

# **Short Catechism**

or

## Compendium of the Heidelberg Catechism

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QUESTION 1: What do you need to know to live and die comforted?

ANSWER: First, how great my sins and misery are<sup>1</sup>; second, how I am delivered from all my sins and misery<sup>2</sup>; third, how I am to be thankful for such a deliverance.<sup>3</sup>

1. 1 John 1:8
  2. John 17:3
  3. Rom. 6:13 (See also Ephesians 5:8)
- HC Q&A1,2

### **PART ONE: OUR SIN AND MISERY**

QUESTION 2: From where do you know your sin and misery?

ANSWER: From the law of God.<sup>1</sup>

1. Romans 3:20
- HC Q&A 3; Canons of Dort III/IV Art.5

QUESTION 3: What does the law of God require of us?

ANSWER: All that God has summarized and written down in the Ten Commandments in Exodus 20:1-17...

See also Deuteronomy 5:6-21  
HC Q&A 4; BC Art.3

QUESTION 4: How are these commandments divided?

ANSWER: Into two tables.<sup>1</sup>

1. Exodus 31:18
- HC Q&A 93

QUESTION 5: What is the summary of what God requires in the first 4 commandments?

ANSWER: You shall love the LORD your God with all your heart,

and with all your soul and with all your mind<sup>1</sup>. This is the great and first commandment, Matt. 22:37,38.

1. Deuteronomy 10:12
- HC Q&A 4

QUESTION 6: What is the summary of what God requires in the last 6 commandments?

ANSWER: You shall love your neighbour as yourself<sup>1</sup>. On these two commandments depend all the law and the prophets, Matt. 22:39,40.

1. Leviticus 19:18
- HC Q&A 4

QUESTION 7: Can you keep all this perfectly?

ANSWER: No<sup>1</sup>, I'm inclined by nature to hate God<sup>2</sup> and my neighbour<sup>3</sup>, and to transgress God's commandments by thought<sup>4</sup>, word<sup>5</sup>, and deed<sup>6</sup>.

1. Rom. 3:10,12
2. Rom. 8:7
3. Titus 3:3
4. Gen. 6:5
5. James 3:8
6. John 3:19

HC Q&A 5; BC Art.14; Canons of Dort III/IV Art.1-5

QUESTION 8: Did God then create you so wicked and with such a depraved nature?

ANSWER: No<sup>1</sup>, He created me good<sup>2</sup> and after His image<sup>3</sup>, with true knowledge of God<sup>4</sup>, righteous and holy<sup>5</sup>.

1. Job 34:10
2. Gen. 1:31
3. Gen. 1:27
4. Col. 3:10
5. Eph. 4:24

HC Q&A 6; Belg. Conf. Art. 14, Canons of Dort III/IV Art. 1

QUESTION 9: From where then did your depraved nature come?

ANSWER: From the fall and disobedience<sup>1</sup> of Adam and Eve in Paradise, for there our nature became so corrupt<sup>2</sup> that we're all<sup>3</sup> conceived and born in sin<sup>4</sup>.

1. Rom. 5:19
2. John 3:6
3. Rom. 3:23
4. Ps. 51:7

HC Q&A 7; Belg. Conf. Art. 14,15; Canons of Dort III/IV Art. 1-3

QUESTION 10: What was their disobedience?

ANSWER: They ate<sup>1</sup> of the fruit of the tree from which God had forbidden them to eat<sup>2</sup>.

1. Gen. 3:6
2. Gen. 2:16,17

QUESTION 11: Do we have anything to do with this disobedience of Adam?

ANSWER: Certainly, for he is the father of us all<sup>1</sup> and we all sinned in him<sup>2</sup>.

1. Acts 17:26
  2. Rom. 5:12,18,19
- Belg. Conf. Arts. 14,15; Canons of Dort I Art. 1 and III/IV Arts. 1-4

QUESTION 12: Are we ourselves totally unable to do any good and inclined to all evil?

ANSWER: Yes<sup>1</sup>, unless we are regenerated or born anew of the Spirit of God<sup>2</sup>.

