

# The Sacrament of the Altar (Holy Communion)

## Did You Know

There are a variety of names for this sacrament:

- a. The Eucharist
- b. The Lord's Supper
- c. The Last Supper
- d. The Sacrament of the Altar
- e. The Lord's Table
- f. The Breaking of the Bread



## VIDEO

Watch this video, [Communion](#), from Lutheran Hour Ministries (God Connects). Write down three insightful things you learned from the video and any questions that arise.

### Insights:

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### Q/A:

Question 1:

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Question 2:

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**HOMEWORK and In Person DISCUSSIONS** (based on the video as well as reading through Luther's Small Catechism (Communion section) and the Bible, answer what you are able of the following. We'll discuss these in person.

1. Although there are numerous benefits of Holy Communion, what is the primary purpose for God giving us this Sacrament?

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2. In order to deliver His forgiveness, God uses bread and wine that do what?
  - a. To symbolize His body and blood
  - b. That mysteriously contain Christ's body and blood in a real, sacramental way.
  - c. To magically change from bread to flesh and from wine to blood.
3. When Jesus instituted the Lord's Supper, what celebration was He and His disciples in the midst of?
  - a. Super Bowl Sunday
  - b. Kwanzaa
  - c. Pentecost
  - d. Passover
  - e. Hanukkah
4. T – F When we celebrate Holy Communion, Jesus is sacrificed again and again.
5. How do you know your sins are forgiven in the Lord's Supper?
  - a. Jesus said so and so we must trust in Him
  - b. By faith in what God's Word tells us
  - c. I believe it
  - d. Forgiveness is the purpose of the Lord's Supper
  - e. All the above
6. Besides *forgiveness*, list two other blessings/benefits God provides in the Lord's Supper. (see LSC p.29)
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
7. Which 'elements' do you receive when taking the Lord's Supper?
  - a. The bread and wine only
  - b. The Body and Blood only
  - c. The bread and wine along with the Body and Blood
8. What event (plague) of the Exodus (Moses) does Holy Communion most directly connect with? Briefly describe.

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9. What is essential in preparing oneself to receive the Lord's Supper? (LSC p. 29)

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10. How many sacraments does the Lutheran church profess? \_\_\_\_\_

11. What are the characteristics of a Sacrament according to the Lutheran Church?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

12. Pastor Jeff will present the FACE of Jesus that we receive in Holy Communion.

F: \_\_\_\_\_

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A: \_\_\_\_\_

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C: \_\_\_\_\_

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E: \_\_\_\_\_

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### **Music Videos** (*write down any insights into these videos, especially the lyrics.*)

[Come to the Table](#): Michael Card

[Come to the Table](#): Sidewalk Prophets

[Communion](#): Third Day

## **Logistics of Holy Communion at St. John – Cypress, TX.**

**The Sacrament of the Altar** is offered on odd Sundays of the month (1<sup>st</sup>, 3<sup>rd</sup>, and if there is a 5<sup>th</sup>)

**Rail Communion** – emphasizes humility before the cross of Christ. This is the traditional way of communing where people come forward, kneel, pray a prayer of Confession, receive sacrament, pray a prayer of Thanksgiving, return to seat.

**Community Communion** – emphasizes we are all in this together.

**Bread:** We use regular flour wafers. Gluten free bread is also offered for those who are allergic. One needs to let the pastor know so he can give the proper bread.

**Wine:** We use red wine, but any color is fine. The same wine is used in the Common Cup as well as the individual cups. There are non-alcoholic wine available in the Common Cup trays. The wine is a white wine (lighter in color than the red) and usually located near the center of the tray.

**Promises of God:** No matter which bread or wine you use, God's Word makes the Sacrament valid and the faith you have makes it applicable to you, thus the promises of God are real. Real Presence for Real Forgiveness.

## **Three Views of Holy Communion**

Which is our Lutheran Church understanding?

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Why do we believe this to be the correct understanding of Scripture?

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