



# FOUNDATION OF FAITH

See, I lay a stone in Zion, a tested stone,  
a precious cornerstone for a sure foundation  
Isaiah 28:16

February 12: Communion

*The Foundation of Faith is God's mercy  
as He has revealed Himself in Jesus Christ.*

"Foundations" explores the ways God gives to receive and live out His grace in Christ Jesus.

<sup>3</sup> *Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup> We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.* Romans 6:3-4

Baptism: God claims you into His family

Communion: God continues to feed you and connect you to the Body of Christ

## The Roots of the Lord's Supper – Exodus 12

A SACRAMENT IS A SACRED ACT . . .

1. instituted by God
2. that uses natural or visible elements
3. that is used together with the Word of God (the Bible)
4. through which we receive the forgiveness of sins earned for us by Jesus.

### In Communion we receive:

What about "alternative elements"?

Matthew 26:26-28, Mark 14:22-24, Luke 22:19-20, 1 Corinthians 11:23-25, John 1:14  
What happens when you eat an apple?

### What do we receive in Communion?

Jesus: His \_\_\_\_\_ and \_\_\_\_\_  
(1 Corinthians 10:16)

Jesus: His \_\_\_\_\_ of sin  
(Matthew 26:28)

Jesus: His \_\_\_\_\_  
(Romans 8:10-11) Who will help you live a stronger Christian life

Jesus: His promise of the great feast - \_\_\_\_\_  
(Matthew 26:29, Isaiah 25:6-9)



# COMMUNION

Is similar to the word COMMUNITY - as the redeemed of the Lord gather as His community at His Table to receive the blessed Sacrament!

The word can also be seen as a combination of COMMON and UNION.  
In the Lord's Supper, there are several COMMON UNIONS that take place:

\_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_

## WHO SHOULD RECEIVE THIS SACRAMENT?

- Christians who trust in Jesus as their Savior
- Christians who believe in the teaching of the Real Presence (that we receive the bread and wine, and also the Body and Blood of Jesus in this Sacrament)
- Christians who want to live a new and obedient life for the Lord.

## WHO SHOULD NOT RECEIVE THIS SACRAMENT? *1 Corinthians 11:28-29; 1 Corinthians 10:21*

People who are not Christians, who do not know Jesus as their Savior.

- (1) People who do not believe in the teaching of the Real Presence
- (2) People who do not know or can't understand what they are doing
- (3) People who have been disciplined by their church, are no longer members, and will not repent of their sin.

## SHOULD I RECEIVE COMMUNION AT ANOTHER CHURCH?

Communion is "union" between you and God (the body of Christ)  
and between you and other Christians (the Body of Christ).

By receiving Holy Communion together, we declare that we believe the same.

- ✝ Does the congregation teach Jesus is the Son of God and the Savior?
- ✝ Does the congregation teach according to God's Word?
- ✝ Does the congregation teach the Real Presence in Holy Communion?

## WHAT IF I HAVE A FRIEND VISITS WITH ME?

Talk with them about what you believe:

- ✝ we are all sinners
- ✝ we need to believe in Jesus for forgiveness of our sins
- ✝ we believe we will receive bread and wine, along with the Body and Blood of Jesus.

Ask them what they believe.

- If they share the same faith and have been through something like your first communion training, invite them to come with you to the Altar and receive Communion.
- If they do NOT believe as you do, invite them to come to the Altar, to cross their arms, and receive a blessing at the altar.

*Assure them that God loves them and encourage them to talk more about what communion means.*

**The Sacrament of the Altar is all about forgiveness of sin  
given through the Body of Christ FOR YOU.**

## CHRISTIAN QUESTIONS AND ANSWERS

*The following questions and answers were drawn up by Dr. Martin Luther for those who intend to go to the Sacrament of the Altar. After confession and instruction in the Ten Commandments, the Creed, the Lord's Prayer, and the Sacraments of Baptism and the Holy Supper, the pastor may ask, or one may ask himself:*

*1. Do you believe that you are a sinner?*

Yes, I believe it; I am a sinner.