1. Jer. 13:23
2. John 3:5,6
3. HC Q&A 8; Belg. Conf. Arts. 14,15; Canons of Dort III/IV arts. 3,11,12

QUESTION 13: Will God allow such disobedience and corruption go unpunished?

ANSWER: No<sup>1</sup>, He will punish it by just judgement both now<sup>2</sup> and eternally<sup>3</sup>, as He has declared: *Cursed be everyone who does not abide by all things written in the book of the law, and do them* (Gal. 3:10).

1. Rom. 1:18
  2. Ps. 7:12
  3. 2 Thess. 1:9
- HC Q&A 10, 11; Belg. Conf. Art. 16, Canons of Dort I Art. 1, II Art. 1

## PART TWO: OUR DELIVERANCE

QUESTION 14: How can we escape this punishment and again be received into favour?

ANSWER: Through a Mediator who is at the same time<sup>1</sup> true God<sup>2</sup> and a true<sup>3</sup> and righteous<sup>4</sup> man.

1. Matt. 1:23
2. Jer. 23:5,6
3. 1 Cor. 15:21
4. Heb. 7:26

HC Q&A 12-17; Belg. Conf. Art. 17, 20, 26; Canons of Dort II Art. 1,2

QUESTION 15: Who is this Mediator?

ANSWER: Our Lord Jesus Christ<sup>1</sup> who is at the same time true God<sup>2</sup> and a true<sup>3</sup> and righteous man.

1. 1 Tim. 2:5
2. John 1:1
3. Heb. 2:14

HC Q&A 18,19; Belg. Conf. Art. 10, 18, 19; Canons of Dort II Arts. 2-4

QUESTION 16: Can the angels not be our mediators?

ANSWER: No<sup>1</sup>, for they are neither God nor men.

1. Heb. 1:14

HC Q&A 14, 15, 30; Belg. Conf. Art. 12

QUESTION 17: Can saints not be our mediators?

ANSWER: No, for they themselves have sinned<sup>1</sup>, and have themselves been saved by no other than the one and only Mediator<sup>2</sup>.

1. Job 15:14

2. John 14:6

HC Q&A 30; Belg. Conf. Art. 26; Canons of Dort I Arts. 1,2,7 and V Arts. 1-3

QUESTION 18: Are all men saved by the only Mediator Jesus Christ, just as all men perished through Adam?

ANSWER: No<sup>1</sup>, only<sup>2</sup> those who accept Him with a true faith<sup>3</sup> as written in John 3:16: *"For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life"*.

1. Matt. 22:14

2. John 3:36

3. John 1:12

HC Q&A 20; Belg. Conf. Art. 16, 22; Canons of Dort I Arts. 4-6 and II Arts. 5&8

QUESTION 19: What is a true faith?

ANSWER: It is a sure knowledge<sup>1</sup> of God and of His promises revealed in the gospel<sup>2</sup>, and a firm confidence that all my sins are forgiven me for Christ's sake<sup>3</sup>.

1. Heb. 11:1

2. Rom. 1:16&17

3. Eph. 3:12

HC Q&A 21; Belg. Conf. Art. 22; Canons Ch. I Art. 5&6, Ch. III/IV Art. 14, Ch.V Art. 8-10

QUESTION 20: What is the summary of what God has promised in the gospel and requires us to believe?

ANSWER: Twelve articles of the Apostles' Creed....

QUESTION 21: When you confess to believe in God the Father, and God the Son, and God the Holy Spirit, do you mean that there are three Gods?

ANSWER: Not at all, for there is only one<sup>1</sup> true God.

1. Deut. 6:4

HC Q&A 24&25, Belg. Conf. Art.1

QUESTION 22: Why do you speak of three: Father, Son and Holy Spirit?

ANSWER: Because God has so revealed Himself in His Word<sup>1</sup> that these three distinct Persons are the one and true God<sup>2</sup>, and therefore we are also baptized in the Name of the Father, Son and Holy Spirit (Matt.28:19).

