The Heidelberg Catechism

43. What further benefit do we receive from the sacrifice and death of Christ on the cross?

That by His power our old man is with Him crucified, slain, and buried;¹ so that the evil lusts of the flesh may no more reign in us,² but that we may offer ourselves unto Him a sacrifice of thanksgiving.³

 $^{^{1}}$ Rom 6:5-11; Col 2:11-12; 2 Rom 6:12-14; 3 Rom 12:1; 2 Cor 5:15; Eph 5:1-2