



# The Sacrament of the Altar

AS THE HEAD OF THE FAMILY  
SHOULD TEACH IT IN A  
SIMPLE WAY TO HIS  
HOUSEHOLD

Session #6



# What is the Sacrament of the Altar?

It is the true body and blood of our Lord Jesus Christ under the bread and wine, instituted by Christ Himself for us Christians to eat and to drink.



# Where is this written?

The Holy Evangelists Matthew, Mark, Luke, and St Paul are written.

Read the following passages:

A. Matthew 26:26-29

B. Mark 14:22-25

C. Luke 22:14-23

D. 1 Corinthians 11:23-34



# **The Benefits Received in This Sacrament**

What is the benefit of this eating and drinking?

- These words, “Given and shed for you for the forgiveness of sins,” show us that, in the Sacrament, forgiveness of sins, life, and salvation are given to us through them.
- For where there is forgiveness of sins, there is also life and salvation.



# What is the benefit of this eating and drinking?

- This forgiveness involves both the Word and the tangible elements. In the holy communion, we receive the crucified and risen Christ's true body and blood (Christ's true presence).



How can bodily eating and drinking do such great things?

- **Certainly** not just eating and drinking do these things, but the words written here:

“Given and shed for you for the forgiveness of sins.”

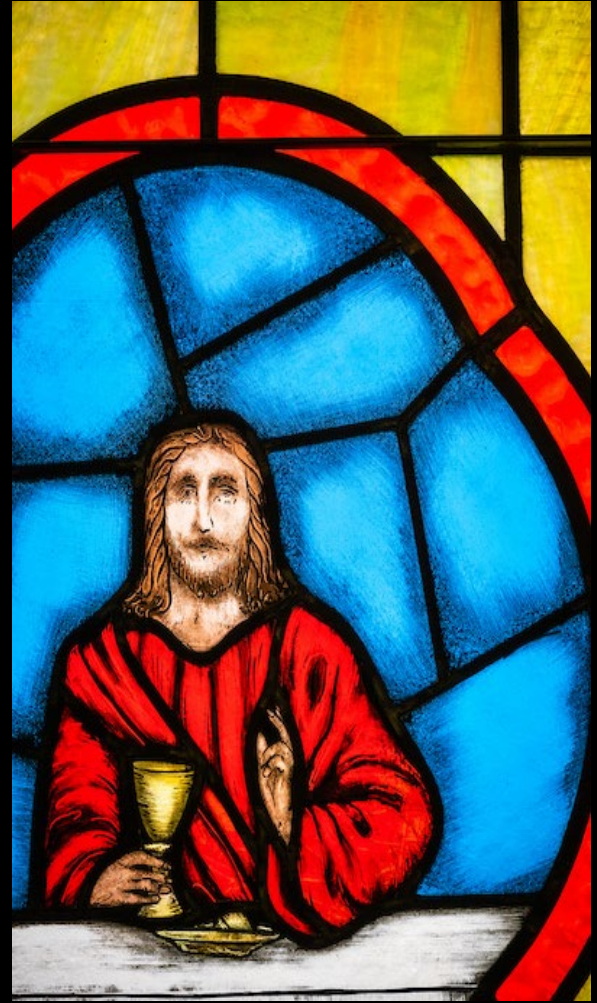
- For where there is forgiveness of sins, there is also life and salvation.



# Who receives this sacrament worthily?

Fasting and bodily preparation are certainly fine outward training.

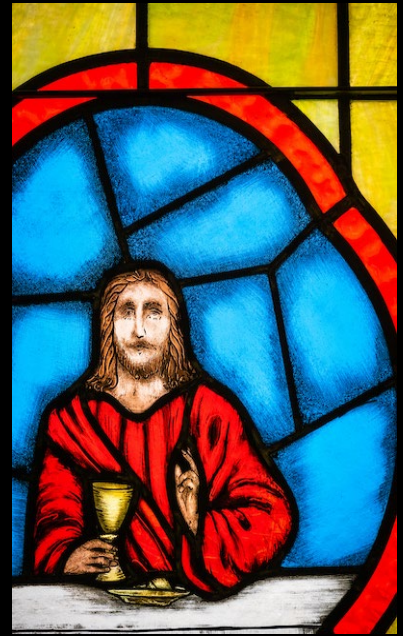
But that person is truly worthy and well prepared who has faith in these words: “Given and shed for you for the forgiveness of sins.”



