

## Unit 9 – Sunday, November 15<sup>th</sup>, 2020 – Jesus' Sufferings

**Step 1** – 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 35-44 aloud with your family:

### **Q & A 35**

Q. What does it mean that he  
“was conceived by the Holy Spirit  
and born of the virgin Mary”?

A. That the eternal Son of God,  
who is and remains  
true and eternal God,<sup>1</sup>  
took to himself,  
through the working of the Holy Spirit,<sup>2</sup>  
from the flesh and blood of the virgin Mary,<sup>3</sup>  
a truly human nature  
so that he might also become David’s true descendant,<sup>4</sup>  
like his brothers and sisters in every way<sup>5</sup>  
except for sin.<sup>6</sup>

<sup>1</sup> John 1:1; 10:30-36; Acts 13:33 (Ps. 2:7); Col. 1:15-17; 1 John 5:20

<sup>2</sup> Luke 1:35

<sup>3</sup> Matt. 1:18-23; John 1:14; Gal. 4:4; Heb. 2:14

<sup>4</sup> 2 Sam. 7:12-16; Ps. 132:11; Matt. 1:1; Rom. 1:3

<sup>5</sup> Phil. 2:7; Heb. 2:17

<sup>6</sup> Heb. 4:15; 7:26-27

### **Q & A 36**

Q. How does the holy conception and birth of Christ  
benefit you?

A. He is our mediator<sup>1</sup>  
and, in God’s sight,  
he covers with his innocence and perfect holiness  
my sinfulness in which I was conceived.<sup>2</sup>

<sup>1</sup> 1 Tim. 2:5-6; Heb. 9:13-15

<sup>2</sup> Rom. 8:3-4; 2 Cor. 5:21; Gal. 4:4-5; 1 Pet. 1:18-19

### **Q & A 37**

Q. What do you understand  
by the word “suffered”?

A. That during his whole life on earth,

but especially at the end,  
Christ sustained  
in body and soul  
the wrath of God against the sin of the whole human race.<sup>1</sup>

This he did in order that,  
by his suffering as the only atoning sacrifice,<sup>2</sup>  
he might deliver us, body and soul,

from eternal condemnation,<sup>3</sup>  
and gain for us

God's grace,  
righteousness,  
and eternal life.<sup>4</sup>

<sup>1</sup> Isa. 53; 1 Pet. 2:24; 3:18

<sup>2</sup> Rom. 3:25; Heb. 10:14; 1 John 2:2; 4:10

<sup>3</sup> Rom. 8:1-4; Gal. 3:13

<sup>4</sup> John 3:16; Rom. 3:24-26

#### **Q & A 38**

Q. Why did he suffer  
“under Pontius Pilate” as judge?

A. So that he,  
though innocent,  
might be condemned by an earthly judge,<sup>1</sup>  
and so free us from the severe judgment of God

that was to fall on us.<sup>2</sup>

<sup>1</sup> Luke 23:13-24; John 19:4, 12-16

<sup>2</sup> Isa. 53:4-5; 2 Cor. 5:21; Gal. 3:13

#### **Q & A 39**

Q. Is it significant that he was “crucified”  
instead of dying some other way?

A. Yes.  
By this I am convinced  
that he shouldered the curse  
which lay on me,  
since death by crucifixion was cursed by God.<sup>1</sup>

<sup>1</sup> Gal. 3:10-13 (Deut. 21:23)

#### **Q & A 40**

Q. Why did Christ have to suffer death?

A. Because God's justice and truth require it: <sup>1</sup>  
nothing else could pay for our sins  
except the death of the Son of God.<sup>2</sup>

<sup>1</sup> Gen. 2:17

<sup>2</sup> Rom. 8:3-4; Phil. 2:8; Heb. 2:9

#### **Q & A 41**

Q. Why was he "buried"?

A. His burial testifies  
that he really died.<sup>1</sup>

<sup>1</sup> Isa. 53:9; John 19:38-42; Acts 13:29; 1 Cor. 15:3-4

#### **Q & A 42**

Q. Since Christ has died for us,  
why do we still have to die?

A. Our death does not pay the debt of our sins.<sup>1</sup>  
Rather, it puts an end to our sinning  
and is our entrance into eternal life.<sup>2</sup>

<sup>1</sup> Ps. 49:7

<sup>2</sup> John 5:24; Phil. 1:21-23; 1 Thess. 5:9-10

#### **Q & A 43**

Q. What further benefit do we receive  
from Christ's sacrifice and death on the cross?

A. By Christ's power  
our old selves are crucified, put to death, and buried with him,<sup>1</sup>  
so that the evil desires of the flesh  
may no longer rule us,<sup>2</sup>  
but that instead we may offer ourselves  
as a sacrifice of gratitude to him.<sup>3</sup>

<sup>1</sup> Rom. 6:5-11; Col. 2:11-12

<sup>2</sup> Rom. 6:12-14

<sup>3</sup> Rom. 12:1; Eph. 5:1-2

#### **Q & A 44**

Q. Why does the creed add,  
"He descended to hell"?

A. To assure me during attacks of deepest dread and temptation  
that Christ my Lord,  
by suffering unspeakable anguish, pain, and terror of soul,  
on the cross but also earlier,

has delivered me from hellish anguish and torment.<sup>1</sup>

<sup>1</sup> Isa. 53; Matt. 26:36-46; 27:45-46; Luke 22:44; Heb. 5:7-10

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

**Step 3** – Discuss these talking points together as a family; feel free to adapt the questions based upon the age and developmental stage of your children.

- **SUFFERING** – Can you share a story of a time when you suffered for some reason? How does Christ's atoning suffering compare to the suffering that we typically experience in this life (see Q&A 39)?
- **CURSE** – Think of how sin led to curses in the scriptures (i.e. the serpent in the narrative of the Fall, Adam and Eve who gave in to temptation, Cain after he killed his brother Abel). Isn't it a relief to consider how the suffering of Christ “shouldered the curse” which lay on us?
- **SACRIFICE** – How do you define sacrifice? (The act of giving up something of value in order to obtain something of greater value). Isn't it amazing to think that Christ considered our lives to be of greater value than his at the cross?

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