

THE SACRAMENT OF HOLY COMMUNION (5th grade)

What is Holy Communion?

Holy Communion is the body and blood of our Lord Jesus Christ given with bread and wine, instituted by Christ himself, for us to eat and drink.

Where do the Scriptures say this?

Matthew, Mark, Luke, and Paul say: In the night in which he was betrayed, our Lord Jesus took bread; and gave thanks; broke it and gave it to his disciples, saying, "Take and eat; this is my body, given for you. Do this for the remembrance of me."

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying, "This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sins. Do this for the remembrance of me."

What benefits do we receive from this sacrament?

The benefits of this sacrament are pointed out by the words, given and shed for you for the remission of sins. These words assure us that in the sacrament we receive forgiveness of sins, life, and salvation. For where there is forgiveness of sins, there is also life and salvation.

How can eating and drinking do all this?

It is not eating and drinking that does this, but the words, given and shed for you for the remission of sins. These words, along with eating and drinking, are the essential thing in the sacrament. And whoever believes these words has exactly what they say, forgiveness of sins.

When is a person rightly prepared to receive this sacrament?

Fasting and other outward preparations serve a good purpose. However, that person is well prepared and worthy who believes these words, "given and shed for you for the remissions of sins". But anyone who does not believe these words, or doubts them, is neither prepared nor worthy, for the words "for you" require simply a believing heart.