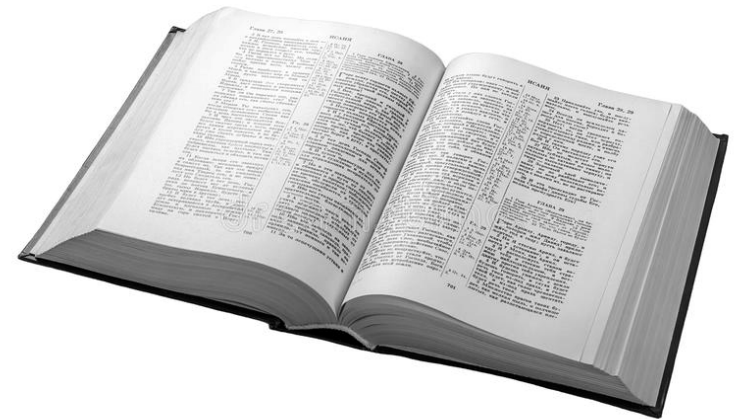


**KNOW THE TRUTH,  
AND THE TRUTH  
WILL SET YOU FREE**



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*knowledge of the truth, there no longer remains a sacrifice for sins, but a certain fearful expectation of judgment, and fiery indignation which shall devour the adversaries.” (Hebrews 10:23-27)*

Know the truth  
and the truth will set you free.

What is the chief end of man?  
(Question 1, Westminster Shorter Catechism)

What is your only comfort in life and in death?  
(Question 1, Heidelberg Catechism)

## **KNOW THE TRUTH, AND THE TRUTH WILL SET YOU FREE**

*“So Jesus said to the Jews that believed in Him,  
‘Know the truth and the truth will set you free.’”*  
John 8:31-32

Just before Jesus ascended back to heaven, He gave this instruction:

*“Therefore go and make disciples of all nations...  
and teaching them to observe all things that I have commanded  
you.”*  
Matthew 28:19a & 20a

This Bible Study teaches what I believe are the main things a Christian should know about our relationship with God.

I believe that the Heidelberg and Westminster Catechisms both teach the Reformed Faith. They differ somewhat in their way of teaching, so I used material from both of them.

As a starting point, I am using Question 4, from the Westminster Shorter Catechism.

Question 4: What is God?  
Answer: God is a Spirit, infinite, eternal, and unchangeable in His being, wisdom, power, holiness, justice, goodness and truth.

(What is God not Who is God, because “Who” would refer to a person. God is a Trinity consisting of three persons – God the Father, God the Son, and God the Holy Spirit.)

(Spirit) *“God is a Spirit: and they that worship him  
must worship him in Spirit and truth.”*  
(John 4:24)

(Infinite) *“Great is our Lord, His understanding is infinite.”* (Psalm 147:5)

(Eternal) *“And God said unto Moses, I AM THAT I AM.”* (Exodus 3:14)

and

*“Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting, thou art God.”*  
(Psalm 90:2)

(Unchangeable) *“For I am the Lord, I change not.”*  
(Malachi 3:6)

(Wisdom) *“Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable His judgments.”*(Romans 8:11)

(Power) *“For the Scripture says to the Pharaoh, ‘For this purpose I have raised you up, that I may show My power in you, and that My name may be declared in all the earth.’”* (Romans 9:17)

(Holiness) *“And they rest not day and night, saying, Holy, Holy, Lord God Almighty.”*  
(Revelation 4: 8)

and

*“Who shall not fear thee, O Lord, and Glorify thy name? For thou art holy.”*  
(Revelation 15:4)

(Justice, Goodness and Truth) *“The Lord . . . will by no means clear the guilty, visiting the iniquity of the fathers upon the children . . . The Lord God, merciful and gracious, long suffering, and abundant in goodness and truth.”*  
(Exodus 34:6-7)

Question 42: What is the sum of the Ten Commandments?  
Answer: The sum of the Ten Commandments is, *“to love the Lord our God with all our heart, and with all our soul, and with all our strength and with all our mind, and our neighbor as ourselves.”*  
(Luke 10:27)

Question 43: What is the preface of the Ten Commandments?

