

# THE MEANS OF GRACE

## THE NATURE OF THE SACRAMENT OF THE ALTAR

### DEVOTION

#### NATURE OF THE SACRAMENT OF THE ALTAR

*What is the Sacrament of the Altar?*

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

The Holy Evangelists Matthew, Mark, Luke, and Paul write:

**Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat: this is My body, which given for you. This do in remembrance of Me."**

**In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying, "Drink of it, all of you; this cup is the new testament, in My blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."**

#### FOR SHARING

1. An English proverb notes, "Spread the table and contention will cease." Explain.
2. The Sacrament of the Altar is also known by other names. What does each name reveal about this sacred meal?  
Lord's Supper \_\_\_\_\_  
Lord's Table \_\_\_\_\_  
Holy Communion \_\_\_\_\_  
Breaking of the Bread \_\_\_\_\_  
Eucharist \_\_\_\_\_
3. Jesus is the Savior whose body and blood were given and shed on the cross for our forgiveness. Why did He give us the Sacrament of the Altar?
4. "This do in remembrance of Me." How does the Sacrament of the Altar recall Christ's sacrificial act for us and for our salvation?
5. Why do God's people most often receive the Sacrament together with other members of the body of Christ?

#### PRAYER

Lord Jesus, thank You for Your sacrifice on the cross. Baptized into Your name, I am Your forgiven child. I praise You for Your holy meal—Your body and blood given to me in, with, and under the bread and wine. Keep me close to You, and bring me often to Your table for the forgiveness, strength, and assurance You offer me there. In Jesus' name. Amen.