

Covenant Children's Profession of Faith

Heidelberg Catechism Questions and Answers

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

A. That I am not my own,¹
but belong—
body and soul,
in life and in death²—
to my faithful Savior, Jesus Christ.³
He has fully paid for all my sins with his precious blood,⁴
and has delivered me from the tyranny of the devil.⁵
He also watches over me in such a way⁶
that not a hair can fall from my head
without the will of my Father in heaven;⁷
in fact, all things must work together for my salvation.⁸
Because I belong to him,
Christ, by his Holy Spirit,
also assures me of eternal life⁹
and makes me wholeheartedly willing and ready
from now on to live for him.¹⁰

¹ [1 Cor. 6:19–20](#)^L

² [Rom. 14:7–9](#)^L

³ [1 Cor. 3:23](#)^L; [Titus 2:14](#)^L

⁴ [1 Pet. 1:18–19](#)^L; [1 John 1:7–9](#)^L; [2:2](#)^L

⁵ [John 8:34–36](#)^L; [Heb. 2:14–15](#)^L; [1 John 3:1–11](#)^L

⁶ [John 6:39–40](#)^L; [10:27–30](#)^L; [2 Thess. 3:3](#)^L; [1 Pet. 1:5](#)^L

⁷ [Matt. 10:29–31](#)^L; [Luke 21:16–18](#)^L

⁸ [Rom. 8:28](#)^L

⁹ [Rom. 8:15–16](#)^L; [2 Cor. 1:21–22](#)^L; [5:5](#)^L; [Eph. 1:13–14](#)^L

¹⁰ [Rom. 8:1–17](#)^L

2 Q. How many things must you know to live and die in the joy of this comfort?

A. Three:
first, how great my sin and misery are;¹
second, how I am delivered from all my sins and misery;²
third, how I am to thank God for such deliverance.³

¹ [Rom. 3:9–10](#)^L; [1 John 1:10](#)^L

² [John 17:3](#)^L; [Acts 4:12](#)^L; [10:43](#)^L

³ [Matt. 5:16](#)^L; [Rom. 6:13](#)^L; [Eph. 5:8–10](#)^L; [2 Tim. 2:15](#)^L; [1 Pet. 2:9–10](#)^L

21 Q. What is true faith?

A. True faith is
not only a sure knowledge by which I hold as true
all that God has revealed to us in his Word;¹
it is also a wholehearted trust,²

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which the Holy Spirit works in me³ by the gospel,⁴
that God has freely granted, not only to others but to me also,⁵
forgiveness of sins,
eternal righteousness,
and salvation.⁶
These gifts are purely of grace,
only because of Christ's merit.⁷

¹ [John 17:3](#), [17](#); [Heb. 11:1-3](#); [James 2:19](#)

² [Rom. 4:18-21](#); [5:1](#); [10:10](#); [Heb. 4:14-16](#)

³ [Matt. 16:15-17](#); [John 3:5](#); [Acts 16:14](#)

⁴ [Rom. 1:16](#); [10:17](#); [1 Cor. 1:21](#)

⁵ [Gal. 2:20](#)

⁶ [Rom. 1:17](#); [Heb. 10:10](#)

⁷ [Rom. 3:21-26](#); [Gal. 2:16](#); [Eph. 2:8-10](#)

23 Q. What are these articles?

A. I believe in God, the Father Almighty,
Creator of heaven and earth.
I believe 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 to heaven,
and sits at the right hand of God the Father Almighty;
from there he will come
to judge the living and the dead.
I believe in the Holy Spirit;
the holy catholic church;
the communion of saints;
the forgiveness of sins;
the resurrection of the body;
and the life everlasting. Amen.

