Exodus 20:7 ⁷ "You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.

Unit 39 ~ Lord's Day 37, Questions & Answers 101-102

Q #101: But may we swear reverently by the name of God?

A: Yes, when the magistrate requires it, or when it may be needful otherwise, to maintain and promote fidelity and truth to the glory of God and our neighbor's good; for such an oath is grounded in

God's Word, and therefore was rightly used by the saints in the Old and New Testaments.

Q #102: May we swear by "the saints" or by any other creatures?

A: No, for a lawful oath is a calling upon God, that He, as the only searcher of hearts, may bear witness to the truth, and punish me if I swear falsely; which honor is due to no creature.

1. Far from offending God, taking lawful oaths and vows in His name is honoring to Him.

And for our young children:

God listens to everything I say.

Unit 40 ~ Lord's Day 38, Question & Answer 103

Q #103: What does God require in the fourth Commandment?

A: In the first place, God wills that the ministry of the Gospel and schools be maintained, and that I, especially on the day of rest, diligently attend church to learn the Word of God, to use the Holy Sacraments, to call publicly upon the Lord, and to give Christian alms. In the second place, that all the days of my life I rest from my evil works, allow the Lord to work in me by His Spirit, and thus begin in this life the everlasting Sabbath.

.....

1. There are three stated fourth commandment obligations; and one idea that is also assumed, but not stated directly.

2. The catechism's stated fourth commandment obligations become a case study in confessional church unity.

And for our young children:

God wants me to go to church to worship
Him every Sunday for the rest of my life.

Exodus 20:8-11 ⁸ "Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ 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. ¹¹ 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.

Unit 41 ~ Lord's Day 39, Question & Answer 104

Q #104: What does God require in the fifth Commandment?

A: That I show all honor, love, and faithfulness to my father and mother, and to all in authority over

me, submit myself with due obedience to all their good instruction and correction, and also bear patiently with their infirmities, since it is God's will to govern us by their hand.

1. This commandment begins the second table of the law probably because it speaks generally about all of our human relationships.
2. We apply the commandment to subjects and to their authorities.
3. How we treat our earthly authorities and subjects reflects on how we view our heavenly Father.
4. Obviously the commandment is not unconditional.

And for our young children:

God wants me to love and obey my parents.

Exodus 20:12 ¹² "Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

Unit 42 ~ Lord's Day 40, Questions & Answers 105-107

Q #105: What does God require in the sixth Commandment?

A: That I do not revile, hate, insult, or kill my neighbor either in thought, word, or gesture, much less in deed, whether by myself or by another, but lay aside all desire of revenge; moreover, that I do not harm myself, nor willfully run into any danger. Wherefore also to restrain murder the magistrate is armed with the sword.

Q #106: Does this Commandment speak only of killing?

A: No, but in forbidding murder God teaches us that He abhors its very root, namely, envy, hatred, anger, and desire of revenge; and that in His sight all these are hidden murder.

Q #107: But is this all that is required: that we do not kill our neighbor?

A: No, for in condemning envy, hatred, and anger, God requires us to love our neighbor as ourselves, to show patience, peace, meekness, mercy, and kindness toward him, and to prevent his hurt as much as possible; also, to do good even unto our enemies.

1. The catechism's exposition of this commandment illustrates how all the commandments require the opposite of what they forbid.
2. This commandment is often, in its real applications, completely ignored in churches.

.....

And for our young children:

God wants me to be kind to everyone, even though other children might be mean to them.

Exodus 20:13 ¹³ "You shall not murder.

Unit 43 ~ Lord's Day 41, Questions & Answers 108-109

Q #108: What does the seventh Commandment teach us?

A: That all unchastity is accursed of God, and that we should therefore loathe it with our whole heart, and live chastely and modestly, whether in holy wedlock or single life.

Q #109: Does God forbid nothing more in this Commandment than adultery and such gross sins?

A: Since both our body and soul are temples of the Holy Spirit, it is His will that we keep both pure and holy; therefore, He forbids all unchaste actions, gestures, words, thoughts, desires, and whatever may entice thereto.

1. We'll take opportunity here to be reminded of Christ's glorious obedience to this and all the commandments, which has special application to our cultural condition.

And for our young children:

God made Adam and Eve to be husband and wife, and someday God may give me a spouse, and I will only love them.

Exodus 20:14 ¹⁴"You shall not commit adultery.

Unit 44 ~ Lord's Day 42 Questions & Answers 110-111

Q #110: What does God forbid in the eighth Commandment?

