

## The Heidelberg Catechism

### **70. What is it to be washed with the blood and Spirit of Christ?**

It is to have the forgiveness of sins from God through grace, for the sake of Christ's blood, which He shed for us in His sacrifice on the cross;<sup>1</sup> and also to be renewed by the Holy Spirit and sanctified to be members of Christ, so that we may more and more die unto sin and lead holy and unblamable lives.<sup>2</sup>

<sup>1</sup> Ezek 36:25-27; Zech 13:1; Eph 1:7; Heb 12:24; 1 Pt 1:2; Rev 1:5, 7:14; <sup>2</sup> Jn 1:33, 3:5-8; Rom 6:4; 1 Cor 6:11, 12:13; Col 2:11-12; Heb 9:14