

The Heidelberg Catechism

49. What benefit do we receive from Christ's ascension into heaven?

First, that He is our Advocate in the presence of His Father in heaven.¹ Second, that we have our flesh in heaven as a sure pledge, that He as the Head, will also take us, His members, up to Himself.² Third, that He sends us His Spirit as an earnest,³ by whose power we seek those things which are above, where Christ sits at the right hand of God, and not things on the earth.⁴

¹ Rom 8:34; 1 Jn 2:1; ² Jn 14:2, 17:24, 20:17; Eph 2:4-6; ³ Jn 14:16; Acts 2:33; 2 Cor 1:21-22, 5:5; ⁴ Jn 14:3; Col 3:1-4; Heb 9:24