A: God forbids not only such theft and robbery as are punished by the government, but God views as theft also all wicked tricks and devices, whereby we seek to get our neighbor's goods, whether by force or by deceit, such as unjust weights, lengths, measures, goods, coins, usury, or by any means forbidden of God; also all covetousness and the misuse and waste of His gifts.

Q #111: But what does God require of you in this Commandment?

A: That I further my neighbor's good where I can and may, deal with him as I would have others deal with me, and labor faithfully, so that I may be able to help the poor in their need.

1. This commandment speaks broadly to our use of money.

And for our young children:

God does not want me to take what belongs to others; in fact, He wants me to share what is mine.

Exodus 20:15 ¹⁵"You shall not steal.

Unit 45 ~ Lord's Day 43 Question & Answer 112

Q #112: What does the ninth Commandment require?

A: That I bear false witness against no one, twist no one's words, be no backbiter or slanderer, join in condemning no one unheard or rashly; but that on pain of God's heavy wrath, I avoid all lying and deceit as the very works of the devil; and that in matters of judgment and justice and in all other affairs, I love, speak honestly, and confess the truth; also, insofar as I can, defend and promote my neighbor's good name.

1. We are created in the image of God who Himself is truth; therefore, we ought to reflect His glory by speaking only that which is true.

And for our young children:

I should always tell the truth.

.....

Exodus 20:16 ¹⁶ "You shall not give false testimony against your neighbor.

Unit 46 ~ Lord's Day 44 Questions & Answers 113-115

Q #113: What does the tenth Commandment require?

A: That not even the least inclination or thought against any commandment of God ever enter our heart, but that with our whole heart we continually hate all sin and take pleasure in all righteousness.

Q #114: Can those who are converted to God keep these Commandments perfectly?

A: No, but even the holiest men, while in this life, have only a small beginning of such obedience, yet so that with earnest purpose they begin to live not only according to some, but according to all the Commandments of God.

Q #115: Why then does God so strictly enjoin the Ten Commandments upon us, since in this life no one can keep them?

A: First, that as long as we live we may learn more and more to know our sinful nature, and so the more earnestly seek forgiveness of sins and righteousness in Christ; second, that without ceasing we diligently

ask God for the grace of the Holy Spirit, that we be renewed more and more after the image of God, until we attain the goal of perfection after this life.

1. The tenth commandment summarizes the first nine.
2. Question & Answers 114-115 reflect the delicately balanced reality of the Christian life.

And for our young children:

I should obey God with all my heart, and ask Him to forgive me when I fail Him.

Exodus 20:17 ¹⁷"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."

Unit 47 ~ Lord's Day 45 Questions & Answers 116-119

Q #116: Why is prayer necessary for Christians?

A: Because it is the chief part of thankfulness which God requires of us, and because God will give His grace and Holy Spirit only to those who earnestly and without ceasing ask them of Him, and render thanks unto Him for them.

Q #117: What belongs to such prayer which is acceptable to God and which He will hear?

A: First, that with our whole heart we call only upon the one true God, who has revealed Himself to us in His Word, for all that He has commanded us to ask of Him; second, that we thoroughly know our need and misery, so as to humble ourselves in the presence of His divine majesty; third, that we be firmly assured that notwithstanding our unworthiness He will, for the sake of Christ our Lord, certainly hear our prayer, as He has promised us in His Word.

Q #118: What has God commanded us to ask of Him?

A: All things necessary for soul and body, which Christ our Lord comprised in the prayer which He Himself taught us.

Q #119: What is the Lord's Prayer?

A: Our Father who art in heaven, Hallowed be Thy name. Thy kingdom come. Thy 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 lead us not into temptation, but deliver us from evil: for Thine is the kingdom, and the power, and the glory, forever. Amen.

1. Prayer is not a means of grace, but our means of gratitude.
2. Prayer changes things; but prayer does not change God's mind.
3. Note the God-centeredness of the model prayer.

And for our young children:

God wants me to pray to Him and tell Him
how much I love Him.

Unit 48 ~ Lord's Day 46 Questions & Answers 120-121

Q #120: Why did Christ command us to address God thus: "Our Father?"

A: To awaken in us at the very beginning of our prayer that childlike reverence for and trust in God, which are to be the ground of our prayer, namely, that God has become our Father through Christ, and will much less deny us what we ask of Him in faith than our parents refuse us earthly things.

Q #121: Why is it added: "Who art in heaven?"

A: That we might have no earthly thought of the heavenly majesty of God, and from His almighty power expect all things necessary for body and soul.

