

That I Am Not My Own
A 13 Week Study Exploring the Richness of Heidelberg Catechism #1

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

A. That I am not my own, but belong—body and soul, in life and in death—to my faithful Savior, Jesus Christ. He has fully paid for all my sins with his precious blood, and has set me free from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation. Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for him.

Sept 4	Introduction	
Sept 11	That I am not my own	1 Cor. 6:17–20
Sept 18	Belong body and soul	Romans 6:12–14
Sept 25	In life and in death	Romans 14:7–9
Oct 2	To my faithful savior, Jesus Christ	Titus 2:11–14
Oct 9	He has fully paid for all my sins	1 John 1:7–2:2
Oct 16	With his precious blood	1 Peter 1:17–21
Oct 23	He has set me free from the tyranny of the devil	1 John 3:1–10
Oct 30	He also watches over me in such a way	2 Thessalonians 3:1–5
Nov 6	That not a hair ... without the will of my Father	Matthew 10:26–33
Nov 13	No MS SS (MS Fall Retreat)	
Nov 20	In fact, all things must work ... for my salvation	Romans 8:28 (cf. 31–39)
Nov 27	Assures me of eternal life	1 John 5:13 (cf. 8:15 –17)
Dec 4	Makes me wholeheartedly willing...to live for him	Romans 8:1–11