

# Heidelberg Catechism

## Lord's Day 16

### Overview/Purpose

Questions 40 through 44 continue with an understanding of the humiliation of Christ. Major points to understand are as follows:

- Jesus Christ died a bodily death
- Christ died for the elect only
- Christ was buried to show forth his bodily death
- It was necessary for Christ to die in order that he might make satisfaction for the justice of God
- Christ's death merited for us not only the pardon of sin, but its removal and brought on the indwelling of the Holy Spirit
- Christ did not in body or in spirit physically descend into hell, but experienced the extreme torment, pain, and anguish in his soul.

### Method

Following the Trivium, the grammar stage calls for rote memorization. Constant drilling and recitation is absolutely necessary and will require direct parental participation.

### Suggested Materials For Parents

See "The Commentary of Dr. Zacharias Ursinus on the Heidelberg Catechism", pgs 219-232.

### Word Definitions

|                |              |                |
|----------------|--------------|----------------|
| • Necessary    | • Christ     | • Humble       |
| • Death        | • Buried     | • Prove        |
| • Dead         | • Died       | • Satisfaction |
| • Sins         | • Abolishing | • Passage      |
| • Eternal Life | • Benefit    | • Receive      |
| • Sacrifice    | • Death      | • Cross        |
| • Virtue       | • Old Man    | • Crucified    |
| • Buried       | • Corrupt    | • Inclinations |

|                 |                   |                |
|-----------------|-------------------|----------------|
| • Flesh         | • Reign           | • Offer        |
| • Ourselves     | • Thanksgiving    | • Descended    |
| • Hell          | • Temptations     | • Assured      |
| • Comfort       | • Lord            | • Jesus Christ |
| • Inexpressible | • Anguish         | • Pains        |
| • Terrors       | • Hellish Agonies | • Plunged      |
| • Sufferings    | • Cross           | • Delivered    |
| • Torments      |                   |                |

### **Suggested Activities**

- Review word definitions
- Memory game to review word definitions and catechism questions
- Spelling test using the words in this catechism lesson
- Memorize key bible verses
- Service projects to reinforce the lessons found in the catechism questions
- Many opportunities for creativity!

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## LORD'S DAY 16

Question 40. Why was it necessary for Christ to humble himself even unto death?

**Answer.** Because with respect to the justice and truth of God, satisfaction for our sins could be made [a] no otherwise, than by the death of the Son [b] of God.

Question 41. Why was he also "buried"?

**Answer.** Thereby to prove that he [c] was really dead.

Question 42. Since then Christ died for us, why must we also die?

**Answer.** Our death is not a satisfaction for our sins, but only an abolishing of sin, and a passage into [d] eternal life.

Question 43. What further benefit do we receive from the sacrifice and death of Christ on the cross?

**Answer.** That by virtue thereof, our old man is crucified, dead and [e] buried with him; that so the corrupt inclinations of the flesh may no more [f] reign in us; but that we may [g] offer ourselves unto him a sacrifice of thanksgiving.

Question 44. Why is there added, "he descended into hell"?

**Answer.** That in my greatest temptations, I may be assured, and wholly comfort myself in this, that my Lord Jesus Christ, by his inexpressible anguish, pains, terrors, and hellish agonies, in which he was plunged during all his sufferings, but especially on the cross, hath [h] delivered me from the anguish and torments of hell.

[a]: Gen. 2:17

[b]: Heb. 2:9,10; Phil. 2:8

[c]: Acts 13:29; Mark 15:43,46

[d]: John 5:24; Phil. 1:23

[e]: Rom. 6:6

[f]: Rom. 6:12

[g]: Rom. 12:1

[h]: Isa. 53:10; Mat. 27:46