1. The opening address in the model prayer acknowledges God’s goodness and power, along with His willingness to exercise His goodness and power in our favor.

And for our young children:

The mighty invisible God who made the whole universe listens to me whenever I pray to Him.

Ephesians 1:3 ³ **Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.**

Unit 49 ~ Lord’s Day 47 Question & Answer 122

Q #122: What is the first petition?

A: “Hallowed be Thy name;” that is, grant us, first, rightly to know You, and to hallow, magnify, and praise You in all Your works, in which Your power, goodness, justice, mercy, and truth shine forth; and further, that we so order our whole life, our thoughts, words, and deeds, that Your name may not be blasphemed, but honored and praised on our account.

1. God is glorified when we believe rightly about Him and we live according to His will.

.....

And for our young children:

When I pray, I ask God to make me love Him
and worship Him.

Psalm 72:17-19 ¹⁷ **May his name endure forever; may it continue as long as the sun. All nations will be blessed through him, and they will call him blessed.** ¹⁸ **Praise be to the LORD God, the God of Israel, who alone does marvelous deeds.** ¹⁹ **Praise be to his glorious name forever; may the whole earth be filled with his glory. Amen and Amen.**

Unit 50 ~ Lord's Day 48 Question & Answer 123

Q #123: What is the second petition?

A: "Thy kingdom come;" that is, so govern us by Your Word and Spirit, that we submit ourselves to You always more and more; preserve and increase Your Church; destroy the works of the devil, every power that exalts itself against You, and all wicked devices formed against Your Holy Word, until the fullness of Your kingdom come, wherein You shall be all in all.

1. We must become more and more obedient slaves to God.
2. This petition asks for the increase of Christ's church.

3. This petition also asks for the destruction of all evil.

And for our young children:

Jesus teaches me to pray that other people also will ask Jesus to forgive them for their sins.

Romans 6:22 ²² But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life.

Unit 51 ~ Lord’s Day 49 Question & Answer 124

Q #124: What is the third petition?

A: “Thy will be done in earth, as it is in heaven;” that is, grant that we and all men renounce our own will, and without gainsaying obey Your will, which alone is good; so that every one may fulfill his office and calling as willingly and faithfully as the angels do in heaven.

1. It may be helpful to think of this request applying to the daily, practical application of God’s law to our lives.

And for our young children:

I should ask God to help me obey Him without complaining.

.....

Ephesians 5:8-10 ⁸ For you were once darkness, but now you are light in the Lord. Live as children of light ⁹ (for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰ and find out what pleases the Lord.

Unit 52 ~ Lord's Day 50 Question & Answer 125

Q #125: What is the fourth petition?

A: "Give us this day our daily bread;" that is, be pleased to provide for all our bodily need, so that we may thereby acknowledge that You are the only fountain of all good, and that without Your blessing neither our care and labor, nor Your gifts, can profit us; that we may therefore withdraw our trust from all creatures and place it alone in You.

1. God cares about our bodies.

And for our young children:

Everything I have—whether it is food, a home, or my toys—God is the one who gives it to me because He is a good God.

James 1:17 ¹⁷ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Unit 53 ~ Lord's Day 51 Question & Answer 126

Q #126: What is the fifth petition?

A: "And forgive us our debts, as we forgive our debtors;" that is, be pleased, for the sake of Christ's blood, not to impute to us miserable sinners our manifold transgressions, nor the evil which always cleaves to us; as we also find this witness of Your grace in us, that it is our full purpose heartily to forgive our neighbor.

1. Jesus wants us to think about our forgiveness of others in order to understand what we are asking of Him in this request.
2. Notice that this request is placed in the model prayer, implying its perpetual necessity.

And for our young children:

Jesus forgives me for being a bad person and doing bad things.

Colossians 3:12-13 ¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Unit 54 ~ Lord's Day 52 Questions & Answers 127-129

Q #127: What is the sixth petition?

A: "And lead us not into temptation, but deliver us from evil;" that is, since we are so weak in ourselves that we cannot stand a moment, and besides, our deadly enemies, the devil, the world, and our own flesh, assail us without ceasing, be pleased to preserve and strengthen us by the power of Your Holy Spirit, that we may make firm stand against them and not be overcome in this spiritual warfare, until finally complete victory is ours.

Q #128: How do you close this prayer?

A: "For Thine is the kingdom, and the power, and the glory, for ever;" that is, all this we ask of You, because as our King, having power over all things, You are willing and able to give us all good; and that thereby not we, but Your holy name may be glorified for ever.