# Who receives this sacrament worthily?

But anyone who does not believe these words or doubts them is unworthy and unprepared, for the words “for you” require all hearts to believe.

Just before He died, Jesus gave Christians a holy meal to eat and drink. He gave His “true body and blood...in and under the bread and wine”.



# Think about this.



What might people think when they hear  
Christians say they are eating Christ's body and  
drinking His blood in the Lord's Supper?



**Read**  
**Matthew 26:17-30**



# As Christian...



**We confess that we receive the very body and blood of Christ— in, with, and under the bread and wine— in our hands and in our mouths.**

**This is a profound wonder and unexplainable mystery.**

In, With, and Under

Jesus wants to be with you and within you (John 17:26).

**In the Sacrament of the Altar, Jesus gives Himself to me and pledges never to leave me or forsake me.**

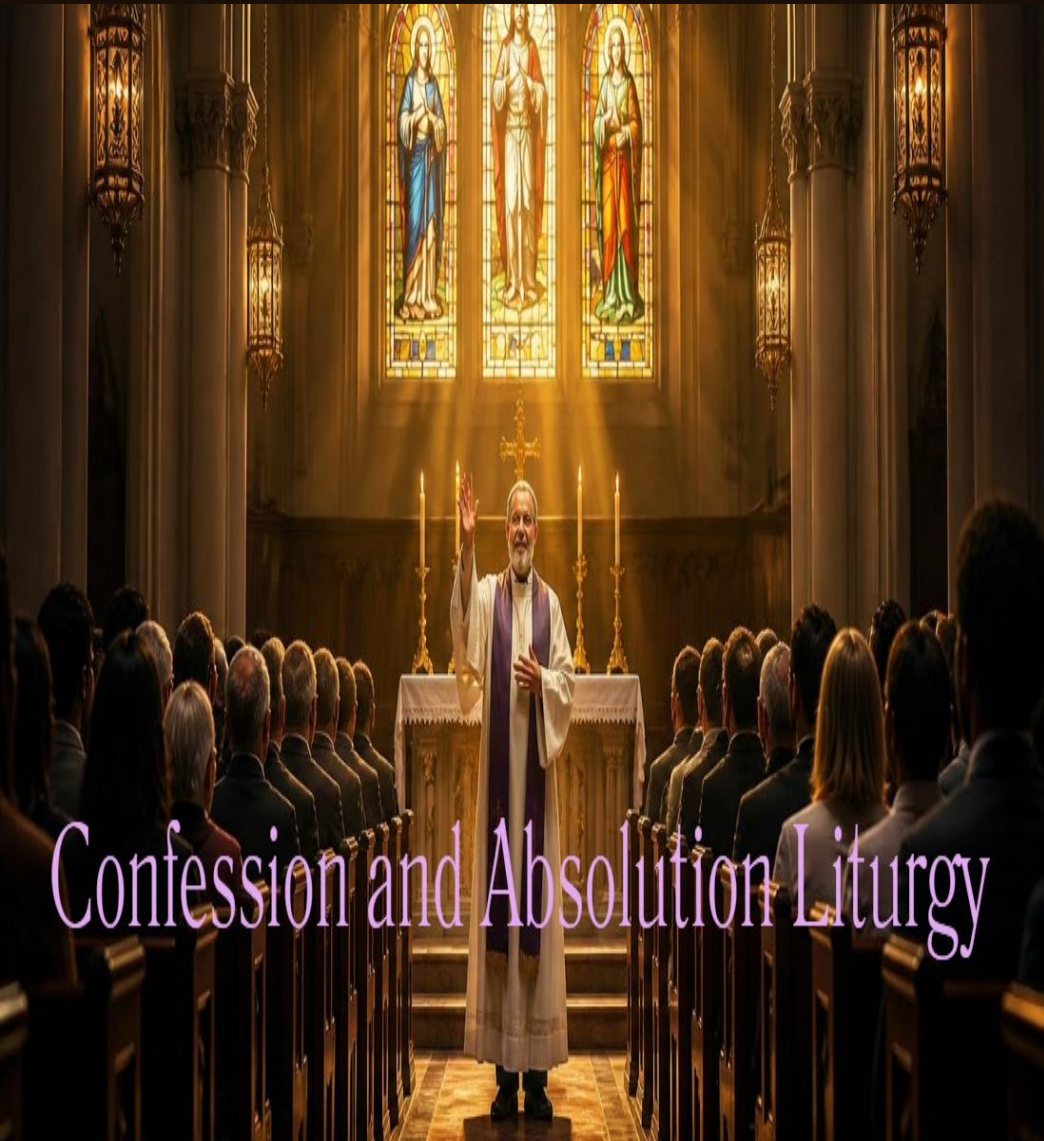


# What do we receive with this Sacrament?



Christ gives us His own  
true body and blood for the  
forgiveness of sins,  
salvation, and Eternal life.

# Confession and Absolution – Lord's Supper



Confession and Absolution Liturgy

**Confession and absolution are a gift, not a burden. It brings the peace of seeing Christ's forgiveness applied to you personally. From that grace-filled assurance, one is ready to join in the Lord's Supper with joy and thanksgiving!**

Who instituted the Sacrament of the Altar?

Jesus Christ, who is true God and true man, instituted this Sacrament.

“1 Corinthians 11:23-24 For I received from the Lord what I also delivered to you...”

Does everyone who eats and drinks the Sacrament also receive forgiveness of sins, life, and salvation?

**NO.** All who eat and drink in the Sacrament receive Christ's body and blood and so are offered the benefits He has promised.



But it is only through faith in Christ's word that we receive the benefits offered in our Lord's testament.

Why do we take the words “This is my body” and “This is my blood” at face value?

Because these words are spoken by Christ, this Word is said by the one who received the authority in heaven and earth through whom the universe came into existence.

Recall God’s covenant with Israel. Read Exodus 24:8



Why do we take the words “This is my body” and “This is my blood” at face value?

God’s Word clearly teaches that, in the Sacrament, the bread and the blood are communion, or participation, in the body and blood of Christ.