1. 2 Tim. 3:16

2. 2 Cor.13:13

HC Q&A 25, Belg. Conf. Art.2-7, 8, 9

QUESTION 23: What do you believe when you say: I believe in God the Father almighty, Creator of heaven and earth?

ANSWER: That the eternal Father of our Lord Jesus Christ<sup>1</sup>, Who out of nothing<sup>2</sup> created<sup>3</sup> heaven and earth<sup>4</sup>, and who still upholds and governs them by His providence<sup>5</sup>, is for the sake of Christ His Son My God and My Father<sup>6</sup>.

1. John 17:1&5

2. Heb. 11:3

3. Ps. 33:9

4. Gen.1:1

5. Ps. 145:15&16

6. Eph. 1:5

HC Q&A 26-28; Belg. Conf. Art. 12-14

QUESTION 24: What do you believe when you say: and in Jesus Christ, His only-begotten Son, our Lord?

ANSWER: That Jesus Christ is the eternal<sup>1</sup> and only<sup>2</sup> Son<sup>3</sup> of the Father<sup>4</sup>, of one substance<sup>5</sup> together with the Father and the Holy Spirit.

1. Prov. 8:23

2. John 1:18

3. Heb. 1:5

4. John 5:26

5. Phil. 2:6

HC Q&A 33; Belg. Conf. Art. 10

QUESTION 25: Do you not believe that He also became man?

ANSWER: Certainly<sup>1</sup>, for He was conceived by the Holy Spirit, born of the virgin Mary<sup>2</sup>.

1. 1 John 4:2,3

2. Luke 1:35

HC Q&A 35&36; Belg. Conf. Art. 18

QUESTION 26: Was His divinity then changed into humanity?

ANSWER: No<sup>1</sup>, for the divinity is unchangeable.

1. John 1:14

HC Q&A 35; Belg. Conf. Art.19

QUESTION 27: How then did He become man?

ANSWER: He assumed human nature<sup>1</sup> in unity of person<sup>2</sup>.

1. Phil. 2:6,7

2. Rom. 9:5

HC Q&A 35; Belg. Conf. Art.18&19

QUESTION 28: Did He take His humanity with Him from heaven?

ANSWER: Not at all; but He took upon Himself true human nature<sup>1</sup> from the virgin Mary<sup>2</sup> through the working of the Holy Spirit<sup>3</sup>, and so is like His brothers in every respect, yet without sin<sup>4</sup>.

1. Phil. 2:7

2. Luke 1:30&31

3. Matt. 1:18,20

4. Heb. 2:17 and 4:15

HC Q&A 35; Belg. Conf. Art.18

QUESTION 29: Why is He called Jesus, that is, Saviour?

ANSWER: Because He saves His people from their sins<sup>1</sup>.

1. Matt. 1:21

HC Q&A 29; Belg. Conf. Art.21

QUESTION 30: Is there no other Saviour?

ANSWER: No<sup>1</sup>, "for there is no other name under heaven given among men by which we must be saved" (Acts 4:12).

1. John 14:6

HC Q&A 30; Belg. Conf. Art.21

QUESTION 31: Why is He called Christ, that is, Anointed?

ANSWER: Because He<sup>1</sup> was anointed by the Holy Spirit<sup>2</sup> and ordained by God the Father to be our great Prophet<sup>3</sup>, our only High Priest<sup>4</sup> and our eternal King<sup>5</sup>.

1. John 1:41

2. Acts 10:38

3. Acts 3:22

4. Ps. 110:4

5. Luke 1:32,33

HC Q&A 31,32

QUESTION 32: What, then, has Jesus done to save us?

ANSWER: In our place<sup>1</sup> He suffered<sup>2</sup>, was crucified<sup>3</sup>, died<sup>4</sup>, and was buried<sup>5</sup>; He descended into hell<sup>6</sup>, that is, He suffered hellish agony. Thus He was fully obedient<sup>7</sup> to His Father so that we might be redeemed from the temporal and eternal punishment of sin<sup>8</sup>.