Q #129: What is the meaning of the word "Amen?"

A: "Amen" means: so shall it truly and surely be. For my prayer is much more certainly heard of God than I feel in my heart that I desire these things of Him.

1. The Christian life is a war against the world, the flesh, and the devil; and we have no chance to survive it without God's help.

2. God want us to acknowledge our own weak faith, doubts, and hypocrisy; and He wants us to know that He hears us and will answer us anyway.

And for our young children:

I am not strong enough to please God on my own, so I need to ask Him to help me everyday.

Ephesians 6:18 ¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Summary of Children's Faith

1. Everything the Bible says is true. The Heidelberg Catechism helps me to understand the Bible.
2. Even though I am bad, Jesus loves me. He died for my sins, and I thank Him everyday by obeying His commandments.
3. God tells me what to do, but I do not always do it like I should, so I know I am a sinner.
4. "In Adam's fall, sinned we all."
5. God is terribly angry with me because of who my first father is and because of my own sins.
6. My only hope is to ask God to forgive me for my sins, even though I don't deserve it.
7. Jesus loves me so much that He died for my sins, taking my punishment away.
8. God spoke through the apostles in the Bible. The Bible tells me that Jesus promised to forgive me for all my sins.
9. God tells me that He is one God and three persons—Father, Son, and Holy Spirit.

10. God always was, and He made everything in the universe.
11. God loves me and He makes everything that happens to me work out for my good.
12. I only pray to God because nobody loves me as much as He does, and nobody is as powerful to help me as He is.
13. "Christ" is not Jesus' last name, but is a title, like "Mr.," which reminds me that He knows everything, that He died for my sins and prays for me, and that He, my King, fights against and conquers all of my enemies.
14. Jesus is God. Nobody created Jesus, He always was.
15. I was a sinful baby, even in my mother's womb, but Jesus was a perfect baby.
16. God punished innocent Jesus instead of punishing me.
17. There was no more suffering for Jesus after He died.
18. Jesus was dead and buried in the tomb, but He came back to life. When I get old and die



someday, God will raise me from the dead,
just like Jesus, and I will live forever.

19. Jesus is in heaven right now and He is still,
and always will be, a real man.
20. Jesus will not stay in heaven forever, but He
will come back to get us and I will see Him.
21. The Holy Spirit is God. Nobody created the
Holy Spirit, He always was.
22. I am part of the same Christian family no
matter where or when they live or lived.
23. I am looking forward to the day when Jesus
will make sure that nothing bad ever happens
to me anymore.
24. God will reward me for all the good things
Jesus did for me, as if I had done them
myself.
25. God is perfect. Jesus is perfect. Only Jesus
could do the perfect things that God would
like.
26. The water in baptism is a symbol of Christ's
blood, and the dirt on my body is a symbol of
my sin. The water washes away my dirt like
Christ's blood washes away my sin.

27. If I have children someday I will have them baptized.
28. I should learn the teachings of Jesus so I can partake of the Lord's Supper someday.
29. The elders of the church decide who partakes of the Lord's Supper.
30. God wants me to be a member of His church all my life; and He wants me to listen to the preaching every week.
31. I want to do good things everyday to thank God for loving me.
32. The Bible tells me what God wants me to do.
33. There is only one God and I only worship Him.
34. Jesus wants me to worship Him only in the way He tells me to.
35. I should be serious and careful when I talk about God.
36. God listens to everything I say.
37. God wants me to go to church to worship Him every Sunday for the rest of my life.



38. God wants me to love and obey my parents.
39. God wants me to be kind to everyone, even though other children might be mean to them.
40. God made Adam and Eve to be husband and wife, and someday God may give me a spouse, and I will only love them.
41. God does not want me to take what belongs to others; in fact, He wants me to share what is mine.
42. I should always tell the truth.
43. I should obey God with all my heart, and ask Him to forgive me when I fail Him.
44. God wants me to pray to Him and tell Him how much I love Him.
45. The mighty invisible God who made the whole universe listens to me whenever I pray to Him.
46. When I pray, I ask God to make me love Him and worship Him.
47. Jesus teaches me to pray that other people also will ask Jesus to forgive them for their sins.



48. I should ask God to help me obey Him without complaining.
49. Everything I have—whether it is food, a home, or my toys—God is the one who gives it to me because He is a good God.
50. Jesus forgives me for being a bad person and doing bad things.
51. I am not strong enough to please God on my own, so I need to ask Him to help me everyday.

