

High Desert URC – Heidelberg Catechism Supplement
July 2024

I. Review Q/A 88

- A. In how many things does true repentance or conversion consist?
In two things: the dying of the old man, and the making alive of the new.
- B. Is the catechism speaking to initial conversion when a person first hears the Gospel and puts his faith in Jesus Christ for salvation?

No, the catechism is speaking of the life long process of sanctification. Sanctification is the work of God in us, by the preaching of the Word and participation in the Sacraments, that make us more like Jesus Christ. The effect of preaching and the Sacraments is that we are constantly repenting, which is turning from our sins and turning toward Christ. This is explained in the catechism by the dying of the old man, and the making alive of the new.

II. Question and Answer 89

- A. What is “the old man?”
The “old man” is a description of a non-Christian ruled by sin, death and the devil. We don’t describe Christians as “old men.” But the effects of the old man, the sinful nature, still apply to Christians.
- B. Note that we are to actively die to the old man, that is, not allow the power of our sinful nature to rule our lives by being sorrowful for our sins, hating our sins and turning from our sins always more and more.

III. Question and Answer 90

- A. What is the “new man?”
The “new man” is a description of Christians who are under the rule of Christ and the Holy Spirit saved by the work of Christ. Christians are justified yet still wicked and struggle with sin every day.
- B. Note that making alive of the new man means being grateful for the work of Christ to the point of taking delight in knowing God’s will in the Scriptures and producing good works.
- C. Read Colossians 3:9-10, which discusses the old and new men.

IV. Question and Answer 91

As a family, discuss examples of good works. It is helpful to reference question and answers 94ff. on the Ten Commandments.