Answer: The preface of the Ten Commandments is in these words, *“I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage.”* (Exodus 20:2 & Deuteronomy 5:6)

Question 44: What does the preface to the Ten Commandments teach us?

Answer: The preface to the Ten Commandments teaches us, that because God the Lord, is our God, and Redeemer, therefore we are bound to keep all his commandments.

Are you living in holiness?

Do you *“Love the Lord your God with all your heart, with all your soul, and with all your strength.”*? (Matthew 22:37)

Why are you not gathering with others twice each Sunday, to give God the praise and honor He desires and deserves?

*“Let us hold fast the confession of our hope without wavering; for he who promised is faithful. And let us consider one another to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more, as you see the day approaching. For if we sin willfully after that we have received the*

God has blessed our land so much in the past.

I believe the reason God created us and saves us is so that we will worship Him.

I believe the U. S. A. is being punished for failing to worship on the Lord's Day. *"Remember the Sabbath day to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work."*  
(Exodus 20:8 & Deuteronomy 5:12)

Have you been born again?

Does your life show that you have the true knowledge of the one true God?

Are you living in righteousness?

The definition of righteousness = The quality of being right.

Let's return to the Westminster Catechism.

Question 39: What is the duty which God requires of man?

Answer: The duty that God requires of man, is obedience to His revealed will.

Question 40: What did God reveal to man for the rule of His obedience?

Answer: The rule which God at first revealed to man for his obedience, was the moral law.

Question 41: Where is the moral law summarily comprehended?

Answer: The moral law is summarily comprehended in the Ten Commandments.

Question 5: Are there more Gods than one?

Answer: There is but one only, the living and true God.

1. *"Hear, O Israel: The Lord our God, The Lord is one."* (Deuteronomy 6:4)
2. *"But the Lord is the True God; He is the living God and the everlasting King. At his wrath the earth will tremble, and the nations will not be able to stand His indignation."*  
(Jeremiah 10:10)

Questions 6: How many persons are there in the Godhead?

Answer: There are three persons in the Godhead; the Father, the Son, and the Holy Spirit. These three are the one God, the same in substance, equal in power and glory.

1. *"For there are three that bear witness in heaven: the Father, the Son, and the Holy Spirit; these three are one."* (1 John 5:7)
2. *"When he had been baptized, Jesus came up immediately from the water; and behold the heavens were open to him, and he saw the Spirit of God descending like a dove and alighting on him. And suddenly a voice from heaven saying, 'This is my beloved Son, in whom I am well pleased.'"* (Matthew 3:16-17)

(All three Persons of the Trinity are present and active at the same time.)

Question 10: How did God create man?

Answer: God created man male and female, after his own image, in knowledge, righteousness, and holiness, with dominion over the creatures.

1. *“Then God said, ‘Let us make man in our image and according to our likeness and let them have dominion over...every living thing that creeps on the earth.’”* (Genesis 1:26a & 28b)
2. *“...and put on the new man who is renewed in knowledge according to the image of him who created him.”* (Colossians 3:10)
3. *“...and put on the new man which was created according to God, in true righteousness and holiness.”* (Ephesians 4:24)

Let’s think about what we have learned this far. The triune God is a spirit. Before God the Son took on our human nature, all three persons of the trinity were spirits with no bodies. All three participated in the creation.

(God the Father & God the Holy Spirit) *“In the beginning God created the heavens and the earth...and the Spirit of God was hovering over the face of the waters”* (Genesis 1:1&2)

(God the Son) *“In the beginning was the Word, and the Word was with God, and the Word was God. . . All things were made through Him, and without Him nothing was made that was made.”* (John 1:1-3)

On the fourth day of creation God created the Sun, Moon and all the stars. For God, who is a Spirit, to be able to create that much He must be tremendously powerful. For God to be able to create all the stars that the modern telescopes are finding, He would have had to have been out there in order to create them.

*“But will God indeed dwell on the earth? Behold, heaven and the highest heaven cannot contain You, how much less this house which I have built!”*  
(1 Kings 8:27 & 2 Chronicles 6:18)

What are good works?

Only those that are done out of true faith according to the law of God.

