




We hope that you find this resource helpful.

If you would like to join us for one of our future Listening Mornings,
the dates and sign up are on our website.

www.cachurch.com/listening

 Christian Assembly Women www.cachurch.com/women

Our Only Comfort

Getting Started

Thank you for joining us for this morning of listening. Our desire is to create a space for God to speak to us through the Scripture and by his Spirit. If you have never done anything like this before, don't panic. Settle into this time of quiet and meditation. The information here will serve as a guide for your time.

Note: At 11:30 AM we will meet at the Rose Pavilion.

Settling In

Take a moment to rid yourself of all the distractions you have carried with you into this place. List them here and then make them the focus of a prayer of surrender. Complete the following sentences to help guide your time.

I am anxious about . . .

I have these things to accomplish today and tomorrow . . .

I long for this to be different in my life . . .

I am thankful for . . .

My Prayer of Surrender

Focusing on God

For centuries, the Church has used Catechisms and Creeds to learn the Scripture and the Doctrine of God. In 1563, the Synod of Heidelberg approved the Heidelberg Catechism. This Protestant Catechism is divided into fifty-two sections, called "Lord's Days," which were designed to be taught on each of the 52 Sundays of the year. In its current form, it contains 129 questions and answers that are divided into three parts: the misery of man, the redemption of man and the gratitude due from man.

This morning we will meditate on the first two questions that make up The Lord's Day 1. These two questions are considered a summary of the entire Catechism. After each question and answer, you will find their Scriptural support (see footnotes). Spend time mulling over the questions, the answers and the Scripture. Do not rush. Go slowly. Proceed prayerfully. The goal is not to get through the material but to hear from God. Write your comments, prayers and responses in the margins. For more information on the Heidelberg Catechism go to: <http://www.heidelberg-catechism.com>.

The Heidelberg Catechism: The Lord's Day 1

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

A.That I am not my own,¹
but belong with body and soul, both in life and in death,²
to my faithful Savior Jesus Christ.³
He has fully paid for all my sins with his precious blood,⁴
and has set me free from all the power of the devil.⁵
He also preserves me in such a way⁶
that without the will of my heavenly Father not a hair can fall from my head;⁷
indeed, all things must work together for my salvation.⁸
Therefore, by his Holy Spirit he also assures me of eternal life⁹
and makes me heartily willing and ready from now on to live for him.¹⁰

1. 1 Corinthians 6:19, 20

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

2. Romans 14:7-9

For none of us lives for ourselves alone, and none of us dies for ourselves alone. If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord. For this very reason, Christ died and returned to life so that he might be the Lord of both the dead and the living.

3. 1 Corinthians 3:23

... and you are of Christ, and Christ is of God.

Titus 2:13-14

...while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

4. 1 Peter 1:18-19

For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.

1 John 1:7, 2:2

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

He (Christ) is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

5. John 8:34-36

Jesus replied, “Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.

Hebrews 2:14-15

Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil— and free those who all their lives were held in slavery by their fear of death.

1 John 3:8

The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil’s work.

6. John 6:39-40

[Jesus said:] “And this is the will of him who sent me: that I shall lose none of all those he has given me, but raise them up at the last day. For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.”

John 10:27-30

[Jesus said:] “My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father’s hand. I and the Father are one.”

2 Thessalonians 3:3

But the Lord is faithful, and he will strengthen you and protect you from the evil one.

1 Peter 1:4b-5

This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

7. Matthew 10:29-31

[Jesus said:] "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows."

Luke 21:16-18

[Jesus said:] "You will be betrayed even by parents, brothers and sisters, relatives and friends, and they will put some of you to death. Everyone will hate you because of me. But not a hair of your head will perish."

8. Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

9. Romans 8:15-16

The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." The Spirit himself testifies with our spirit that we are God's children.

2 Corinthians 1:21-22

Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

2 Corinthians 5:5

Now the one who has fashioned us for this very purpose is God, who has given us the Spirit as a deposit, guaranteeing what is to come.

Ephesians 1:13-14

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.

10. Roman 8:14

For those who are led by the Spirit of God are the children of God.

2Q. What do you need to know in order to live and die in the joy of this comfort?

- A. First, how great my sins and misery are; ¹
second, how I am delivered from all my sins and misery; ²
third, how I am to be thankful to God for such deliverance. ³

1. Romans 3:9-10

What shall we conclude then? Do we have any advantage? Not at all! For we have already made the charge that Jews and Gentiles alike are all under the power of sin. As it is written: "There is no one righteous, not even one."

1 John 1:10

If we claim we have not sinned, we make him out to be a liar and his word is not in us.

2. John 17:3

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

Acts 4:12

Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.

Acts 10:43

All the prophets testify about him (Jesus Christ) that everyone who believes in him receives forgiveness of sins through his name."

3. Matthew 5:16

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Romans 6:13

Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

Ephesians 5:8-10

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.

1 Peter 2:9-10

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

Summarize what you believe the Lord has spoken to you this morning.