1. Matt. 20:28

2. 1 Pet. 3:18

3. Mark 15:25

4. 1 Cor. 15:3

5. 1 Cor. 15:4

6. Matt. 27:46

7. Phil. 2:8

8. Gal. 3:13

HC Q&A 37-44; Belg. Conf. Art. 20,21; Canons of Dort II, Arts. 1-9

QUESTION 33: In which nature did He suffer all this?

ANSWER: Only in His human nature, that is, in His soul<sup>1</sup> and body<sup>2</sup>.

1. Matt. 26:38
2. 1 Pet. 2:24
3. HC Q&A 37; Belg. Conf. Art. 18, 21; Canons of Dort II Arts. 1,2

QUESTION 34: What was then the purpose of His divine nature?

ANSWER: His divine nature so empowered His human nature<sup>1</sup>, that it was able to bear the burden of God's wrath<sup>2</sup> against sin and deliver us from it<sup>3</sup>.

1. Rom. 1:4
  2. Nah. 1:6
  3. 1 John 1:7
- HC Q&A 17; Belg. Conf. Art. 21; Canons of Dort II Arts. 1-4

QUESTION 35: Did Christ remain in death?

ANSWER: Not at all<sup>1</sup>, but on the third day He rose from the dead<sup>2</sup> for our justification<sup>3</sup> (Rom. 4:25).

1. 1 Cor. 15: 17, 18
  2. Luke 24:34
  3. 1 Cor. 1:30
- HC Q&A 45; Belg. Conf. Art. 19, 20

QUESTION 36: Where is Christ now with respect to His humanity?

ANSWER: He ascended into heaven<sup>1</sup>, and sits at the right hand of God the Father<sup>2</sup>; that is, highly exalted in glory above all creatures<sup>3</sup>.

1. Acts 1:9
  2. Mark 16:19
  3. Eph. 1:20, 21
- HC Q&A 46, 49-51; Belg. Conf. Art. 26

QUESTION 37: Why is He so highly exalted?

ANSWER: Especially so that from there He could rule over His church<sup>1</sup>, and to be our advocate before the Father<sup>2</sup>.

1. Eph. 1:22
  2. Heb. 7:25
- HC Q&A 50, 51; Belg. Conf. Art. 26

QUESTION 38: Is He then not with us to the end of the world as He has promised (Matt.28:20)?

ANSWER: With respect to His divinity, majesty, grace, and Spirit He is never absent from us<sup>1</sup>, but with respect to His human nature<sup>2</sup> He remains in heaven<sup>3</sup>, until He comes again<sup>4</sup> to judge the living and the dead<sup>5</sup>.

1. Matt. 18:20
  2. John 16:7
  3. Acts 3:21
  4. Acts 1:11
  5. 2 Cor. 5:10
- HC Q&A 47, 48, 52; Belg. Conf. Art. 19, 37

QUESTION 39: What do you believe concerning the Holy Spirit?

ANSWER: That He, together with the Father and the Son is true and eternal God<sup>1</sup>, and that He is given me by the Father through the Son<sup>2</sup> to regenerate me<sup>3</sup>, to lead me in all the truth<sup>4</sup>, to comfort me<sup>5</sup>, and to remain with me forever<sup>5</sup>.

1. Acts 5:3&4
  2. John 15:26
  3. John 6:63
  4. John 16:13
  5. Acts 9:31
  6. John 14:16&17
- HC Q&A 53; Belg. Conf. Art.11; Canons Ch.III/IV Arts.3, 11-13, 16

QUESTION 40: What do you believe concerning the holy catholic church?

ANSWER: That the Son of God<sup>1</sup>, out of the whole human race<sup>2</sup>, by His Spirit and Word<sup>3</sup>, gathers a congregation<sup>4</sup> for Himself, chosen to everlasting life<sup>5</sup>; and I believe that I am, and shall forever remain<sup>6</sup>, a living member of it<sup>7</sup>.

