

Pastor Lessons

Lesson 36

Holy Communion #2

According to the Catechism...

**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 us through these words. For where there is forgiveness of sins, there is also life and salvation.

**The Benefits of The Lord’s Supper (WHAT ARE THEY?)**

(What do the kids think is the benefit?)

- 1.) It gives and seals the forgiveness of sins, strengthening our faith in Jesus. The assurance that Christ died for us is confirmed when we receive the same body and blood HE gave and shed on the cross for our forgiveness and life.
- 2.) It strengthens us to love God and our neighbor.
- 3.) It draws believers together in the oneness of faith, that is, in Christian “COMMUN-ity.”

**How can bodily eating and drinking do such great things?**

Certainly not just eating and drinking do any of the above things. Instead it is the words of Jesus spoken “given and shed for you for the forgiveness of sins.” Believing God and His word gets you “FORGIVENESS OF SINS.” IT IS FAITH THAT DOES THE GREAT THINGS!

**Preparation and Self Examination**

**-How should one prepare for communion?**

**-READ 1 Corinthians 11:28-29—Examine yourself!**

**Questions to ask!**

- 1.) Do I believe I am a sinner?
- 2.) Am I sorry for my sins?
- 3.) Do I believe in Christ as my Savior and Lord?
- 4.) Do I believe that His body and blood are truly present in the Sacrament?

5.) Do I plan, with the help of the Spirit, to change my sinful thoughts and actions and to follow Christ?

-Preparing The Heart

- coming in humility
- believing that forgiveness of sins  
Is freely offered in the meal
- giving thanks for God's gifts

Preparing the Mind

- understand what God is offering
- ridding yourself of distractions
- recognizing Christ's body and blood

**What are prayers we could sit and pray or reflect on before, during, or after communion?**

Landon likes to sit and pray "Lord make me worthy of the price you have paid for me."

Or

O Lord Jesus Christ, strengthen me with Your holy body and precious blood. O Lord Jesus, as you have saved me through Your holy life and innocent death in my place, let nothing ever separate me from You.

Sitting in prayer and meditation is a great way to think about what just happened between God and you!

**Who should not receive Holy Communion?**

**READ Matthew 5:23-24**

- 1.) Those who do not confess Christ and the unrepentant.
- 2.) Those of a different confession of faith. (Each church handles differently)
- 3.) Those who are unforgiving, those who carry a grudge in their heart and refuse reconciliation.
- 4.) Those who cannot examine themselves, such as infants, persons who have not received instruction in the faith, etc...

**How often should we take communion? Is there a limit?**

Holy Communion was not and never will be a method for a free chance at alcohol! However, Forgiveness of sins is a wonderful thing, thus we should take part in communion whenever it is "OFFERED!"

Next Week-----We will talk about visible vs. invisible elements of Holy Communion.