



Welcome to the Lord's Table

Whenever God's people at Immanuel celebrate the Lord's Supper, you will hear these words. And regardless of whether or not you are a member of our congregation, a blessing is always waiting for you in God's house, at His table. This place is for **you**.

WHAT WE BELIEVE

As Jesus-followers who also seek to walk in the footsteps of the 16th-century reformer Martin Luther, our reliance on the Word of God and on the gifts He gives us, the Sacraments, are central to our life together. We believe that when Jesus told His disciples to come and follow Him, He intended that for us, too. We believe that when Jesus instructed them to make disciples by baptizing people and teaching them to be like Him (Matthew 28:19), we should take Him seriously. And when Jesus gave Himself for us on the cross and placed all the promises of His eternal life in simple elements like bread and wine, He wants us to celebrate that gift with glad, sincere hearts that honor His sacrifice.

HOW TO PREPARE YOURSELF

"How do I make sure my heart is prepared to take communion in a way that doesn't dishonor God or Jesus' death for me?" Here are 4 simple, REAL questions to aid you as you prepare:

1. Do I have REAL sin? (Romans 3:23-24)
2. Do I have a REAL Savior in Jesus? (Acts 4:11-12)
3. Do I believe in the REAL presence (that Jesus is truly, bodily present in this meal)? (1 Corinthians 10:16)
4. Do I desire the REAL life Jesus wants for me, instead of the half-life of sin? (Ephesians 4:20-24)

If your answer to each of these questions is "Yes," then in the most simple, foundational ways, you are a part of the family of God who trusts Jesus for good things and are welcome to receive them in the Lord's Supper.

"What if I can't answer 'Yes' to those questions? Or I don't know how to answer them?" There is still a blessing at the Lord's table for you! While our members generally hold out their hands to receive the elements of communion, you can indicate your desire for a blessing from God, delivered by the pastor, by crossing your arms instead of holding them out when you step up to the table.

But we hope you won't stop there! God's desire is for you to have all the fulness of His gifts here on earth. Please take a moment to start a conversation with our pastor or one of our elders, to learn what it means to follow Jesus and to receive His gifts faithfully.

A FEW OTHER NOTES

- If you have a gluten allergy or sensitivity, we have gluten-free hosts for you. Please talk with the pastor or an elder, preferably before the service.
- We provide a non-alcoholic option for alcoholics and former alcoholics, as well as pregnant or nursing mothers. These individual cups are in the inner ring of the tray. (Or labeled on the table where the elements are laid out, if we are using that method of distribution.) We anticipate that anyone who doesn't have such a condition will receive the wine, as Jesus and His disciples would have received at their Last Supper celebration of the Passover.
- In the event that we serve the Lord's Supper by continuous distribution, follow the ushers' directions. You will walk down the center aisle, take the host from Pastor in the center, then proceed to one of the sides to drink from the cup. You may then return to your seat by way of the side aisle.

A PRAYER OF THANKS TO PRAY AFTER COMMUNING

Father God, giver of all good things, I thank you for sending Your Son Jesus to die and rise for me, and for feeding me with His body and blood in this miraculous and life-giving way. Let this meal that you've placed into my body be fuel for my heart, that Your Spirit would drive me to love you more fervently, and love others around me more intentionally. Fill me with the joy that only comes from trusting that I will sit with you at your eternal table someday, with all the saints who have gone before me. I ask this in Jesus' Name. Amen.