26 Q. What do you believe when you say, "I believe in God, the Father Almighty, Creator of heaven and earth"?

A. That the eternal Father of our Lord Jesus Christ,
who out of nothing created heaven and earth
and everything in them,¹
who still upholds and rules them

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by his eternal counsel and providence,²
is my God and Father
for the sake of Christ his Son.³
I trust God so much that I do not doubt
he will provide
whatever I need
for body and soul,⁴
and will turn to my good
whatever adversity he sends upon me
in this vale of tears.⁵
He is able to do this because he is almighty God;⁶
he desires to do this because he is a faithful Father.⁷

¹ [Gen. 1–2](#); [Ex. 20:11](#); [Ps. 33:6](#); [Isa. 44:24](#); [Acts 4:24](#); [14:15](#)

² [Ps. 104](#); [Matt. 6:30](#); [10:29](#); [Eph. 1:11](#)

³ [John 1:12–13](#); [Rom. 8:15–16](#)

⁴ [Ps. 55:22](#); [Matt. 6:25–26](#); [Luke 12:22–31](#)

⁵ [Rom. 8:28](#)

⁶ [Gen. 18:14](#); [Rom. 8:31–39](#)

⁷ [Matt. 7:9–11](#)

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

A. Providence is
the almighty and ever present power of God¹
by which God upholds, as with his hand,
heaven
and earth
and all creatures,²
and so rules them that
leaf and blade,
rain and drought,
fruitful and lean years,
food and drink,
health and sickness,
prosperity and poverty³—
all things, in fact, come to us
not by chance⁴
but by his fatherly hand.⁵

¹ [Jer. 23:23–24](#); [Acts 17:24–28](#)

² [Heb. 1:3](#)

³ [Jer. 5:24](#); [Acts 14:15–17](#); [John 9:3](#); [Prov. 22:2](#)

⁴ [Prov. 16:33](#)

⁵ [Matt. 10:29](#)

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28 Q. How does the knowledge of God's creation and providence help us?

- A. We can be patient in adversity,¹
thankful in prosperity,²
and for the future we can have
good confidence in our faithful God and Father
that no creature will separate us from his love.³
For all creatures are so completely in his hand
that without his will
they can neither move nor be moved.⁴

¹ [Job 1:21–22](#)^L; [James 1:3](#)^L

² [Deut. 8:10](#)^L; [1 Thess. 5:18](#)^L

³ [Ps. 55:22](#)^L; [Rom. 5:3–5](#)^L; [8:38–39](#)^L

⁴ [Job 1:12](#)^L; [2:6](#)^L; [Prov. 21:1](#)^L; [Acts 17:24–28](#)^L

60 Q. How are you righteous before God?

- A. Only by true faith in Jesus Christ.¹
Even though my conscience accuses me
of having grievously sinned against all God's commandments,
of never having kept any of them,²
and of still being inclined toward all evil,³
nevertheless,
without any merit of my own,⁴
out of sheer grace,⁵
God grants and credits to me
the perfect satisfaction, righteousness, and holiness of Christ,⁶
as if I had never sinned nor been a sinner,
and as if I had been as perfectly obedient
as Christ was obedient for me.⁷
—if only I accept this gift with a believing heart.⁸

¹ [Rom. 3:21–28](#)^L; [Gal. 2:16](#)^L; [Eph. 2:8–9](#)^L; [Phil 3:8–11](#)^L

² [Rom. 3:9–10](#)^L

³ [Rom. 7:23](#)^L

⁴ [Titus 3:4–5](#)^L

⁵ [Rom. 3:24](#)^L; [Eph. 2:8](#)^L

⁶ [Rom. 4:3–5](#)^L ([Gen. 15:6](#)^L); [2 Cor. 5:17–19](#)^L; [1 John 2:1–2](#)^L

⁷ [Rom. 4:24–25](#)^L; [2 Cor. 5:21](#)^L

⁸ [John 3:18](#)^L; [Acts 16:30–31](#)^L

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**69 Q. How does holy baptism
remind and assure you
that Christ's one sacrifice on the cross
benefits you personally?**

A. In this way:

Christ instituted this outward washing¹
and with it promised that,
as surely as water washes away the dirt from the body,
so certainly his blood and his Spirit
wash away my soul's impurity,
that is, all my sins.²

¹ [Acts 2:38](#)

² [Matt. 3:11](#); [Rom. 6:3-10](#); [1 Pet. 3:21](#)

**75 Q. How does the holy supper
remind and assure you
that you share in
Christ's one sacrifice on the cross
and in all his benefits?**

A. In this way:

Christ has commanded me and all believers
to eat this broken bread and to drink this cup
in remembrance of him.

