

11. How do you know this? From the holy Gospel, from the words instituting the Sacrament, and by His body and blood given me as a pledge in the sacrament.

12. What are the words of institution?

Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat; this is My body, which is given for you. This do in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the New Testament in My blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."

13. Do you believe, then, that the true body and blood of Christ are in the sacrament? Yes, I believe it.

14. What convinces you to believe this? The word of Christ: Take, eat, this is My body; drink of it, all of you, this is My blood.

15. What should we do when we eat His body and drink His blood, and in this way receive His pledge? We should remember and proclaim His death and the shedding of His blood, as He taught us: This do, as often as you drink it, in remembrance of Me.

16. Why should we remember and proclaim His death? First, so we may learn to believe that no creature could make satisfaction for our sins. Only Christ, true God and true Man, could do that. Second, so we may learn to be horrified by our sins, and to regard them as very serious. Third, so we may find joy and comfort in Christ alone, and through faith in Him be saved.

17. What motivated Christ to die and make full payment for your sins? His great love for His Father, for me, and for other sinners.

18. Finally, why do you wish to go to the Sacrament? That I may learn to believe that Christ, out of great love, died for my sin, and also learn from Him to love God and my neighbor.

19. What should admonish and encourage a Christian to receive the Sacrament frequently? First, both the command and the promise of Christ the Lord. Second, his own pressing need, because of which the command, encouragement, and promise are given.

20. But what should you do if you are not aware of this need and have no hunger and thirst for the Sacrament? To such a person no better advice can be given than this: First, he should touch his body to see if he still has flesh and blood. Second, he should look around to see whether he is still in the world, and remember that there will be no lack of sin and trouble. Third, he will certainly have the devil also around him, who with his lying and murdering day and night will let him have no peace, within or without.

Find Out More

See all three Lord's Supper brochures; contact the pastor with your questions, concerns!

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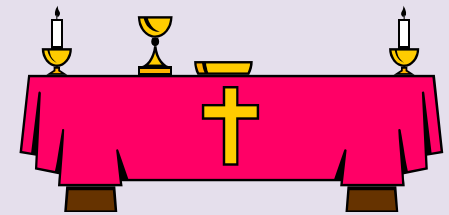
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The Lord's Supper

Part 1 of 3

- ➔ Old Testament Connection
- ➔ Sacraments are Mysteries
- ➔ Various Names
- ➔ Words of Institution
- ➔ Preparation to Receive



Old Testament Connection

In the time of Moses, God used the blood of *lambs without blemish* to spare the physical lives of Abraham's descendants and set them free from their bondage in Egypt. (Read about the Passover in [Exodus chapters 11-12](#).) God also instituted the system of offering sacrifices in connection with sin (See [Leviticus, chapters 1-6](#).)

Then, in the time of Jesus, John the Baptizer referred to Jesus as "[the Lamb of God who takes away the sin of the world!](#)" ([John 1:29](#)) *That's exactly what Jesus did when He gave His body and shed His blood on the cross!*

The blood of a lamb without blemish saved physically, but the blood of Jesus, *the perfect Son of God, saves spiritually and eternally!*

Jesus instituted (established) Holy Communion on the same day He willingly laid down His life to *take away our sins!*

Sacraments are Mysteries

A sacrament is a means (*a way*) through which God imparts the great blessings of forgiveness, spiritual life, and eternal salvation! Though the sacraments *may appear* to be very ordinary (*words, water, bread, wine*), they are *truly extraordinary* when we realize the work God accomplishes through such means.

It's helpful to remember that the *sacraments are mysteries*. That reality is brought to light when we consider the *source* of the English words "sacrament" and "mystery."

- μυστήριον → *sacramentum* → sacrament
(Greek) → (Latin) → (English)
- μυστήριον → mystery
(Greek) → (English)

So what is a sacrament/mystery? "Something that is...*impossible* to understand," but real and (in regard to the sacraments) *powerful unto salvation!*

Though we are cannot physically see the saving, sin-forgiving work done by God in the sacraments, we believe His Holy Word!

- † Regarding the Sacrament of Holy Baptism:
 - "Baptism now saves you" (1 Peter 3:21)
 - "Repent and be baptized, everyone of you, in the name of Jesus Christ for the forgiveness of your sins." (Acts 2:38)
 - "He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit." (Titus 3:5)
- † Regarding the Sacrament of the Altar:
 - "This is my blood of the covenant, which is poured out for many for the forgiveness of sins." (Matt. 26:28)

Various Names

- † Holy Communion – Between the elements, *bread-body and wine-blood*, but also between Jesus Christ and those who trust in Him as Savior. "Is not the cup of thanksgiving for which we give thanks a participation [*sharing, communion, fellowship*] in the blood of Christ? And is not the bread that we break a participation in the body of Christ? (1 Corinthians 10:16)
- † The Sacrament of the Altar – The term "altar" brings to mind "sacrifice." The many animals sacrificed in the Old Testament were continually pointing ahead to the *once for all sacrifice of Jesus*.
 - "... Christ was sacrificed once to take away the sins of many people ..." (Hebrews 9:28)
 - "For Christ also died for sins, once for all, the just for the unjust, in order that He might bring us to God." (1 Peter 3:18)
- † The Lord's Supper – The Supper is the Lord's: He has supplied it, and He is both host and meal. (1 Corinthians 11:20)
- † The Lord's Table – It is from the Lord's Table that we receive the Supper. Though an Altar reminds us of Jesus' sacrifice, it is also a Table where we ♦*receive from* and ♦*fellowship with* the Lord. (1 Cor. 10:21)
- † The Breaking of Bread – A name recalling the breaking of the *one loaf* of unleavened bread for the purpose of distributing it to the communicants. (Acts 2:42)
- † The Eucharist – it comes from the Greek word for "giving thanks," which Jesus did for the bread, then for the wine. Let us give thanks for God's forgiveness! (Luke 22:19-20; Mark 14:22-24)

Words of Institution

- † They are recorded in the Bible in these four passages: [Matthew 26:26-28](#); [Mark 14:22-24](#); [Luke 22:19-20](#); [1 Corinthians 11:23-25](#).
- † The words we speak in the Lutheran Church are a *summary* of those four passages.

Preparation to Receive

- † Fasting – Though never required, it is a good practice. ([Matthew 6:16-18](#))
- † Christian Questions with Their Answers (by Rev. Dr. Martin Luther, in his Small Catechism) – A good way to *prepare to receive*:
 1. *Do you believe that you are a sinner?* Yes, I believe it. I am a sinner.
 2. *How do you know this?* From the Ten Commandments, which I have not kept.
 3. *Are you sorry for your sins?* Yes, I am sorry that I have sinned against God.
 4. *What have you deserved from God because of your sins?* His wrath and displeasure, temporal death, and eternal damnation.
 5. *Do you hope to be saved?* Yes, that is my hope.
 6. *In whom then do you trust?* In my dear Lord Jesus Christ.
 7. *Who is Christ?* The Son of God, true God and true Man.
 8. *How many God's are there?* Only one, but there are three persons: Father, Son, and Holy Spirit.
 9. *What has Christ done for you that you trust in Him?* He died for me and shed His blood for me on the cross for the forgiveness of sins.
 10. *Did the Father also die for you?* He did not. The Father is God only, as is the Holy Spirit; but the Son is both true God and true man. He died for me and shed His blood for me.