

## Unit 1 – Sunday September 20<sup>th</sup>, 2020 – The Comfort of Belonging to Christ

**Step 1** – Parents watch Pastor Andrew's video for the week (link is on the church website: [www.palmerstoncrc.com](http://www.palmerstoncrc.com))

**Step 2** – Read Heidelberg Catechism Q&A 1,2 aloud with your family.

### Q & A 1

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

A. That I am not my own,<sup>1</sup>  
but belong—

body and soul,  
in life and in death—<sup>2</sup>

to my faithful Savior, Jesus Christ.<sup>3</sup>

He has fully paid for all my sins with his precious blood,<sup>4</sup>  
and has set me free from the tyranny of the devil.<sup>5</sup>

He also watches over me in such a way<sup>6</sup>  
that not a hair can fall from my head

without the will of my Father in heaven;<sup>7</sup>

in fact, all things must work together for my salvation.<sup>8</sup>

Because I belong to him,

Christ, by his Holy Spirit,

assures me of eternal life<sup>9</sup>

and makes me wholeheartedly willing and ready

from now on to live for him.<sup>10</sup>

<sup>1</sup> 1 Cor. 6:19-20

<sup>2</sup> Rom. 14:7-9

<sup>3</sup> 1 Cor. 3:23; Titus 2:14

<sup>4</sup> 1 Pet. 1:18-19; 1 John 1:7-9; 2:2

<sup>5</sup> John 8:34-36; Heb. 2:14-15; 1 John 3:1-11

<sup>6</sup> John 6:39-40; 10:27-30; 2 Thess. 3:3; 1 Pet. 1:5

<sup>7</sup> Matt. 10:29-31; Luke 21:16-18

<sup>8</sup> Rom. 8:28

<sup>9</sup> Rom. 8:15-16; 2 Cor. 1:21-22; 5:5; Eph. 1:13-14

<sup>10</sup> Rom. 8:1-17

### Q & A 2

Q. What must you know to  
live and die in the joy of this comfort?

A. Three things:

first, how great my sin and misery are;<sup>1</sup>

second, how I am set free from all my sins and misery;<sup>2</sup>  
third, how I am to thank God for such deliverance.<sup>3</sup>

<sup>1</sup> Rom. 3:9-10; 1 John 1:10

<sup>2</sup> John 17:3; Acts 4:12; 10:43

<sup>3</sup> Matt. 5:16; Rom. 6:13; Eph. 5:8-10; 2 Tim. 2:15; 1 Pet. 2:9-10

Source: (<https://www.crcna.org/welcome/beliefs/confessions/heidelberg-catechism>)

**Step 3** - Discuss these talking points as a family; feel free to adapt the questions depending upon the age and stage of your child's development.

- **COMFORT** – What does the word comfort mean to you?
- **BELONGING** – How does it make you feel to say that you belong to Jesus Christ? How is belonging to Jesus related to experiencing comfort in both life and death?
- **THE HOLY SPIRIT** – What do you know about the Holy Spirit? What does the Holy Spirit do for Christians according to the reading from the Catechism?

**Step 4** – Close the discussion with a time of family prayer.