

3. **Salvation: Am I trusting in Jesus alone for heaven?**
(Faith + works are **not** the way to heaven – see this brochure: [Why Is Faith in Jesus the Ticket to Heaven](#)).
4. **Supper: Do I believe the supper is bread & body and wine & blood for the forgiveness of sins?** (The Bible is clear, see [Mt. 26:26-28](#); [1Co. 10:16](#); [11:27-32](#).)
5. **Unity: Do I agree with the contents of Luther's Small Catechism?** (Why? The Lord's Supper is a meal of unity – we have unity with God *by believing His word* and with others *by our common confession*.)

Note: If you could not answer “Yes” to all five questions, you are not yet ready to receive. Ask the pastor, he is glad to help you!

Be Careful: 11:29 For the one who eats and drinks, eats and drinks **judgment** [*διακρίνων – dia-kri-none*] to himself if he does not *properly* recognize the body. // The King James Version has “**damnation**” – which is a poor translation.

- What is the meaning of judgment? It's **not** a decision **but** a sentence of judgment. It's **not** damnation **but**, without repentance, it will lead to damnation.
- What does it mean to recognize the body? It “means to perceive that in the Sacrament that the

body is really present and received” (Lenski).

Possible Consequences: 11:30 For this reason [that is, *unworthy reception*] many among you are **weak** and **sick**, and a number are **asleep**.

- Note the progression: ➔weak ➔sick ➔dead. Those consequences are **temporal**, *not eternal*. What is the remedy? **Genuine repentance!**
- In the NT: When sleep is physical death, it's pointing to **resurrection and life!**
- Lenski: “The body and the blood do **not** act as a poison which makes an unworthy communicant sick or kills him. It is the sin of communing unworthily which... [causes] the penalty...”

Let Us Judge Ourselves: 11:31 But if we **judged** [active] ourselves rightly, we would **not be judged** [passive] [by the Lord].

Good News: 11:32 But when we are judged, we are disciplined by the Lord so that we will **not** be condemned along with the world.

- **For unbelievers**, “...the judgments... in this life are advance indications of [God's] final... wrath” (Lenski).
- **For believers**, the judgment is discipline, so, *let us quickly and gladly repent!*

Summary of LCMS Teaching

- Real Presence: Christ's body and blood are truly present in the Supper.
- Weakness, Illness, and Physical Death: They can occur when the real presence is rejected.
- Eternal Damnation: It will occur when a person continues in unrepentance.
- Therefore: The Sacrament should be received in repentance and faith, and with proper understanding.

Let Us Pray: Dear Lord Jesus, TYSM for Your finished work for our salvation! Dear Holy Spirit, please help us to ✦faithfully gather to receive the supper and ✦rightly examine ourselves in preparation – *so that we are sure of God's forgiveness!*

For more info on the Lord's Supper – See:

- Brochure: [The Lord's Supper](#)
- Brochure: [The Lord's Supper – 4 Questions and 20 Questions](#)
- A Simple Explanation of Christianity
- An Explanation of the Small Catechism

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How to Benefit from the Lord's Supper

Introduction

Dear friend: We are very blessed to be **repentant believers!** By the work of the Holy Spirit, *through God's word of Law and Gospel*, we are:

- ➔ Sorry for our sins!
- ➔ Turning from our sins!
- ➔ Trusting in Jesus for the forgiveness of our sins!

Nevertheless, we **keep** falling into sin and **keep** needing the assurance of God's forgiveness. So, we are called to ✦gather each week, ✦confess our sins, and ✦be assured of God's forgiveness through our proper reception of the Lord's Supper.

Beliefs and practices about the Lord's Supper vary widely among churches today. What beliefs and practices are correct? ***Those taught in the Bible!***

Therefore, this brochure includes these topics:

- The Words of Institution
- Proclaiming Jesus' Death
- Benefitting from the Supper
- A Summary of LCMS Teaching on the Lord's Supper

The Words of Institution

(similar words are found in Mt, Mk, and Lk)

1 Corinthians 11:23-25 For I [Paul] received from the Lord [Jesus] that which I also delivered to you, that the Lord Jesus, on the night when He was betrayed, took bread; ²⁴ and when He had given thanks, He broke it [for the purpose of distributing it] and said, "This is **My body**, which is for you; do this in remembrance of Me." ²⁵ In the same way He also took the cup [the wine] after supper, saying, "This cup [wine] is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me."

The Contents of the Supper: The words of institution identify Jesus' **body and blood**. Then, with further study, we learn that along with the body and blood, we are also receiving **bread and wine**:

- **1 Corinthians 10:16:** "Is the cup [wine] of blessing which we bless not a sharing in the blood of Christ? Is the bread which we break not a sharing in the body of Christ?"

- All four elements are received: The bread and wine do **not** become the body and blood; **instead**, they *share* in the body and blood. For a more detailed explanation, see "[The Lord's Supper](#)" brochure.

Old Covenant – New Covenant:

- **Old Covenant: Promise and shadow:** The promise of the Messiah and various shadows of His coming, for example, the weekly Sabbath Day and the sacrificial system.
Hebrews 10:1 "...the Law... can never... make those who approach perfect." // So, we all need Jesus!
- **New Covenant: Fulfillment in Christ:** He lived in our place and died for our sins. **He did for us what we could never do for ourselves!** Through Him God is offering us **✦ forgiveness**, **✦ spiritual life**, and **✦ eternal life!** **Hebrews 10:14** [But] "how much more will the blood of Christ [in comparison to the blood of animals]... cleanse your conscience from dead works to serve the living God?"

Proclaiming Jesus' Death


11:26 For as often as you [plural, y'all] eat this bread and drink the cup, you [plural, y'all] proclaim the Lord's death until He comes. // What is **OUR** public proclamation?

1. Past – Jesus lived in our place and died for our sins!
2. Present – We are forgiven through Jesus' work!
3. Future – Jesus' return is scheduled ([Acts 17:30-31](#)) and certain!

Benefitting from the Supper

Avoid Unworthy Reception: **11:27**

Therefore whoever eats the bread or drinks the cup of the Lord **in an unworthy way, shall be guilty of the body and the blood of the Lord** [that is, a very serious offense against Christ Himself].

- What is unworthy reception? It's being **improper** or **careless** – such as **not** being repentant or **not** understanding the contents. Imagine a balance-type scale:

"The side... which holds the sacrament drops down **because of its weight** while the side that holds the communicant's attitude rises upward because of its lack of weight" (Lenski).
- What does it mean to be guilty of the body and blood? When an **unworthy** person receives, he is

transgressing [sinning] against the body and the blood.

- How is transgression possible? Because the body and the blood are present, along with the bread and the wine.
- How are the body and the blood present? **Not** because of our faith, **but by the power of God through the words of institution**.

Examine Yourself: 11:28 But a person must examine himself, and in so doing he is to eat of the bread and drink of the cup.

- What does it mean to examine? To evaluate / discern / inspect. Think about a coin: Is the metal genuine, the weight proper? "**The communicant is to test himself as to his fitness for the Sacrament. He alone can do that**" (Lenski).
- What questions should we use to examine ourselves? These five:
 1. **Bible: Do I believe the Bible is true?** (If not, talk to the pastor. Learn the solid reasons why we should believe the Bible is completely true!)
 2. **Repentance: Do I desire to turn from my sins?** (Repentance is contrition, that is, godly sorrow, and faith – *both are necessary for salvation and for receiving the supper!* If you are aware of your sins and **unwilling** to turn from them, then you are **not** yet ready to receive in a worthy manner. Talk to the pastor.)