*“I am the Lord your God who brought you out of the land of Egypt, out of the house of bondage.”* (Exodus 20:2 & Deuteronomy 5:6)

I believe that while God intends that all humans should obey His moral law, He especially commands those He has caused to be Born Again, to obey His Ten Commandments.

What does the Law of God say?

Of the 297 words of the Ten Commandments:

- ~ the Commandment about proper worship - the second commandment - has 94 words,
- ~ the Commandment about when to worship - the fourth commandment - has 137 words,
- ~ 231 of the words of the 297 words of the Ten Commandments instruct us about worship.

**To me that indicates that the worship of God is why God created us, so He can get the honor and praise that He desires and deserves.**

To me it seems so clear that God intends that one day each week be dedicated to the worship of our Creator and Savior.

*“If my people who are called by my name will humble themselves and pray, and seek my face and turn from their wicked ways.”* (2 Chronicles 7:14)

Public opinion does not decide what wickedness is and what is not.

*“For the Lord is our Judge, the Lord is our Lawgiver, the Lord is our King; He will save us.”* (Isaiah 33:22)

*“There is one Lawgiver, who is able to save and destroy.”* (James 4:12a)

Who is able. To save and destroy.

1. *“Come unto Me, all you who labor, and are heavy laden and I will give you rest.”*  
(Matthew 11: 28)
2. *“If we confess our sins, He is faithful to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us.”* (John 1:9-10)
3. *“Nor is there salvation in any other, for there is no other name under heaven given amount men by which you must be saved.”* (Acts 4:12)

THIRD – How I Am to Be Thankful to God for Such Deliverance

~ We should live a life of gratitude by walking in the good works which God has prepared, in advance that we should walk in. But what are good works?

Question 91 of the Heidelberg Catechism

Question: But what are good works?

Answer: Only those which are done from true faith according to the law of God and not such as are based on our own opinions or the precepts of men.

This is a good time for the first question of the Westminster Catechism.

Question 1: What is the chief end of man?

Answer: The chief end of man is to glorify God and enjoy Him forever.

God created man to bring God the glory and honor and praise that He desires and deserves. As long as we are on this earth we will not be able to do this perfectly, but out of gratitude we should do the best we can.

Knowing that all three persons of the Trinity are everywhere present and that they are all Spirit helps me to understand the three Persons in the Godhead. When we (people) think of doing things, we think of our bodies doing things. God does not need a body to do things.

Let’s think about the creation of mankind:

1. *“Then God said, ‘Let us make man in our image, according to our likeness.’”* (Genesis 1:26)
2. *“And the Lord God formed man out of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living being.”* (Genesis 2:7)

In Question 10 of the Westminster Catechism, we read that man was created in knowledge, righteousness and holiness.

Man’s body is not the image of God. When God breathed into Adams nostrils the breath of life, the spirit of man was created.

The spirit of man was created in perfect righteousness and holiness, able to glorify God and enjoy Him perfectly. On pg. 8, it will be explained how mankind lost their perfect righteousness and holiness.

It was the spirit of man that died, in being able to live “in knowledge, righteousness, and holiness” when Adam ate the fruit from the tree of the knowledge of good and evil. Man must be Born Again if he is to be able to have fellowship with God again.

If we have been Born Again then these verses should apply to us:

1. *“...and have put on the new man who is renewed in knowledge according to the image of Him who created man.”* (Colossians 3:10)
2. *“...and that you put on the new man which was created according to God, in true righteousness and holiness.”* (Ephesians 4:2)

To learn about this we go to the Heidelberg Catechism.

Question 1: What is your only comfort in life and death?

Answer: 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 paid for all my sin, and delivered me from 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; yea, that all things must be subservient to my salvation, wherefore by His Holy Spirit He assures me of eternal life, and makes me heartily willing and ready, henceforth to live unto Him.

1. *“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”* (1 Corinthians 6:19)

Glorify God in your body and spirit.

2. *“...who gave himself for us that he might redeem us from every lawless deed and purify for himself his own special people, zealous for good works.”* (Titus 2:14)

Redeem us from every lawless deed.  
Zealous for good works.

3. *“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.”* (1 John 1:7)

Cleanses us from all sin.