*2. How do you know this?*

From the Ten Commandments, which I have not kept.

*3. Are you also sorry for your sins?*

Yes, I am sorry that I have sinned against God.

*4. What have you deserved from God by your sins?*

His wrath and displeasure, temporal death and eternal damnation. Romans 6:21 and 23.

*5. Do you also hope to be saved?*

Yes, such is my hope.

*6. In whom, then, do you trust?*

In my dear Lord Jesus Christ.

*7. Who is Christ?*

The Son of God, true God and man.

*8. How many Gods are there?*

Only one; but there are three Persons: Father, Son and Holy Ghost.

*9. What, then, has Christ done for you that you trust in Him?*

He died for me and shed His blood for me on the cross for the forgiveness of sins.

*10. Did the Father also die for you?*

He did not; for the Father is God only, the Holy Ghost likewise; but the Son is true God and true man. He died for me and shed his blood for me.

*11. How do you know this?*

From the holy Gospel and from the words of the Sacrament, and by His body and blood given me as a pledge in the Sacrament.

*12. How do those words read?*

“Our Lord Jesus Christ, the same night in which He was betrayed, took bread; and when He had given thanks, He broke it and gave it to His disciples, saying, ‘Take, eat; this is My body, which is given for you. Do this in remembrance of Me.’ In the same way also He took the cup after supper, gave thanks and gave it to them, saying, ‘Drink from it all of you; this cup is the New Testament in My blood, which is shed for you for the remission of sins. Do this, as often as you drink it, in remembrance of Me.’”

*13. You believe, then, that the true body and blood of Christ are in the Sacrament?*

Yes, I believe it.

*14. What induces you to believe this?*

The word of Christ: "Take, eat, this is My body....Drink from it, all of you; this...is...My blood."

*15. What ought we to do when we eat His body and drink His blood, and thus receive the pledge?*

We ought to remember and proclaim His death and the shedding of His blood, as He taught us: "Do this, as often as you drink .it, in remembrance of Me."

*16. Why ought we to remember and proclaim His death?*

That we may learn to believe that no creature could make satisfaction for our sins but Christ, true God and man; and that we may learn to look with terror at our sins, and to regard them as great, indeed, and to find joy and comfort in Him alone, and thus be saved through such faith.

*17. What was it that moved Him to die and make satisfaction for your sins?*

His great love to His Father and to me and other sinners, as it is written in John 14; Romans 5; Galatians 2; Ephesians 2.

*18. Finally, why do you wish to go to the Sacrament?*

That I may learn to believe that Christ died for my sin out of great love, as before said; and that I may also learn of Him to love God and my neighbor.

*19. What should admonish and incite a Christian to receive the Sacrament frequently?*

In respect to God, both the command and the promise of Christ the Lord should move him; and in respect to himself, the trouble that lies heavy on him, on account of which such command, encouragement, and promise are given.

*20. But what shall a person do if he is not aware of such trouble and feels no hunger and thirst for the Sacrament?*

To such a person no better advice can be given than that, in the first place, he put his hand into his bosom, and feel whether he still have flesh and blood, and that he by all means believe what the Scriptures say of it in Galatians 5 and Romans 7.

Secondly, that he look around to see whether he is still in the world, and keep in mind that there will be no lack of sin and trouble, as the Scriptures say in John 15 and 16; 1 John 2 and 5.

Thirdly, he will certainly have the devil also about him, who with his lying and murdering, day and night, will let him have no peace within or without, as the Scriptures picture him in John 8 and 16; 1 Peter 5; Ephesians 6; 2 Timothy 2.

(NOTE: These questions and answers are no child's play, but are drawn up with great earnestness of purpose by the venerable and pious Dr. Luther for both young and old. Let each one take heed and likewise consider it a serious matter; for St. Paul writes to the Galatians, chapter six: "Do not be deceived; God is not mocked.")