

# Lord's Day 33

## Heidelberg Catechism

### The Third Part – Of Thankfulness

#### Question 88

Of how many parts doth the true conversion of man consist?

#### Answer

Of two parts: of the mortification of the old, and the quickening of the new man.<sup>1</sup>

#### Question 89

What is the mortification of the old man?

#### Answer

It is a sincere sorrow of heart that we have provoked God by our sins, and more and more to hate and flee from them.<sup>2</sup>

#### Question 90

What is the quickening of the new man?

#### Answer

It is a sincere joy of heart in God, through Christ,<sup>3</sup> and with love and delight to live according to the will of God in all good works.<sup>4</sup>

*(Continued...)*

<sup>1</sup> Rom. 6:10, 11

For in that he died, he died unto sin once: but in that he liveth, he liveth unto God. Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

<sup>2</sup> 1 Pet. 4:2

That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God.

<sup>3</sup> Gal. 2:20

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

<sup>4</sup> Rom. 6:4–6

Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

<sup>1</sup> Eph. 4:22, 23

That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind;

<sup>2</sup> Col. 3:5

Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

<sup>3</sup> 1 Cor. 5:7

Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us:

<sup>4</sup> Ps. 51:3

For I acknowledge my transgressions: and my sin is ever before me.

<sup>5</sup> Ps. 51:8

Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.

<sup>6</sup> Ps. 51:17

The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.

<sup>7</sup> Luke 15:18

I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,

<sup>8</sup> Rom. 8:13

For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

<sup>9</sup> Joel 1:12, 13

The vine is dried up, and the fig tree languisheth; the pomegranate tree, the palm tree also, and the apple tree, even all the trees of the field, are withered: because joy is withered away from the sons of men. Gird yourselves, and lament, ye priests: howl, ye ministers of the altar: come, lie all night in sackcloth, ye ministers of my God: for the meat offering and the drink offering is withholden from the house of your God.

<sup>10</sup> Rom. 5:1, 2

Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.

<sup>11</sup> Rom. 14:17

For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

<sup>12</sup> Isa. 57:15

For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.

## Question 91

But what are good works?

### Answer

Only those which proceed from a true faith,<sup>5</sup> are performed according to the law of God,<sup>6</sup> and to His glory;<sup>7</sup> and not such as are founded on our imaginations or the institutions of men.<sup>8</sup>

**5 Rom. 14:23**

And he that doubteth is damned if he eat, because he eateth not of faith: for whatsoever is not of faith is sin.

**6 1 Sam. 15:22**

And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.

**Eph. 2:2**

Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:

**Eph. 2:10**

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

**7 1 Cor. 10:31**

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

**8 Deut. 12:32**

What thing soever I command you, observe to do it: thou shalt not add thereto, nor diminish from it.

**Ezek. 20:18**

But I said unto their children in the wilderness, Walk ye not in the statutes of your fathers, neither observe their judgments, nor defile yourselves with their idols:

**Matt. 15:9**

But in vain they do worship me, teaching for doctrines the commandments of men.