*God placed all things under his feet and appointed him to be head over everything for the church,<sup>23</sup> which is his body, the fullness of him who fills everything in every way.”*

### **Made Alive in Christ**

*“2 As for you, you were dead in your transgressions and sins,<sup>2</sup> in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.<sup>3</sup> All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.<sup>4</sup> But because of his great love for us, God, who is rich in mercy,<sup>5</sup> made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.<sup>6</sup> And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,<sup>7</sup> in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.<sup>8</sup> For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—<sup>9</sup> not by works, so that no one can boast.<sup>10</sup> For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* (Ephesians 1:3-2:10)



<sup>11</sup> *In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, <sup>12</sup> in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. <sup>13</sup> And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, <sup>14</sup> who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory.*"

### **Thanksgiving and Prayer**

*"<sup>15</sup> For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, <sup>16</sup> I have not stopped giving thanks for you, remembering you in my prayers. <sup>17</sup> I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. <sup>18</sup> I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, <sup>19</sup> and his incomparably great power for us who believe. That power is the same as the mighty strength <sup>20</sup> he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, <sup>21</sup> far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come.*

4. "And He Himself is the propitiation for our sins, and not ours only but also for the whole world." (I John 2:2)

Propitiate – To gain the favor of a God, Spirit or person by doing something that pleases them.

5. "Jesus answered them, 'Most assuredly I say to you, whoever commits sin is a slave of sin. And a slave does not abide in the house forever, but a son abides forever. Therefore if the Son sets you free, you shall be free forever.'" (John 8:34-35)

Whoever commits sin is a slave of sin. A slave does not abide in the house forever.

- Question 2: How many things are necessary for you to know that you in this comfort may live and die happily?
- Answer: Three. The first, how great my sin and misery are; the second, how I am delivered from all my sin and misery; the third how I am to be Thankful to God.

### **FIRST – How Great My Sins and Misery Are**

~ Apart from what we learn from the Bible, fallen mankind has no idea about what we have fallen from. I think this is why the Westminster Catechism begins with "What is the chief end of man?" (Why did God create man?). We have to find out that: "In the beginning God created the heavens and the earth." (Genesis 1:1) And that, "Then God said, 'Let us make man in our image, according to our likeness,'" (Genesis 1:26) so, "the Lord God formed man of the dust of the ground, and breathed into his nostrils

*the breath of life, and man became a living being.” (Genesis 2:7)*

*“And God commanded the man saying, ‘of every tree in the Garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day you eat of it you shall surely die.’” (Genesis 2:17)*

~ When Eve was tempted by Satan, *“she took of its fruit and ate. She also gave to her husband and he ate. Then the eyes of both of them were opened, and they knew they were naked; and they hid themselves from the presence of the Lord.” (Genesis 3:6-7)* We were created to glorify God perfectly, but in our fallen condition we are not able to glorify God at all because *“In Adam all die.”* (1 Corinthians 15:22)

We have to realize that we are dead in our trespasses and sins. So being unable to please God, we daily add to the punishment we deserve.

1. *“Adam and his wife hid themselves from the presence, of the Lord.” (Genesis 3:8)*
2. *“So God drove the man out of the Garden...and he placed cherubim at the east of the garden of Eden, and a flaming sword which turned every way, to guard the way to the tree of life.” (Genesis 3:23-24)*

## SECOND – How I Am Delivered From My Sins and Misery

~ We have to find out that:

*“Jesus answered and said to him (Nicodemus): ‘Most assuredly, I say to you, unless one is born again, he can not see the kingdom of God.’” (John 3:3)*

*“Most assuredly I say to you, unless one is born of the water and the Spirit, he cannot enter the kingdom of God. That which is born of flesh is flesh and that which is born of Spirit is spirit.” (John 3:5-6)*

*“And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” (John 3:14-16)*

### **Praise for the Spiritual Blessings in Christ**

*“<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. <sup>4</sup> For he chose us in him before the creation of the world to be holy and blameless in his sight. In love <sup>5</sup> he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—<sup>6</sup> to the praise of his glorious grace, which he has freely given us in the One he loves. <sup>7</sup> In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace <sup>8</sup> that he lavished on us. With all wisdom and understanding, <sup>9</sup> he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, <sup>10</sup> to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.*