

# PRAYING THE FIRST QUESTION OF THE HEIDELBERG CATECHISM

## A Kingdom Prayer

*First, read the question and answer slowly and prayerfully. Concentrate on each word and sentence. Contemplate their meaning and significance to you. This may seem tedious at first, but this is the process that moves the information from the head to the heart. Read it again.*

### **Q. 1. What is *my* only comfort, in life and in death?**

**A.** That I belong—body and soul, in life and in death—not to myself but to my faithful Savior, Jesus Christ, who at the cost of his own blood has fully paid for all my sins and has completely freed me from the dominion of the devil; that he protects me so well that without the will of my Father in heaven not a hair can fall from my head; indeed, that everything must fit his purpose for my salvation. Therefore, by his Holy Spirit, he also assures me of eternal life, and makes me wholeheartedly willing and ready from now on to live for him.

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If this is true, and it is, what a glorious and wonderful truth to believe with your whole mind, body, soul and heart! Now, you need to pray that God will grant that belief to you. He wants you to believe it; it's His will for you! Just take the words and form them into a prayer. A prayer suggestion follows, but use your own thoughts and words to make it your prayer.

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### **A Kingdom Prayer Based on the Heidelberg Catechism, First Question**

Lord, you are the only true God! You are what all people need and even want, but their eyes are blinded by the world and they cannot see Your glory, power, mercy and wisdom. I was once like them, and had no regard for You or Your Word. But while I thought I was free and having fun, dead in sin, You had compassion on me. You lifted me out of the pit, opened my eyes, washed me clean, forgave my sins, put a new spirit in me and saved my soul! Jesus Christ died a horrible death that I may live with You forever and ever! Now I belong to you.

What a wonderful and glorious thought! Please make me believe it with all my heart, mind and soul. I believe it with my mind, but I certainly do not believe it as I should.

I am Yours, and though the devil tempts and accuses me, and though I still sin, he will never have control of me again! I can never be plucked from Your hand!

I am yours, and any trial or suffering I am called to endure, is ordained by You and is part of Your plan for my salvation. Nothing can happen to me that is not ultimately for my good. Whether I live or die, in prosperity or poverty, in health or disease, I am Yours, and You are mine!

I am Yours, so I owe you all that I have; my time, money, possessions, even the air I breathe. Please teach me to live like I am Yours. Teach me to give You what I owe.

I praise You for your abundant blessings to me and my family. I am so thankful to be Yours. I pray all this in the name of my faithful Savior, Jesus Christ, who died for me, that I may live. AMEN!

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At times, we all have thoughts of hopelessness, despair and fear. We are all tempted and accused by the devil. But if we truly believe that Christ Jesus died for **US**, and no matter what happens, we are safe and secure in His family, in His arms, we have no reason to fear or despair. We are His, He loves us and He cares for us, down to the hairs on our head!

Think how differently we would react to adversity, a harsh word, losing something or someone we really cherished. Pray that God will make you believe what He has *already* done. You are in Him, and He *has given you*—all things!