

THE SACRAMENT OF HOLY COMMUNION

As the head of the family should teach it in the simplest way to those in his household.

The Institution of the Lord's Supper

First: *What is the Sacrament of Holy Communion?*

It is the true body and blood of our Lord Jesus Christ under the bread and wine, instituted by Christ for us Christians to eat and to drink.

Where is this written?

The holy evangelists Matthew, Mark, Luke, and the apostle Paul tell us: Our Lord Jesus Christ, on the night he was betrayed, took bread; and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body, which is given for you. Do this in remembrance of me."

Then he took the cup, gave thanks, and gave it to them, saying, "Drink from it, all of you; this is my blood of the new covenant, which is poured out for you for the forgiveness of sins. Do this, whenever you drink it, in remembrance of me."

The Blessings of the Lord's Supper

Second: *What blessing do we receive through this eating and drinking?*

That is shown us by these words: "Given" and "poured out for you for the forgiveness of sins."

Through these words we receive forgiveness of sins, life, and salvation in this sacrament.

For where there is forgiveness of sins, there is also life and salvation.

The Power of the Lord's Supper

Third: *How can eating and drinking do such great things?*

It is certainly not the eating and drinking that does such things, but the words "Given" and "poured out for you for the forgiveness of sins."

These words are the main thing in this sacrament, along with the eating and drinking.

And whoever believes these words has what they plainly say, the forgiveness of sins.

The Reception of the Lord's Supper

Fourth: Who, then, is properly prepared to receive this sacrament?

Fasting and other outward preparations may serve a good purpose, but he is properly prepared who believes these words: "Given" and "poured out for you for the forgiveness of sins."

But whoever does not believe these words or doubts them is not prepared, because the words "for you" require nothing but hearts that believe.¹

Luther, M. (2017). [*Luther's Catechism: The Small Catechism of Dr. Martin Luther, New International Version*](#) (Anniversary Edition, pp. 13–14). Milwaukee, WI: Northwestern Publishing House.

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