Also, teach us that those who misuse the

Sacrament sin not against the bread and wine but against the body and blood of Christ. (1Corinthians 11:27,29 ESV)

**Do all communicants receive the body and blood in the Sacrament, whether they believe?**

Yes, because Christ's Word, not our faith, establishes His bodily presence in the Sacrament.

However, only those who believe it receive their blessings.

Why are Jesus' words always spoken over the bread and the wine by the pastor?

Without Jesus' word, there would be no sacrament, for it is by the power of His Word that He gives us His body and blood.

The elements of bread and wine should be consecrated this holy use – communion-, so that the body and blood of Christ may be administered to us.



**Note:** This indeed happens in no other way than through the repetition and recitation of the words of institution.



# Do the bread and wine merely symbolize the body and blood of Christ?

**No.** Although this is the teaching of many Protestant churches, Jesus' own words clearly identify the bread and His body, as the wine as His blood. We take Jesus' words —“This is my body”—“This is my blood.

**Note:** Christ has not specified a particular timetable but invites us to come often to this Sacrament on account of the gifts He bestows here and our own great need.



# As Christian...



**We confess that the forgiveness of sins won by the death of Jesus on the cross is now delivered to us in the body and blood of Christ. This is the most important gift that we can receive.**

Note: The Sacrament is “a pure, wholesome, comforting remedy that grants salvation and comfort. It will cure you and give you life both in soul and body. For where the soul has recovered, the body also is relieved.

# “The Power of the Sacrament of the Altar”



# Have you ever thought about the power of the Sacrament of the Altar?

Jesus' words make eating a morsel of bread and taking a sip of wine a great and gracious feast rather than an empty ceremony.

Why should we take Jesus as His word?

**As Christians, we confess that the words of our Lord Jesus do just what they say. “What Christ’s lips say and speak, so it is”.**



# Receive this Sacrament Worthily

## Who receives this Sacrament worthily?

Fasting and bodily preparation are certainly fine outward training. But that person is truly worthy and well prepared. But anyone who does not believe these words or doubts them is unworthy and unprepared, for the words “for you” require all hearts to believe.



