

# First Communion Class

## What is a Sacrament?

God works through people:

- He gives us food, clothes, and home through our parents
- He gives us protection through police, fire fighters
- He teaches us about himself through parents, pastors, & Sunday School teachers

God also works through things:

- He tells us about himself through the Bible
- He brings us into his family through Baptism
- He connects us to Jesus' death (cross) and resurrection (Easter) through Holy Communion

The last two, Baptism and Holy Communion, are called Sacraments. The definition is easy to remember because it sounds like the word. Sacrament means sacred act. (Sacred means holy, special, set apart.)

There are three things that make something a Sacrament:

1. Given to us (God's church, God's people) from God
2. Combines God's Word with "visible elements" (things we can see, touch, taste)
3. Forgiveness is given

Because all three parts are needed to make something a Sacrament, we say we have only 2 Sacraments: Baptism and Holy Communion.

Baptism:

1. "Go and make disciples of all nations, baptizing them..." [Matthew 28:19] - given to us from God.
2. "Here is water. Why shouldn't I be baptized?" [Acts 8:36] – combines God's Word with "visible element."
3. "Get up, be baptized and wash your sins away." [Acts 22:16] – forgiveness is given.

Holy Communion:

1. "Take, eat, this is my body...drink of it all of you, this is my blood." [Matthew 26:26-28] - given to us from God.
2. "He took the bread and broke it...then he took the cup" [Matthew 26:26-27] – combines God's Word with "visible elements."
3. "This is my blood...poured out for many for the forgiveness of sins." [Matthew 26:28] – forgiveness is given.