

THE MEANS OF GRACE

THE BENEFIT OF THE SACRAMENT OF THE ALTAR

DEVOTION

BENEFIT OF THE SACRAMENT OF THE ALTAR

What is the benefit of this eating and drinking?

These words, “Given and shed for you for the forgiveness of sins,” show us that in the Sacrament forgiveness of sins, life, and salvation are given us through these words. For where there is forgiveness of sins, there is also life and salvation.

The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? For we, though many, are one bread and one body; for we all partake of that one bread. (1 Corinthians 10:16–17 NKJV)

FOR SHARING

1. Alfred Hitchcock, who enjoyed food, was disappointed by the small portions at a dinner party he attended. As he prepared to leave, the hostess said, “I do hope you will dine with us again soon.”
“By all means,” Hitchcock replied. “Let’s start now.”
Besides actual food consumption, what are the benefits of eating in the company of others?
2. What reasons do Christians give for not regularly attending the Lord’s Supper?
3. Luther writes, “We must never think of the Sacrament as something harmful from which we had better flee, but as a pure, wholesome, comforting remedy that grants salvation and comfort. It will cure you and give you life both in soul and body. For where the soul has recovered, the body also is relieved” (LC V 68). Describe how the Lord’s Supper is a cure for soul and body.
4. The forgiveness, life, and salvation given in the Lord’s Supper are the blessings Christ earned for us at Calvary. How is the Lord’s Supper unique among the ways God’s people regularly receive these benefits?
5. In what way does the Lord’s Supper connect us with Christ? with other believers, including the saints in heaven?

PRAYER

Lord Jesus, every day I need Your forgiveness. Thank You for Your gift of forgiveness, life, and salvation You have earned for me at Calvary. Continue to draw me closer to You through Your body and blood in the Sacrament of the Altar. In Your name I pray. Amen.