**As Christians, we confess that we (sinners) are “worthy” to commune because Jesus welcomes sinners who repent of their sins and believe His promise that He gave His life and shed His blood for their forgiveness.**



# Examine ourselves before receiving the Sacrament.

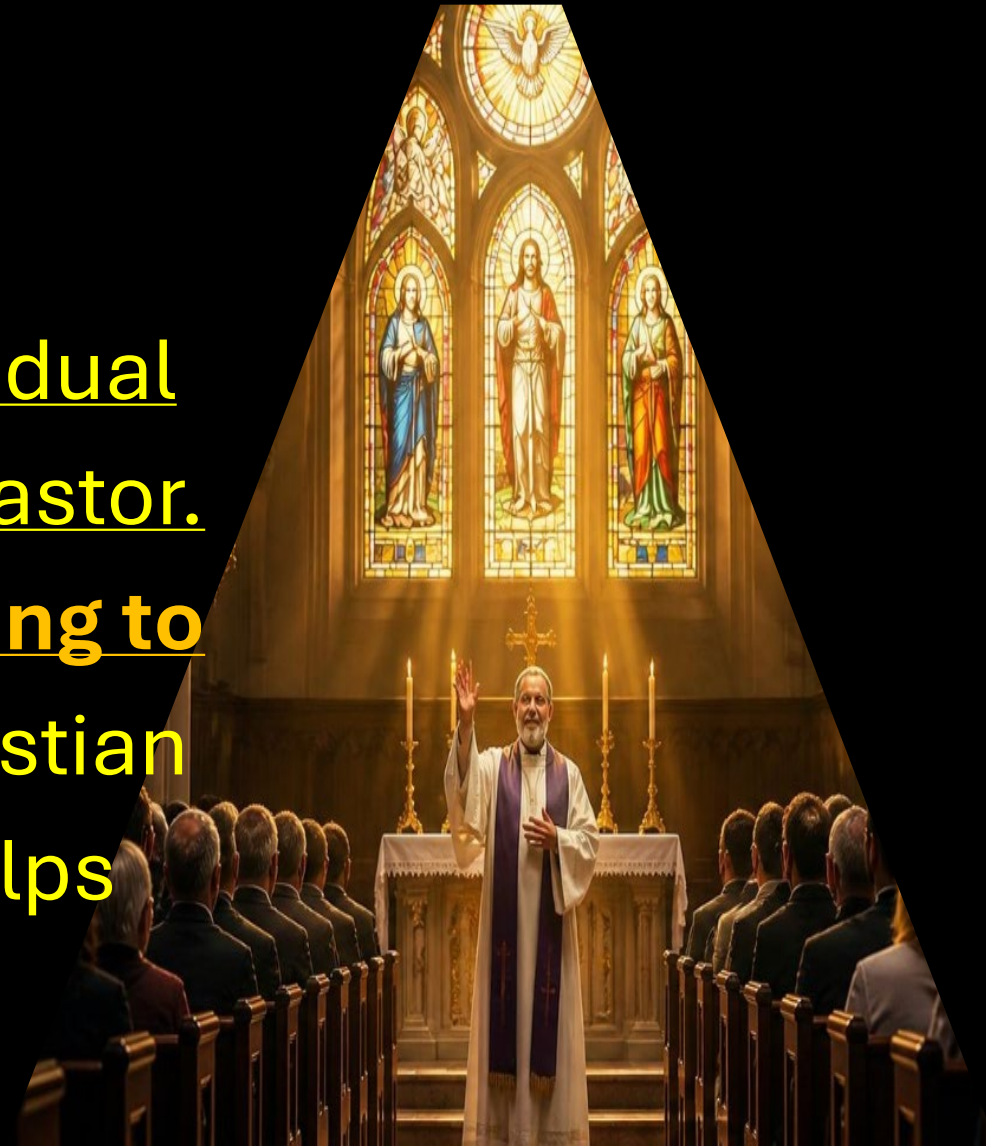
## Examine ourselves in light of God's Word to see whether



- We are aware of our sins and are sorry for them (Psalm 38:18)
- We believe in our Savior, Jesus Christ, and in His words in the Sacrament. (Luke 22:19-20)
- We intend, with the help of the Holy Spirit, to live as forgiven sinners resisting the devil, saying no to sinful desires, and walking in the newness of life. (Ephesians 4:22-24).