1. John 10:11
  2. Rev. 5:9
  3. Acts 16:14
  4. Heb. 12:22&23
  5. Rom. 8:29&30
  6. John 10:28
  7. 1 John 3:14
- HC Q&A 54,55; Belg. Conf. Art.27; Canons Ch.II Art.8&9, V Art.1-15

QUESTION 41: Where does He gather this church?

ANSWER: Where<sup>1</sup> God's Word is rightly preached, where the sacraments are administered as Christ instituted them, and where church discipline is exercised for correcting and punishing sins.

1. Acts 2:42,47
- HC Q&A 54; Belg. Conf. Art.28-32; Canons Ch.II Art.5, III/IV Art.6,17

QUESTION 42: What benefits does God grant this assembly?

ANSWER: He grants the forgiveness of sins<sup>1</sup>, the resurrection of the body<sup>2</sup>, and life everlasting<sup>3</sup>.

1. Eph. 1:7
  2. Phil. 3:21
  3. Matt. 25:46
- HC Q&A 56-58; Belg. Conf. Arts.23, 37.

QUESTION 43: What does it help you now that you believe all this?

ANSWER: In Christ I am righteous<sup>1</sup> before God.

1. Rom. 5:1
- HC Q&A 59

QUESTION 44: How are you righteous before God?

ANSWER: Only<sup>1</sup> by true faith in Jesus Christ<sup>2</sup>.

1. Rom. 3:28
  2. Gal. 2:16
- HC Q&A 60; Belg. Conf. Art.22



QUESTION 45: Why do you say that you are righteous only by faith?

ANSWER: Because the full satisfaction<sup>1</sup> and righteousness<sup>2</sup> of Christ is reckoned to me<sup>3</sup> by God, whereby my sins are forgiven and I become heir to life everlasting<sup>4</sup>; and I can make this my own by faith only<sup>5</sup>.

1. 2 Cor. 5:21
2. Rom. 5:19
3. Rom. 4:6
4. Acts 26:18
5. Rom. 4:5

HC Q&A 60,61; Belg. Conf. Arts. 22,23.

QUESTION 46: Why can our good works not be our righteousness before God, or at least part of it?

ANSWER: Because even our best works in this life are imperfect and defiled with sin<sup>1</sup>.

1. Is. 64:6

HC Q&A 62; Belg. Conf. Art. 24.

QUESTION 47: Do our good works then earn us nothing, while God has yet promised to reward them in this and the future life?

ANSWER: This reward<sup>1</sup> is not earned, but it is a gift of grace<sup>2</sup>.

1. 1 Cor. 3:8
2. Lk. 17:10

HC Q&A 63,64; Belg. Conf. Art. 24; Canons V, Arts. 12,13.

QUESTION 48: Who works this faith in you?

ANSWER: The Holy Spirit<sup>1</sup>.

1. 1 Cor. 12:3

HC Q&A 65; Belg. Conf. Art. 24; Canons III/IV Arts. 6,10.

QUESTION 49: By what means does the Holy Spirit work faith?

ANSWER: By the hearing of the preaching of the Word<sup>1</sup>.

1. Rom. 10:14,17

HC Q&A 65; Belg. Conf. Art. 24; Canons III/IV Art. 17 and V Art. 14.

QUESTION 50: How does the Spirit strengthen that faith?

ANSWER: By preaching of the Word and by the use of the sacraments<sup>1</sup>.

1. Matt. 28:19

HC Q&A 65; Belg. Conf. Art. 33; Canons III/IV Art. 17 and V Art. 14.

QUESTION 51: What are sacraments?

ANSWER: Sacraments are holy signs and seals<sup>1</sup> instituted by God to assure us of His promise to grant us forgiveness of sins<sup>2</sup> and everlasting life out of grace, for the sake of the one sacrifice of Christ accomplished on the cross.

1. Rom. 4:11
2. Acts 2:38

HC Q&A 66, 67; Belg. Conf. Art. 33.

QUESTION 52: How many sacraments has Christ instituted in the New Testament? ANSWER: Two: holy baptism and the holy supper.

HC Q&A 68; Belg. Conf. Art. 33.

QUESTION 53: What is the sign in baptism?

