

## The Heidelberg Catechism

### **76. What does it mean to eat the crucified body and drink the shed blood of Christ?**

It means not only to embrace with a believing heart all the sufferings and death of Christ, and thereby to obtain the forgiveness of sins and life eternal;<sup>1</sup> but moreover, also, to be so united more and more to His sacred body by the Holy Spirit,<sup>2</sup> who dwells both in Christ and in us, that, although He is in heaven<sup>3</sup> and we on earth, we are nevertheless flesh of His flesh and bone of His bone,<sup>4</sup> and live and are governed forever by one Spirit, as members of the same body are governed by one soul.<sup>5</sup>

<sup>1</sup> Jn 6:35, 40, 47-48, 50-54; <sup>2</sup> Jn 6:55-56; 1 Cor 12:13; <sup>3</sup> Acts 1:9-11, 3:21; 1 Cor 11:26; Col 3:1; <sup>4</sup> 1 Cor 6:15, 17, 19