

A banner with a background of a wooden desk, a green book, a blue typewriter, and a yellow notepad. The text "Catechism: Foundations of the Faith" is written in a dark blue, serif font on a light yellow rectangular background.

## Catechism: Foundations of the Faith

### My Only Comfort (Part 2)

#### Key idea:

Knowing all of these things, what is your only comfort in life and death? That I with body and soul, both in life and death, am not my own, but belong unto my faithful Savior Jesus Christ; who, with his precious blood, has fully satisfied for all my sins, and delivered me from all the power of the devil; and so preserves me that without the will of my heavenly Father, not a hair can fall from my head; indeed, that all things must work together for my salvation, and therefore, by his Holy Spirit, He also assures me of eternal life, and makes me sincerely willing and ready, from this day forth, to live unto him.

#### Key text:

Matthew 10:28–31

Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. <sup>29</sup> Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. <sup>30</sup> And even the very hairs of your head are all numbered. <sup>31</sup> So don't be afraid; you are worth more than many sparrows.

Romans 8:28–30

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. <sup>29</sup> For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. <sup>30</sup> And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

#### Key points:

1. God has Sovereignly delivered me from the power of the devil exercise in accusation, persecution, and death.
2. We should not fear anyone or anything that only has the power to kill our body; the only One we should fear is God Himself, for He has power over body and soul.

3. God sovereignly preserves me through my life, keeping me as His child until the moment He calls me into His Presence.
4. God Sovereignly saves me eternally, actively causing everything to work together for my good and ultimate salvation.
5. Christians have been called, saved, and are kept by God until the completion of our salvation in eternity.

**Questions for discussion/application:**

1. Note: this is BRCC Catechism Question 98. It is the final question in our catechism and is intended as a summary response to all that has preceded it.
2. What part of Sunday's text and teaching stood out most to me? Why?
3. As I read through the question and answer (see the theme above), what is my initial response? What stands out to me the most in this answer?
4. How familiar was I with the story of Saint Patrick? How difficult was the life of this famous believer? How hard would it have been for me to trust God in Patrick's circumstances? How did understanding God's Sovereignty help Patrick to live with such bold faith?
5. How does this answer stress the all-encompassing nature of God's Sovereignty? What words or phrases drive home the universal Sovereignty of God?
6. In what ways am I tempted to fear those who can kill the body but not the soul after death? Can I think of times when fear of death, or even lesser things like reputation or comfort, has motivated me to act in certain ways? How can I be better prepared for future times when I am pressured to compromise?
7. In what sense am I called to "fear" God? What is the fear of the Lord? How is it similar to other types of fear? How is it different?
8. Do I really believe that not even a hair can fall from my head or sparrow die apart from the will of God? What makes this hard to believe? How can understanding this give me comfort? How can it give me the courage to follow God's call?
9. If God is Sovereignly watching over me and working all things to my good, does this mean I should needlessly enter dangerous situations? Does it mean that I should not take precautions to protect myself or others? Why or why not?

10. Bret encouraged everyone to actually memorize this catechism question and answer. What is the benefit of memorizing something like this? Is it really worth the effort? Have I started memorizing it yet?

11. Who will I call to encourage this week? What specific members of BRCC will I commit before God to call?

**Preview of next week: My Only Comfort (Part 3)**

**(Two versions of Saint Patrick's Breastplate prayer are included below)**

## St. Patrick's Breastplate (Shortened version)

I arise today through  
God's strength to pilot me, God's might to uphold me,  
God's wisdom to guide me, God's eye to see before me,  
God's ear to hear me, God's word to speak for me,  
God's hand to guard me, God's way to lie before me,  
God's shield to protect me, God's host to secure me –  
against snares of devils,  
against temptations and vices,  
against inclinations of nature,  
against everyone who shall wish me  
ill, afar and anear,  
alone and in a crowd...  
Christ, be with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left, Christ where I lie, Christ where I sit,  
Christ where I arise, Christ in the heart of every man who thinks of me,  
Christ in the mouth of every man who speaks of me,  
Christ in every eye that sees me, Christ in every ear that hears me.  
Christ with me alone and in multitude, near and afar;  
for all I will face and for all my life,  
I bind to myself today the protection, power, and provision of the Holy Trinity.

## St. Patrick's Breastplate (Full version)

I bind to myself today  
The strong virtue of the Invocation of the Trinity:  
I believe the Trinity in the Unity  
The Creator of the Universe.  
I bind to myself today  
The virtue of the Incarnation of Christ with His Baptism,  
The virtue of His crucifixion with His burial,  
The virtue of His Resurrection with His Ascension,  
The virtue of His coming on the Judgement Day.  
I bind to myself today  
The virtue of the love of seraphim,  
In the obedience of angels,  
In the hope of resurrection unto reward,  
In prayers of Patriarchs,  
In predictions of Prophets,  
In preaching of Apostles,  
In faith of Confessors,  
In purity of holy Virgins,  
In deeds of righteous men.  
I bind to myself today  
The power of Heaven,  
The light of the sun,  
The brightness of the moon,  
The splendour of fire,  
The flashing of lightning,  
The swiftness of wind,  
The depth of sea,  
The stability of earth,  
The compactness of rocks.  
I bind to myself today  
God's Power to guide me,  
God's Might to uphold me,  
God's Wisdom to teach me,  
God's Eye to watch over me,  
God's Ear to hear me,  
God's Word to give me speech,  
God's Hand to guide me,  
God's Way to lie before me,  
God's Shield to shelter me,  
God's Host to secure me,  
Against the snares of demons,  
Against the seductions of vices,

Against the lusts of nature,  
Against everyone who meditates injury to me,  
Whether far or near,  
Whether few or with many.  
I invoke today all these virtues  
Against every hostile merciless power  
Which may assail my body and my soul,  
Against the incantations of false prophets,  
Against the black laws of heathenism,  
Against the false laws of heresy,  
Against the deceits of idolatry,  
Against the spells of smiths and wizards,  
Against every knowledge that binds the soul of man.  
Christ, protect me today  
Against every poison, against burning,  
Against drowning, against death-wound,  
That I may receive abundant reward.  
Christ with me, Christ before me,  
Christ behind me, Christ within me,  
Christ beneath me, Christ above me,  
Christ at my right, Christ at my left,  
Christ in the fort,  
Christ in the chariot seat,  
Christ in the poop deck,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks to me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.  
I bind to myself today  
The strong virtue of an invocation of the Trinity,  
I believe the Trinity in the Unity  
The Creator of the Universe.