ANSWER: The water<sup>1</sup> with which we are baptized in the name of the Father and the Son and the Holy Spirit<sup>2</sup>.

1. Acts 8:36

2. Matt. 28:19

HC Q&A 69; Belg. Conf. 34.

QUESTION 54: What does the water signify and seal?

ANSWER: The washing away of sins<sup>1</sup> by the blood<sup>2</sup> and the Spirit<sup>3</sup> of Jesus Christ.

1. Acts 22:16

2. 1 John 1:7

3. 1 Cor. 6:11

HC Q&A 70; Belg. Conf. Art. 70.

QUESTION 55: Where has Christ promised us this?

ANSWER: In the institution of baptism, where He says: "Go into all the world and preach the gospel to all creation. He who believes and is baptized will be saved; but he who does not believe will be condemned" (Mark 16:15,16).

HC Q&A 71-73; Belg. Conf. Art. 34.

QUESTION 56: Should infants, too, be baptized?

ANSWER: Yes<sup>1</sup>, they as well as adults are included<sup>2</sup> in the covenant<sup>3</sup> and church<sup>4</sup> of God.

1. Col. 2:11,12

2. Matt. 19:14

3. Acts 2:39

4. 1 Cor. 7:14

HC Q&A 74; Belg. Conf. Art. 34; Canons I Art. 17.

QUESTION 57: What is the outward sign of the Lord's Supper?

ANSWER: The broken bread that we eat, and the outpoured wine which we drink, in remembrance of the suffering and death of Christ<sup>1</sup>.

1. Matt. 26:26-28

HC Q&A 75; Belg. Conf. Art. 35

QUESTION 58: What does this signify and seal?

ANSWER: That Christ nourishes our souls with His crucified body and shed blood to everlasting life<sup>1</sup>.

1. 1 Cor. 10:16

HC Q&A 76; Belg. Conf. Art. 35.

QUESTION 59: Where has Christ promised this?

ANSWER: At the institution of the holy supper, described by Paul in 1 Cor. 11:23-26...

HC Q&A 77

QUESTION 60: Are bread and wine changed into the actual body and blood of Christ?

ANSWER: No, just as also the water of baptism is not changed into the blood of Christ<sup>1</sup>.

1. Eph. 5:26

HC Q&A 78-80; Belg. Conf. Arts. 33,35.

QUESTION 61: How are you to participate in the Lord's Supper?

ANSWER: I must examine myself<sup>1</sup>, first whether I acknowledge my sins and because of them detest myself and humble myself before God<sup>2</sup>; second, whether I trust<sup>3</sup> that all my sins are forgiven me for the sake of the suffering and death of Jesus Christ; third, whether it is also my sincere desire<sup>4</sup> to show true

thankfulness to God with my entire life and to live according to His will in true love and unity.

1. 1 Cor. 11:28,29
  2. Ps. 51:19
  3. 2 Cor. 13:5
  4. Ps. 119:40
- HC Q&A 81; Belg. Conf. Art. 33,35.

QUESTION 62: Are people to be admitted to the Lord's Supper who hold to unbiblical teachings or lead a godless life?

ANSWER: No, for then the covenant of God would be profaned<sup>1</sup> and His wrath kindled against the whole congregation<sup>2</sup>.

1. Ps. 50:16,17
  2. 1 Cor.11:29,30
- HC Q&A82; Belg. Conf. Art.32

QUESTION 63: What must be done with such persons?

ANSWER: They must be dealt with according to Matthew 18:15-17.

HC Q&A 83-85; Belg. Conf. Art.32

### PART THREE: OUR THANKFULNESS

QUESTION 64: Now that we have been delivered by grace alone through Christ, why must we yet do good works?

ANSWER: Not to earn our way to heaven with them<sup>1</sup> - for that is what Christ did for me by His sacrifice on the cross<sup>2</sup> - but because God has commanded us to good works<sup>3</sup>.

