

# The Lord's Supper

## A Little Background

Holy Baptism brings us the gift of faith, the Lord's Supper helps to keep us in that faith. So the Lord's Supper, or Holy Communion, is something very special. Its a gift that Jesus Christ gave to His followers. On the night before He died, Jesus met with His disciples and while they were eating He took bread, blessed it, and gave it to His disciples and said, "Take eat, this is my body." He took the cup of wine also, and gave it to His disciples and said, "Take and drink, this is my blood. . . for the forgiveness of sins. . . Do this in remembrance of me." Ever since the very first Lord's Supper believers in Jesus have practiced this very special sacred act of coming together to partake of Christ's body and blood for the forgiveness of sins.

## Who Can take the Lord's Supper?

Not just any one. Jesus gave His body and blood to His closest followers and St. Paul tells us that "a person ought to examine themselves before they eat of the body and drink of the blood." (1 Cor. 11:27) So the Christian Church has always practiced some kind of instruction before one is ready to take the Lord's Supper. In other words, preparation is required. It is the Pastor's responsibility to make sure those under his spiritual care are instructed properly concerning the Christian faith and it's teachings and therefore prepared to receive the Lord's Supper. We call that Confirmation. All those who have been taught the Christian faith and have made their confession, that is, have been confirmed in the faith, receive the Lord's Supper. This is not seen as optional, but is expected. We here at Peace have Christian Education for all ages and particularly Confirmation instruction for the young (at around age 12) and those adults new to the Lutheran Church (Adult Inquiry Class) so hearts and minds can be prepared to receive the precious gift of Christ's body and blood for the forgiveness of sins. If you desire to take the Lord's Supper at Peace, please speak to one of the Pastors. They will be happy to better answer any questions you might have. Children and adults who have not yet been instructed come to the table with arms folded and receive a blessing.

## It's About Being One

The Lord's Supper is about your relationship with Your Saviour Jesus Christ. It is personal. But it is not just personal. It is also communal, that means being united in fellowship with all those who take and eat at that same meal. Communion is therefore a celebration that we all believe the same and confess the same.

The Lord's Supper is celebrated on the 4th Sunday of each month and all high festivals. It is celebrated here at Peace as a statement of what God in His mercy has done for us through the death and resurrection of His Son Jesus Christ. By participating in the Lord's Supper we believe

we receive the forgiveness of sins, thus peace with God. We also acknowledge the unity of the faith that we all confess. We are at peace with God and with one another.

If you'd like to learn more about the Lord's Supper and other Christian beliefs please talk to one of the Pastors. That is what we are here for.