



The Heidelberg Catechism is a Protestant confessional document written in **1563** in Heidelberg, Germany. It provides a comprehensive summary of Reformed Christian doctrine using a personal, comforting question-and-answer format.

The catechism is internationally renowned for its warm pastoral tone best exemplified in

Lord's Day 1, Question 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.

The Heidelberg Catechism is **relevant and applicable to all areas of** our lives today.