1. Eph.2:8
  2. 1 Pet.3:18
  3. Phil.4:8
- HC Q&A 86; Belg. Conf. Art. 24&25; Canons Ch.I Arts.9,12,13.

QUESTION 65: What are good works for then?

ANSWER: By my good works I show myself thankful to God for all His benefits, and He is praised by me<sup>1</sup>. Further, I am assured of my faith by the fruits it brings forth<sup>2</sup>. Finally, good works may benefit my neighbour and win him for Christ<sup>3</sup>.

1. Matt. 5:6
  2. Matt. 7:17&18
  3. 1 Pet.2:12
- HC Q&A 86; Belg. Conf. Art.24; Canons Ch.I Art.12, Ch.V Art.12&13

QUESTION 66: Can those who do not do good works be saved?

ANSWER: No<sup>1</sup>, for the Bible says (1 Corinthians 6:9,10) *neither the sexually immoral nor idolaters nor adulterers ....nor thieves nor the greedy nor drunkards nor slanderers ...will inherit the kingdom of God*, as long as they do not repent.

1. Matt. 3:10
- HC Q&A 87; Canons Ch.I Art. 13

QUESTION 67: What is the repentance or conversion of man?

ANSWER: It is to grieve<sup>1</sup> that we have offended God by our sin, and to flee from it<sup>2</sup>. At the same time it is joy in God's grace through Christ and a love to do good works<sup>3</sup>.

1. Jer. 31:19

2. Rom. 6:13

3. Rom. 7:22

HC Q&A 88-90; Belg. Conf. Art.24; Canons Ch.V  
Art.12&13

QUESTION 68: What are good works?

ANSWER: Only those done out of true faith<sup>1</sup>, according to God's law<sup>2</sup> and to His glory<sup>3</sup>; not those which are good according to human rules<sup>4</sup> or according to our own ideas<sup>5</sup>.

1. Rom. 14:23

2. Ez. 36:37

3. 1 Cor. 10:31

4. Matt. 15:9

5. Col. 2:23

HC Q&A 91-113; Belg. Conf. Art.24; Canons Ch.I Art. 9

QUESTION 69: Can those who are converted to God keep God's law perfectly?

ANSWER: Not at all<sup>1</sup>, for even the holiest men in this life have only a small beginning of perfect obedience<sup>2</sup>; yet they do earnestly try to live according to all God's commandments<sup>3</sup>. They also pray constantly to God that they may daily grow in that obedience<sup>4</sup>.

1. 1 John 1:8

2. Rom. 7:14,15,22

3. Phil. 3:12-14

4. Ps. 119:4&5

HC Q&A 114-116; Belg. Conf. Art.24; Canons Ch.I Art.16,  
V Art.1-5,12&13

QUESTION 70: To whom must we pray for this?

ANSWER: Not to any other creature but God alone<sup>1</sup>. He alone is able to help us<sup>2</sup>, and is also willing for Jesus Christ's sake to do so<sup>3</sup>.

1. Matt. 4:10

2. Eph. 3:20

3. John 15:7

HC Q&A 116&117; Belg. Conf. Art.13,26

QUESTION 71: In whose name ought we to pray to God?

ANSWER: In the name of Christ alone<sup>1</sup>, and not that of one or other saint<sup>2</sup>.

1. John 16:23

2. Is. 63:16

HC Q&A 116&117; Belg. Conf. Art.26

QUESTION 72: What should we ask of God in prayer?

ANSWER: For all we need for body<sup>1</sup> and soul<sup>2</sup>, as Christ has summarized this in the prayer He taught us.

1. Prov. 30:8&9

2. James 1:5

HC Q&A 118

QUESTION 73: What is that prayer?

ANSWER: The Lord's prayer. Our Father who art in heaven....

Matt. 6:9-13 & Luke 11:2-4

HC Q&A 119

QUESTION 74: What do you ask of God in this prayer?

ANSWER: First, that all that glorifies God may be promoted, but that all that does not glorify or resists His glorification may be destroyed. Secondly, that He provide me with all I need to glorify Him, and that I may be kept from anything that may hinder my complete salvation.

HC Q&A 120-129