With this command come these promises:¹

First,

as surely as I see with my eyes
the bread of the Lord broken for me
and the cup shared with me,
so surely
his body was offered and broken for me
and his blood poured out for me
on the cross.

Second,

as surely as
I receive from the hand of him who serves,
and taste with my mouth
the bread and cup of the Lord,
given me as sure signs of Christ's body and blood,
so surely
he nourishes and refreshes my soul for eternal life
with his crucified body and poured-out blood.

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¹ [Matt. 26:26–28](#)^L; [Mark 14:22–24](#)^L; [Luke 22:19–20](#)^L; [1 Cor. 11:23–25](#)^L

**86 Q. Since we have been delivered
from our misery
by grace through Christ
without any merit of our own,
why then should we do good works?**

- A. Because Christ, having redeemed us by his blood, is also renewing us by his Spirit into his image, so that with our whole lives we may show that we are thankful to God for his benefits,¹ and that he may be praised through us,² and further, so that we may be assured of our faith by its fruits,³ and by our godly living our neighbors may be won over to Christ.⁴

¹ [Rom. 6:13](#)^L; [12:1–2](#)^L; [1 Pet. 2:5–10](#)^L

² [Matt. 5:16](#)^L; [1 Cor. 6:19–20](#)^L

³ [Matt. 7:17–18](#)^L; [Gal. 5:22–24](#)^L; [2 Pet. 1:10–11](#)^L

⁴ [Matt. 5:14–16](#)^L; [Rom. 14:17–19](#)^L; [1 Pet. 2:12](#)^L; [3:1–2](#)^L

92 Q. What is God's law?

- A. God spoke all these words:
THE FIRST COMMANDMENT
I am the Lord your God,
who brought you out of the land of Egypt,
out of the house of slavery;
you shall have no other gods before me.
THE SECOND COMMANDMENT
You shall not make for yourself an idol,
whether in the form of anything that is in heaven above,
or that is on the earth beneath,
or that is in the water under the earth.
You shall not bow down to them or worship them;
for I the Lord your God am a jealous God,
punishing children for the iniquity of parents,
to the third and fourth generation
of those who reject me,
but showing love to the thousandth generation of those
who love me and keep my commandments.
THE THIRD COMMANDMENT
You shall not make wrongful use of the name of the Lord your God, for the Lord will not

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acquit anyone who misuses his name.

THE FOURTH COMMANDMENT

Remember the Sabbath day and keep it holy.

Six days you shall labor and do all your work.

But the seventh day is a Sabbath to the Lord your God;

you shall not do any work—

you, your son or your daughter,

your male or female servant,

your livestock,

or the alien resident in your towns.

For in six days the Lord made

the heaven and earth, the sea,

and all that is in them,

but rested the seventh day;

therefore the Lord blessed the Sabbath day

and consecrated it.

THE FIFTH COMMANDMENT

Honor your father and your mother,

so that your days may be long

in the land that the Lord your God is giving to you.

THE SIXTH COMMANDMENT

You shall not murder.

THE SEVENTH COMMANDMENT

You shall not commit adultery.

THE EIGHTH COMMANDMENT

You shall not steal.

THE NINTH COMMANDMENT

You shall not bear false witness

against your neighbor.

THE TENTH COMMANDMENT

You shall not covet your neighbor's house;

you shall not covet your neighbor's wife,

or male or female servant,

or ox, or donkey,

or anything that belongs to your neighbor.¹

¹ [Ex. 20:1–17](#); [Deut. 5:6–21](#)

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116 Q. Why do Christians need to pray?

- A. Because prayer is the most important part of the thankfulness God requires of us.¹
And also because God will give his grace and Holy Spirit only to those who continually and with heartfelt longing ask God for these gifts and thank him for them.²

¹ [Ps. 50:14–15](#); [116:12–19](#); [1 Thess. 5:16–18](#)

² [Matt. 7:7–8](#); [Luke 11:9–13](#)

119 Q. What is this prayer?

- A. Our Father who is 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 lead us not into temptation,
but deliver us from evil.
For yours is the kingdom
and the power
and the glory, forever.
Amen.¹

¹ [Matt. 6:9–13](#); [Luke 11:2–4](#)