# Preparing for receive the sacrament of the altar

**Note:** In preparing to come to the Sacrament, Christians may also take advantage of the opportunity for individual Confession and Absolution with the Pastor. For personal reflection prior to coming to the Sacrament, you may use the Christian Questions with their Answers. That helps you to examine yourself.



Christian Questions with Their Answers\*  
PREPARED BY DR. MARTIN LUTHER FOR THOSE  
WHO INTEND TO GO TO THE SACRAMENT

After confession and instruction in the Ten Commandments, the Creed, the Lord's Prayer, and the Sacraments of Baptism and the Lord's Supper, the pastor may ask, or Christians may ask themselves these questions:



**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. **See Rom. 6:21, 23.**



**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 man.

**8. How many Gods 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.

## **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, He also 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 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 and for other sinners and me, as it is written in **John 14, Romans 5, Galatians 2, and Ephesians 5.**

**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. Then he should believe what the Scriptures say of it in Galatians 5 and Romans 7.

**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, as the Scriptures say in John 15–16 and in 1 John 2 and 5.

20. But what should you do if you are not aware of this need and have no hunger and thirst for the Sacrament?



**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, as the Scriptures picture him in John 8 and 16; 1 Peter 5; Ephesians 6; and 2 Timothy 2.

### Importance of Proper Preparation:

As Christians, we need to examine ourselves and trust in Christ's promises before partaking in the Sacrament. As Apostle Paul wrote in *1 Corinthians 11:28*, "Let a person examine himself, then, and so eat of the bread and drink of the cup."

# Trinity

## The Holy Communion Statement

**During our services, you will find our Blue card.**

One side is designed for you to fill in your information. The other side, labeled "Holy Communion," serves as a reminder of our Church's beliefs (Trinity Church), and of what it means to partake in Holy Communion as brothers and sisters in Christ.

During our services, we provide a Blue card for everyone. One side of the card is dedicated to capturing your personal information, so we can connect with you better.

The reverse side, titled "Holy Communion," offers a thoughtful reflection on the principles of our Church Trinity. This side of the card invites you to revisit and contemplate our shared beliefs about the significance of Holy Communion, fostering a deeper sense of community among us as brothers and sisters in Christ.

*HOLY*

*COMMUNION*



The Sacrament of Holy Communion is a precious gift from the Risen Lord to his beloved Church. Scripture teaches us that with the bread and wine we are truly receiving the very body and blood of our risen Lord Jesus (1 Corinthians 11:23-26). This is a promise grasped not primarily by human understanding or intellect, but by faith.

It is received in sincere repentance and faith in the promises of Jesus. Dr. Luther reminds us that one "is truly worthy and well prepared" for the Sacrament, "who has faith in these words, 'Given and shed for you for the forgiveness of sins'" (from The Small Catechism). The Sacrament is here for you. All who yearn for this gift are welcome.

Those not receiving the Sacrament, including small children who have yet to receive instruction, are invited to come forward and receive a blessing. Please place your arms crossed over your chests to indicate a desire to receive a blessing

**Trinity Lutheran Church & School**

123 E. Livingston Street  
Orlando, Florida 32801-1598  
407-488-1919

**PLEASE READ THROUGH IT.**

## HOLY COMMUNION

The Sacrament of Holy Communion is a precious gift from the Risen Lord to his beloved Church. Scripture teaches us that with the bread and wine we are truly receiving the very body and blood of our risen Lord Jesus (1 Corinthians 11:23-26).

This is a promise grasped not primarily by human understanding or intellect, but by faith.

It is received in sincere repentance and faith in the promises of Jesus. **Dr. Luther reminds us that one "is truly worthy and well prepared" for the Sacrament, "who has faith in these words, 'Given and shed for you for the forgiveness of sins'"** (from The Small Catechism). The Sacrament is here for you. All who yearn for this gift are welcome.

Those not receiving the Sacrament, including small children who have yet to receive instruction, are invited to come forward and receive a blessing. Please place your arms crossed over your chest to indicate a desire to receive a blessing.

You can find our Blue Card in  
Pew.

# Trinity The Holy Communion Statement

*If you have further  
questions, you may  
reach out to our  
pastors.*



*As you have completed this session, we would like you to take a quiz by scrolling down to the Quiz Section and selecting quiz session 6.*