

For all who pass along the truths of God's promises throughout the generations.

**“For the LORD is good; his mercy is everlasting;
and his truth endureth to all generations.”
—Psalm 100:5**

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Heidelberg Catechism

Question and Answer 1

What is thy only comfort in life and death?

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

Note to parents

The Heidelberg Catechism is a wonderful outline of the Reformed faith. One of its primary goals when it was written in 1563 was to teach doctrine to young people. The first question and answer is a clear, concise summary of the Reformed faith and God's work of salvation and preservation of his children. It has been and continues to be a comfort to all God's people and especially can be helpful to guide children through difficult times and events in their lives. This book was written so that parents and children can work through Lord's Day 1 together. While children may be able to read through it on their own, there is great benefit in working through it together as a devotional. As you read through the book, go back each time and read the Lord's Day together, trying to memorize the sections as you go.

What is thy only
comfort in life
and death?



**You belong to God.
He made you.
He will keep you in his care.
You do not need
to be afraid of anything.**

I have comfort because I belong to God.

You belong to God! God made you and he chose you to be **his** child. He sent his Son Jesus to **die** for you. He paid for your sins with Jesus' blood. You belong to him!

God brought you into this world and he gave you to your parents. He told them you would belong to them for the time you live on earth.

It's **comforting** to know you belong to your parents. When you wake up from a scary dream, you know you can wake up your mom or dad and they will calm you down. When you get hurt, a hug from Mom or Dad will make you feel better. When your parents see you heading for trouble, they stop you and make rules to keep you safe. You belong to your parents, and they will do anything to protect you. It is comforting to have parents you can see and run to when you need them.

You belong to your parents, but first you belong to **God**. God is far greater and far mightier than your mom or dad. It's comforting to belong to God because you know he will care for you. The Bible tells you that when you pass through the deep waters and when you walk through the fire, God will be with you. The waters and the fire are pictures of hard things that will happen in your life.

You will learn more about God's plan later on, but for now you need to know that God's plan for you is good. Even before time began, God planned everything that would happen to you. God planned that you would go through hard things, but God also promises this: when you are in danger, he will guard you. When you are afraid, he will calm you. When Satan tempts you to do naughty things, God will keep you strong so you can say no to sin. When you do sin, God promises that he **still loves you**.

God's plan lasts forever. In God's plan, God said you belong to me and I will never leave you or forsake you. When you live on earth, you belong to him. When your body dies, you belong to him. When you go to heaven, you still belong to him. You belong to God eternall—that means forever and ever and ever. He will **never leave you**.

That is God's comforting blessing to you!

I will never leave thee, nor forsake thee.
— Hebrews 13:5





That I with body...

**Your body belongs to God.
Use it to praise him!**

My body belongs to God.

You belong to God because he made you. God created everything on earth, but God made **people** very special.

God made Adam, the first man, from the dust of the ground. God gave Adam an earthly body. God gives you an earthly body too. God made your body in a special way.

When you look outside, can you see the bright blue sky? God gave you eyes so you can see everything he made. Can you hear the birds when they sing in the trees? God gave you ears so you can hear. When you run really, really fast, can you feel your heart beat hard against your chest? God gave you your heart to pump your blood and keep you alive. Can you remember the things you see and hear? God gave you a brain so you can think and learn about everything in God's world.

God gave you a body that is wonderfully made. God gave you eyes, ears, and a brain so that you can learn about all the things in God's world. **Every single part** of your body is made to work together so you can run, play, and learn.

Because you belong to God, you **must** use your body to serve him. You can use your lips to sing and talk about him. You can use your hands to work for him. You can use your brain to think and learn about God.

There will be times you will be tempted to use your body for sin. Satan wants us to do sinful things. Satan loves it when you use your lips to say mean things to others. Satan wants you to use your hands to hurt someone. Satan tries to make you use your brain to think about sinful things. You must work hard to keep your body from doing sinful things.

Your body was made by God and it belongs to him. Use your body to **praise God**—you were wonderfully made by him!



I will praise thee;
for I am fearfully and wonderfully made.
— Psalm 139:14

and soul...



**Your soul belongs to God.
Your soul lives forever
because of Jesus!**

My soul belongs to God.

You've learned that God made your **body** in a wonderful way. God also gave you a **soul**. Your soul is the part of you that loves God, knows God, and worships God forever.

When God made the earth, God made **all** things, including animals and people. In some ways, the animals were made much the same as you are. Animals can run and eat and make noises, just like you can. God made the animals amazing. God made people even more amazing! God gave people a soul. When God made Adam, he breathed heavenly breath into Adam to make him alive. The Bible says God breathed into him the breath of life. When God gave Adam a soul, God made him **spiritual**.

...But, what is a soul?

Look at your body. You can see your arms and legs and your fingers and toes. You can see the outside of your whole body, but you can't see your soul. Doctors can take X-rays of you. They can see inside every part of your body, but they **can't** see your soul. Your soul is invisible to people. You can't even feel your soul, but it is there!

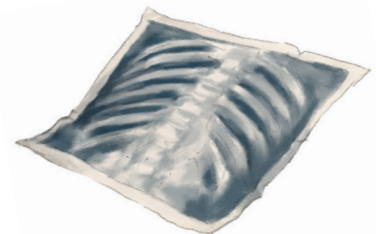
Your soul is what makes you special. Your soul is the spiritual part of you. It is the part of you that can know God, love him, and praise him. Both your body and your soul are the temple where the Holy Spirit lives.

Your soul has been part of you since the time you were in your mom's tummy and will last forever and ever! Your soul is the part of you that will one day go to heaven to live with God.

Because you belong to God, God's Holy Spirit lives in your soul. The Holy Spirit makes your soul want to praise and glorify God forever.

God's work in your soul is amazing!

For ye are bought with a price:
therefore glorify God in your body,
and in your spirit, which are God's.
— 1 Corinthians 6:20



I belong to God in life.

You belong to God forever! You belong to God because he made you and with Jesus' blood he saved you. God made you for one thing and only one thing, **to praise and glorify him**.

As long as you live, everything you do **must** be for God's glory and for his honor. You glorify God and bring honor to his name when you obey his laws. One of his laws for you is to love others as much as you love yourself.

When you play with your friends, you must be kind and loving. It would be rude to shout, "These are my toys, you can't play with them!" It would be selfish to tell your friends you will not share with them. God tells you to be kind to others and to be careful with your words.

Even more important than **what** you do is **why** you do it. You shouldn't share your toys just so others will think you are such a nice boy or girl. You share to obey God. God is glorified when you obey him.

The Bible tells about two kinds of people. Some people brag about the money they give to the church. They want everyone to hear their wonderful prayers, so they pray loudly in the streets. They want to be remembered for all the good things they do. The other kind of people give money to the church quietly. They pray quietly in their houses without trying to get other people's attention. They don't want to be remembered for what they have done, but for what **God has done** through them.

Sometimes you might do nice things and proudly think about how good you are. That is doing things for your own glory. When you sing, you shouldn't be thinking about what a nice voice you have or how loudly you can sing. You must sing to worship God! When you read God's word, you must not be thinking about how smart you are. You must read God's word to learn about God so that you can glorify him! When you pray to God, you must never be proud of the good words you use in your prayer. You pray to praise God and thank him for all he has done.

For as long as you live, let your words be pleasing to God and let everything you do be for **God's glory**.



**Whatever ye do, do it heartily,
as to the Lord, and not unto men.**

— Colossians 3:23