

# The Sacrament of Holy Communion



## Introduction

Opening Prayer: Lord, with joy and gratitude I now come to you to learn your precious truths, to know you better, to be strengthened in my faith, and assured of my forgiveness and your presence in my life. May my time spent with your Word strengthen me to remain faithful and loving to you as you continue to remain faithful and loving to me, so that I may glorify you in the world. Amen.

Communion (aka. Holy Communion, or the Lord's Supper, or the Eucharist, or the Sacrament) is something you know a lot more about than someone who has never been to church before. But before you receive this sacrament yourself, you need to know exactly what it is. That is why our key question for today is;

**Lesson Aim:** What do we receive in the Lord's Supper?

## Part One

Read Luke 22:17-20.

As we read, we see Jesus giving his disciples four things: two of them visible, two of them not visible.

- 1) What visible item does Jesus take in verse 19?
- 2) What visible item does Jesus take in verse 20?
- 3) As Jesus hands the first visible item to his disciples in verse 19, what does he say that it is?
- 4) What does Jesus say the second visible item is in verse 20?

Jesus is gathered with his disciples as they celebrate the Passover. We know that wine was included as part of the Passover meal.

- 5) In verse 18, Jesus says what is in the cup. What does he call it?
- 6) Did Jesus give his disciples bread or his body?
- 7) Did he give them wine or his blood?

We know that Jesus gave them his body together with the bread and his blood together with the wine, because that is what Jesus said. Because Jesus said so, we rightly say that Jesus' body and blood are really present together with the bread and wine. This Biblical teaching is called the Real Presence.

Read Matthew 26:17-29.

- 8) How was the Lord's Supper instituted?
- 9) After Jesus had given the elements of the bread and the wine, what blessing does he tell us we receive in Lord's Supper?
- 10) So, is the Lord's Supper something that we do for God because he wants us to, or is it something we do because God wants to bless us through it?

Read 1 Corinthians 11:23-25.

11) As St. Paul writes this, he quotes Jesus. When did Jesus say the quotes from this passage?

12) What phrase is at the end of both of those quotes?

Jesus told his disciples to keep doing in the future what they were doing that night in remembrance of him. This means that we not only repeat the disciples' actions, but also that we repeat Jesus' words. We learned that in baptism it's very important to use not just water, but also the words Jesus told us to speak while using the water. The same thing is true in the Lord's Supper. We not only eat bread and drink wine. It is also important that we speak Jesus' words: "This is my body. This is my blood."

**KEY POINT 1** - The Lord's Supper was instituted by Jesus when he told his disciples to eat bread and drink wine while also using the words he spoke.

**What I've learned so far:**



**Part Two**

Read 1 Corinthians 10:16.

1) What do we receive with our mouths when we participate in the Lord's Supper?

2) What does this verse call "the cup?"

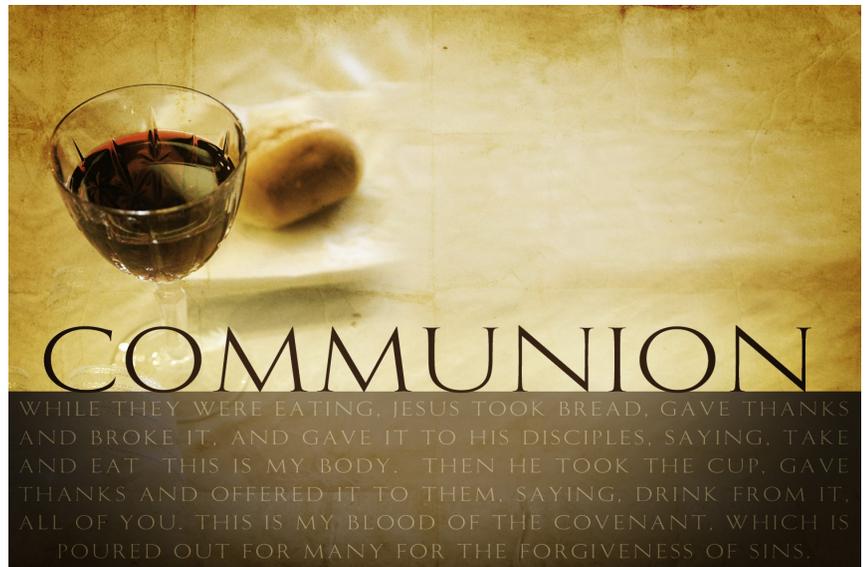
3) What word does this verse use to describe the relationship between "the cup" and "the blood of Christ"?

4) What word does the passage use to describe the relationship between "the bread" and "the body of Christ?"

5) In the Lord's Supper we physically participate in the forgiveness of sins with Christ himself. How can that be?

**KEY POINT 2** - We know that we receive the true body and blood of our Lord Jesus Christ, together with the bread and wine, in a miraculous Holy Communion, because Jesus clearly states it and nothing is impossible for him to do.

**What I've learned so far:**



### Part Three

Study pages 350-355 in the Catechism and answer the following questions in your own words.

- 1) What does Jesus tell us to do in Holy Communion?
- 2) What are the earthly elements in this sacrament?
- 3) What does Jesus tell us is present in with and under the bread and the wine?
- 4) What do we receive as we receive the bread and the wine?
- 5) Why do we believe this?

#### Helpful Passage

1 Corinthians 10:16

What does "participation" mean here?

Psalm 33:4

Why can we believe that the bread and the wine are also Christ's body and blood just because Jesus said so?

**Main point — Holy Communion is a sacred act in which Jesus gives us his true body and blood in, with, and under bread and wine.**



Final considerations:



- 1) The Lord's Supper is a sacrament. A sacrament is...
  - A sacred act that was instituted by \_\_\_\_\_
  - A sacred act that uses \_\_\_\_\_
  - A sacred act that offers \_\_\_\_\_
  
- 2) When are Jesus' body and blood present with the bread and wine? Is it as soon as the pastor speaks Jesus' words over the bread and wine? Is it when we take the bread and wine into our mouths? Give a reason for your answer.
  
- 3) The sacrament of Holy Communion was instituted by \_\_\_\_
  - A. the twelve apostles on the night following Jesus' death.
  - B. Jesus when he met with his followers on Easter Sunday evening and celebrated his resurrection.
  - C. Jesus on the night he was betrayed by Judas.
  
- 4) When someone goes to Communion, they receive \_\_\_\_
  - A. some bread and wine.
  - B. the true body and blood of Jesus.
  - C. the true body and blood of Jesus, along with the bread and the wine.

If you prefer to do the following project, you may do so instead of the essays this year: Call other local churches, and ask them what they think people receive in the Lord's Supper: just bread and wine; bread and wine together with Jesus' body and blood; or just Jesus' body and blood. Keep track of the results.

"In this sacrament, we cling to and trust God's Word alone. Jesus does not lie to us or deceive us. Therefore, when he tells us the bread and wine are his body and blood, they are what he says." - Luther

**What I've learned about the reception of Communion:**

**Commit to Memory:**

- *What is the Sacrament of Holy Communion? (with its Where is this written?)*
- Holy communion—1 Corinthians 11